

MID ISLAND AREA - GIRL GUIDES OF CANADA
PROGRAM NOTES



Issue #5

May 2006

As I'm writing this newsletter the weather is fantastic warm and sunny and like most people my thoughts turned to gardening. So what better way to start off the gardening season than give a few hints.

Guides Gardening Badge:

The purpose of this badge is to encourage you to plant and take care of a garden. There is no better time than now to plan a spring/summer garden. You need to complete six of the eight items. I have done some research and now will be able to plant your own garden.

1. You could plant flowers or vegetables, or perhaps a combination of both.
2. Is it soil already in the garden, or did you buy special soil for this garden? Have you added any fertilizers to help the garden, if so, what did you add and why?

The ground in your garden has been holding moisture all winter and spring. You will have to perform a 'ball test' to see if it's ready to be worked. Pick up a handful of soil and squeeze it firmly into a ball.

If it sticks together, it's still too wet or it may be the clay variety. If you try to work wet soil it will compact hard as a rock. Let the garden dry out for a few days longer, especially if it's been a wet spring, and test it again. If the ball falls apart easily then the soil is dry enough to be worked. Once it passes the 'ball test' you'll have to check it's temperature to see if it's warm enough for the seeds.

- ☺ Dig 20 cm down at a point near the middle of the garden and put your hand in the soil. You can feel if the soil has warmed up or is still chilly to the touch.
- ☺ Refer to the back of your seed packets to see if they prefer to be planted in warm or cool soil.
- ☺ If you have seeds that are okay to plant in cool soil, you can jump ahead to planting.
- ☺ For seeds that need warmer soil, wait a few days and do the test again.
- ☺ If you want to help the soil warm up faster, put down a layer of thin black plastic

After a few sunny days, roll back the cover and do the same test again. Once your soil is warm to the touch you can prepare your garden plot ready for planting. To prepare your garden plot you will need:

3. You need to protect your garden. You cannot just plant and hope it will grow. It needs lots of TLC (tender loving care).
4. Use your own camera, or ask for some assistance in taking pictures of your garden or Keep a Garden Journal—A Garden Journal is a record of your garden's progress. It will show you your achievements from year to year and record the changes you've made to your garden. Once its set up you'll be able to compare each year's results and solve the problems that your garden may encounter.

Pathfinders

The new Pathfinder Program modules are available for Guiders on the national website at www.girlguides.ca on the Training Resources webpage:

Relating with Pathfinders
Programming By Girls, For Girls
Quick Start

The Pathfinder Program: Listen, Learn Look, Lead! A Transition Guide:

A transition guide that will assist current Pathfinder Guiders to become more familiar with the program is available on our website under Program Ideas at this link:
<http://www.girlguides.ca/default.asp?id=139#path>

It includes a Transition Guide (in PDF) a PowerPoint presentation; and a cross-reference of the old program [to](#) the new program.

I know camp isn't actually my territory but this was too good to pass up and you can adapt it to a meeting or year end function too.

Fear Factor Day:

Thanks to Carla Paddock, who posted the ideas for this great event to the Guiding Mailing List?

This was a "Fear Factor" meets "Survivor" day that was done with the local Guides, Pathfinders and Senior Branches at an Area Day.

Some of the activities to do are:

Sewer Soda: Each team was given the same number of glasses of sewer soda - points awarded for each empty cup. Didn't matter who drank it - just wanted the empty cups. The recipe included ingredients like ice cream, club soda, chocolate syrup... it was awful!

Worm Eating: Gummy worms dipped in honey (or corn syrup) and rolled in Oreo cookie crumbs. They honestly looked like worms in dirt! The girls were a little disgusted, but then wanted more. This wasn't a team challenge, but used as a bonus at the end!

Obstacle Course: There was a playground close by so they used it for this activity. One person had to start at point "A" and do a particular task, run to point "B" where the 2nd person would be waiting and then all go to "C" where person 3 was, etc., etc., until the whole team was moving together to the last challenge. There were obstacles to get over, bugs to pick up with your teeth (slimy toy bugs), knots, making a snowman...

