

**MID IDLAND AREA  
PROGRAM NEWSLETTER**  
GIRL GUIDES OF CANADA

January 2006

Welcome back – I hope you enjoyed your vacation and are ready for the last months for this Guiding year. First off a **Thank-you** to all those units who donated to goodies bags to the MIA "*Giving From Guiding*" Christmas bags. Mt. Benson Division donated to both the Earthquake hygiene kits and also made up the giving bags that were given to the Salvation Army and Haven House for residents. Would love to hear what the rest of you did.

Scary isn't it that so much will happen over the next few months with Thinking Day, spring cookies, camps, advancement all on top of program work. This newsletter will hopefully give you some ideas to help you with those ideas we're all looking for.

INTERNATIONAL CHALLENGES for Thinking Day:

Just a reminder that there are several challenges listed on the National and BC Websites listing all the challenges with lots of information to help you implementing them. A great one for Thinking Day Month is

- Zoë's Trek Around the World
- Honduras Twinning Challenge
- WAGGGS Challenges : a reminder that the 32nd World Conference of the World Association of Girl Guides and Girl Scouts, "WAGGGS - New Challenges - New Opportunities" was held in Amman, Jordan from June 19-25, 2005.

Thinking Day in Canada 2006! "Think Healthy":

In Canada we have adopted "Think Healthy" as our 2006 Thinking Day message. Get involved in our "Think Healthy" activities below and donate a Toonie to our Canadian World Friendship Fund to support Guiding activities around the world. You can also purchase the CWFF Thinking Day Patch in your local Guide shop to show your support for World Thinking Day. A portion of the profits from every patch sold will go to support the work of the Canadian World Friendship Fund. Check out our national website for more detailed information regarding the distribution of CWFF money collected.

## Food Activities:

- With your girls, plan a nutritious meal/snack and invite parents or another unit to your meeting.
- Have the girls cut out pictures and make a collage of healthy foods.
- Shop for healthy food at your local supermarket and donate it to your local food bank, women's shelter, etc.
- Play a food game (e.g., fruit basket – a relay type game using healthy foods, or food concentration, etc.)
- Challenge your girls to have a healthy snack every day during their lunch hour. Trade/discuss ideas at your meeting.
- Give girls a copy of Canada's Food Guide to take home and tell them to put a sticker on the corresponding food groups after each meal they eat that week.
- Choose a developing country and investigate healthy foods that are grown there (i.e., bananas, oranges, peanuts, sweet potatoes). Do children in that country get enough to eat? How can we help?

## What Else Can We Do?

International parties are another popular idea. Divide the unit into small groups and have each group learn about a different country in the WAGGGS. Resources are available on the Guides Canada website or by visiting the WAGGGS website. At the party, have groups entertain another unit, their parents or just themselves by playing games, doing crafts, singing, dancing, serving food and demonstrating something about Guiding in their chosen country. National Geographic Books have excellent pictures in them and you can generally find lots of them at the local recycling depots or canvas friends who may have subscriptions.

Sleepovers and winter weekend camps based on international or World Centres themes are lots of fun. Sometimes the girls even go outdoors at midnight to greet Thinking Day with sparklers, candles or a campfire in the wintry, starlit night.

## Valentines Party Activities

Remember, most games can be adapted to all ages of children with a bit of creative thinking. Also, if you choose to play a game that requires teams, and you have an odd number of children, one person will need to go twice. Ask for a volunteer and if one doesn't surface you might want to leave it up to the team to choose who they think will be the fastest.

## Valentine Game: Throwing the Smile

In this game, players are forbidden to smile, but trust us--giggling and laughing will abound. All you need is a place where everyone can sit around in a circle.