Relay Race: One person from the team was the leader and she did not have a blindfold on. The rest of her team did. They all had to hold hands and the team leader then directed them around pylons to pick up bags full of gross stuff. They had to direct them back to the start line where they all remained blindfolded and tried to identify what was in each bag.

Mud Dig: Each team had a HUGE bucket full of mud and in it were little blue cubes - they had to find as many as they could. There were also 5 orange cubes in the bucket - they were worth more points. We made sure the buckets were big enough that they would have to dig well past the elbow to find stuff. If you were caught just scooping mud into your pan with the hopes that you'd have cubes it was all dumped back into the bucket. 2 or 3 teams worked from one bucket. To get the people on the sidelines involved - each team had to recruit one adult (Guider, parent volunteer, whoever) to participate with their team!

Map & Compass for All Ages

Working with maps and compasses provides girls with many valuable learning experiences. Age appropriate activities allow them to develop their navigational skills while being challenged, but still having fun. The key to success in this area is explaining the basic concepts clearly, and repeating them often with a variety of games and activities.

Sparks

- Learn the four cardinal directions (North, South, East, and West)

- Demonstrate using a compass to find north.

- Use a picture-based map in a treasure hunt.

- Follow a trail marked with pictures or ribbons. Make sure each marker is clearly visible from the one before.

Brownies

- Practice the four cardinal directions, and add the four secondary points (NE, SE, SW, NW)

- Find the four cardinal directions using a compass.

- Create a picture-based map of a small area, such as a room or yard.

- Follow a marked trail using a compass to find North, South, East, and West.

- Trail markers should be within 30-50 feet of the previous mark, without obstacles in between but do not need to be visible from the previous station.

Guides

- Learn to set a compass and follow a given bearing.

- Practice sighting on a distant object.

- Follow a pre-set trail using a compass (e.g. Walk 23 paces at a bearing of 117 degrees). The trail should be fairly simple, without obstacles between stations, to prevent the need for sighting on intermediate objects.

Pathfinders

- Use a compass in combination with a map to determine bearings.

- Follow more complex trails requiring intermediate sights or maps.

- Create simple trails for younger girls to follow.

- Draw simple maps for Brownies or Sparks.

Special Needs: I have been asked by several leaders about program concerns and adaptations for special needs guiding members. I am hoping to include a hint each month to address these concerns. If you have any ideas please let me know and I will include them in the monthly newsletter.

For most Guiding members, the onset of spring means camping and outdoor activities plus Hands Across the Border, it also means the onset of allergy season.

Allergies occur when the body has an abnormally high reaction to what can sometimes be considered harmless substances. In an allergic person, the immune system reacts when an allergen or harmful invader is absorbed into their body. This causes a series of events which culminate with the body releasing histamine, which is what causes allergic symptoms. Allergic symptoms include:

- headaches
- irritability
- drowsiness
- cough
- dark circles under eyes
- varied attention span
- itchy, watery eyes
- sneezing
- runny nose

Some of the most common allergies are to foods, medications, pollens, insect stings, and moulds. People can have one allergy or virtually hundreds.

In some people who have severe allergies, ***ANAPHYLAXIS or ANAPHYLACTIC REACTION*** can be a life-threatening concern. This occurs when an extreme reaction to an allergen causes the person to have breathing problems, swelling, a sudden drop in blood pressure, hives, wheezing, tingling in the mouth, vomiting, diarrhea, flushing, or an asthma attack.

One or all of these can mean anaphylactic reaction, which can progress rapidly to the throat swelling closed, weakness and dizziness, loss of consciousness or death. People with these extreme allergies often carry epinephrine in the form of an injection called an

EPI -PEN. Always know who in your Unit carries an epi-pen, where it is, and how to use it. This applies to girls and adults.

Always consider allergies a severe medical condition and work with the parents to ensure a safe environment.