### HOW TO PLAY:

1. Players sit in a circle, making sure they can see everyone else. One player who is **It** starts the game by smiling widely, while all the other players are sombre. **It** then uses his hand to wipe the smile off his face and throw it to another player who has to catch the smile with his hand and put it on.
2. This new **It** can then wipe off the smile to throw to someone else--though he will probably choose to mug wildly at everyone for a few minutes before relinquishing his happy role. Meanwhile, all other players must sit stone-faced. One smirk and they're out.

## Valentine Bingo

**Supplies:** Make your own heart shaped bingo cards  
Red dots or a small candy, such as M&M's, for markers  
Valentine bag to hold call cards

### How To Play:

Or create your own cards using a Valentine, February, or Candy Bar theme. Valentine theme might include: card, heart, red, pink, white, cupid, St. Valentine. February theme might include: groundhogs, winter, doves, Valentines, candy, Thinking Day, World Flag, WAGGGS, Lord BP Birthday, etc..

Another variation to create your own Bingo card: Write the names of all the children on pieces of paper and drop them into a Valentine bag. Note: remove the names of any children absent that day.

Create a BINGO card with blank spaces. Across the top it will say "N-A-M-E-S". Have the children go around and have their classmates sign their name to the spaces on the card. When all are done, have them sit down at their tables.

Play NAMES by drawing a name out of the bag. Play regular BINGO or blackout. If the children really like the game, then play "Postage Stamp" any 2x2 square (4 names) on the board, etc.

## St. Valentine Says

**How To Play:** Played similar to Simon Says. The player up is "St. Valentine". Player will say "St. Valentine says hop on one foot". The children will hop on one foot. Player will say "Stop". The children are to keep hopping on one foot until player says "St. Valentine says stop". Repeat for additional activities such as take one baby step forward, step backwards, turn around, sit down. Sometimes St. Valentine will say "St. Valentine says" and sometimes he won't. It's a fun game to play with young children. Clues should be appropriate for the knowledge of the children playing.

Example: **Cupid**

**Clue:** I'm thinking of someone who wears a banner

**Clue:** He melts hearts

**Clue:** He'll get you with his arrow

## Valentine Scramble

Supplies: Index Cards

Paper Bags

**How To Play:** Choose a Valentine word such as: St. Valentine, Chocolate, Heart, Jewelry.... Write the letters of the word on individual index cards. Do this two times, making two sets. Put each set in a brown paper bag.

Divide children into teams. Give each team a bag. The first team to decipher what the word in the bag is wins. A variation of the game would be to divide into teams with the same number of children as there are letters in the word. Each child gets a letter and they must hold onto the card and stand in the proper order to spell the word for all to see.

## Love Thy Neighbour

Supplies: Paper

Pen

Timer

**How To Play:** Set the timer and have the children write as many kind things as they can think of about their classmate (neighbor) on their right. The last child writes about the first child. Suggest that they write kind things about how their neighbor acts, thinks, plays, works or looks. Give the paper to the neighbor to take home.

**How To Play:** Show the children the heart. Have them close their eyes until you tell them to open them. Hide the heart with the string or ribbon attached so only the string shows. Have the children open their eyes, stand up and search for the heart strings. If they find it they should not say a word but return quickly and quietly to their seats. The first person to sit down wins and may take a turn at hiding the heart.

## Find your Heart-Mate

Supplies: Construction paper hearts

Scissors

**How To Play:** Cut hearts in half either in different angles, or with decorative large cutting scissors. Hand out the hearts and have the children find their heart-mate!

## Straw and Valentine Cup Relay

Supplies: A bendable straw for each child

A valentine cup for each team

**How To Play:** Each child receives a bendable straw. Each child will place the short piece in mouth. A cup will be placed on the first person of each team's straw. The first person passes the cup to the next person in line without touching the cup only by using the straw. First team with the cup to the end wins!

## CRAFT PAGE

### Valentine Butterfly



#### MATERIALS:

sticks of gum                      licorice strings  
construction paper              scissors  
small heart stickers              tape or tacky glue

1. Place two pieces of string licorice between two sticks of gum, taping the top and bottom closed to secure the antennae in place.
2. Next, cut two heart-shaped wings from construction paper, write your valentine message on them, and secure them to the top stick of gum with a heart sticker. Add other stickers to give personality to them.

### Love Beads:



#### Materials:

Fimo or Sculpey clay [available at craft stores or Wal-Mart]  
tiny cookie cutters                      thin cording or string  
toothpick                                      safety pin

1. To make symmetrical hearts, use the side of a pen to roll flat a lump of clay to about 1/8-inch thick.
2. Cut out pieces with a heart-shaped aspic cutter. For free-form hearts, use your fingers to form or coil individual bits of clay. You can even swirl together multiple colors.
3. Use the toothpick to make a hole in a corner of each bead and then bake hearts according to package directions.

## Valentine Craft: Gum Guy Cupids

### Materials:

2 sticks of gum in their wrappers per cupid

Double sided tape

Scissors

Pipe cleaners

Coloured card stock

Coloured paper or aluminium foil

Googly eyes

Mini stickers

Coloured markers

Cover one side of a wrapped stick of gum with double-sided tape. Cut a pipe cleaner in half and place the pieces atop the gum stick, centered horizontally, one for the cupid's arms and the other for his legs. Stack the second gum stick on top and gently press down to stick all the pieces together. Then bend the pipe cleaner limbs into interesting poses.

2. Now cut a heart-shaped face from card stock and glue on foil or paper hair. Attach googly eyes and a mini sticker mouth (or simply use markers to draw on facial features). Glue or tape the face to the body. Then dress up your Gum Guy with sticker buttons and bow ties, as much as you wish. For a finishing touch, on a small piece of paper, print a Valentine's message, such as "Stick with me," to pop in his hand.



## Valentine Songs:

### I'm A Little Valentine

[sung to -I'm a little teapot]

I'm a little valentine

Red and White

With ribbons and lace

I'm a beautiful sight

I can say, "I Love You"

On Valentine's Day

Just put me in an envelope

And give me away

### Be My Valentine [sung to Mary Had A Little Lamb]

You're a special

Friend of mine

Friend of mine

Friend of mine

You're a special

Friend of mine

Be my valentine

Recipe for camp use: Makes 10 to 12 servings

What we call French toast, the French call pain perdu. Fried in [butter](#) and served covered with powdered sugar, Pain Perdu is considered dessert in France. The following version is oven-fried, making it easier to prepare for a crowd.

6 large eggs  
1 1/2 cups milk  
1 1/2 teaspoons pure vanilla extract  
2 tablespoons sugar  
1/2 teaspoon ground cinnamon  
10 to 12 thick (1/2 to 1/3 inch) slices day-old French or Italian bread  
4 tablespoons unsalted butter  
Powdered sugar  
Maple syrup (optional)

1. In a large bowl, whisk the eggs, milk, vanilla, sugar, and cinnamon until blended. Arrange the bread in a large shallow baking dish, layering or slightly overlapping the slices, if necessary. Pour the milk mixture over the bread and let stand for at least 30 minutes, carefully turning the bread with a wide spatula and rearranging it so it is evenly moistened halfway through the standing time.
2. Position one oven rack in the upper third of the oven and one in the lower third and preheat the oven to 400°F (205°C). Put 2 tablespoons of the butter on each of two baking sheets with sides and place in the oven until the butter melts and pans are hot, about 5 minutes. Tilt the pans so the butter covers them evenly. Remove from the oven.
3. Place 5 to 6 slices of the soaked bread on each of the hot pans, spacing them evenly. Bake for 15 minutes. Take the pans out of the oven and turn each piece of bread over with a wide spatula. Return the pans to the oven, placing the one from the top rack on the bottom rack on the top, and bake until the bread is puffed and evenly browned, 15 to 20 minutes more.
4. Transfer to a platter, dust with powdered sugar and serve with maple syrup, if desired.

*Joyce Wenner*

MI A Program Adviser