CRAFT PAGE

Grow Guiding Butterfly courtesy Terri Bouvier of Alberta

Materials:

Ø Plastic "Jelly" bracelet and ring (available in dollar stores in packages of 24 bracelets with 12 "bonus" rings)

Ø 1" safety pin

Ø Coloured paper

Ø 1 ¼" hologram ribbon or any ribbon you like

Ø Double sided tape (available in dollar stores)

Ø Scissors

Method:

Step One: Bend the ring into a figure eight shape.

Step Two: Fold the bracelet in half and pass the folded end up through one opening in the ring.

Step Three: Pull the folded end of the bracelet across the ring and pass it down through the other opening.

Step Four: Bend both rounded ends of the bracelet to the centre of the figure eight made by the ring.

Step Five: Open the pin and put it through the first loop of the ring, over top of the two rings formed by folding the bracelet to the centre, and through the last loop of the ring.

Step Six: Turn over and adjust so that there are two larger loops, or wings, with two smaller ones below them

Step Seven: Cut a piece of ribbon 2 ¼" long. Copy the poem on to the coloured paper, cut it out and attach to the ribbon using the double sided tape.

Step Eight: Pin the butterfly to the ribbon.

Poem:

You are our Grow Guiding butterflies,
With beautiful wings sparkling in the sun,
Our ambassadors to the whole wide world,
Sharing the magic of Guiding with everyone!



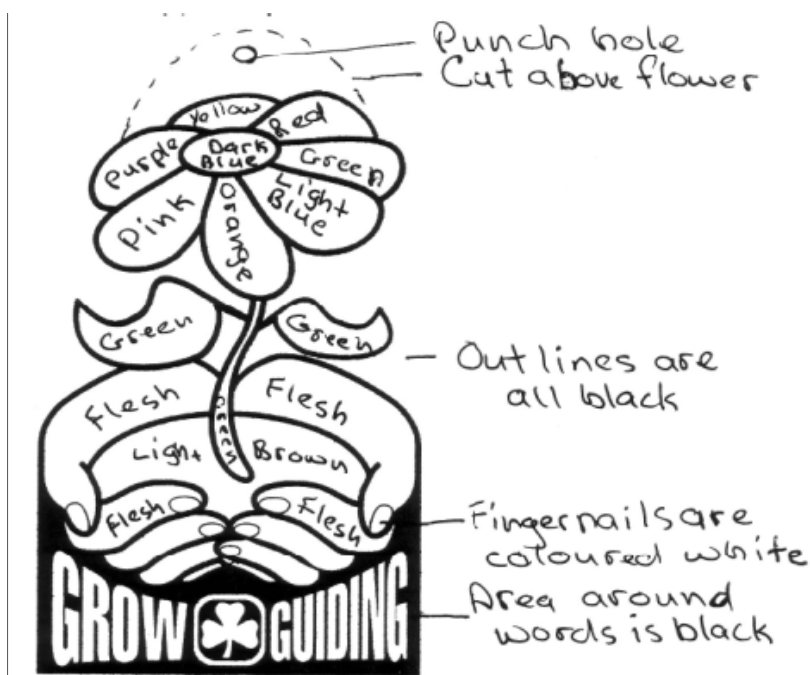
Grow Guiding Logo "Shrinkable Plastic" Pin: By Terri Bouvier

Materials:

- v Shrinkable plastic sheet (I used "Shrinky Dinks Frosted Ruff 'n Ready")
- v Pencil crayons; pink, orange, light blue, green, red, yellow, purple, dark blue, flesh, light brown, black and white.
- v Black felt pen (optional)
- v Scissors
- v Regular oven or toaster oven
- v Pony Beads; pink, orange, blue and green (optional)
- v Safety pin; 1 ¼" if you use the pony beads, ½" if you don't
- v One hole punch with a large hole
- v Gold or silver Jump Ring depending on the colour of safety pin you are using
- v Small pair of pliers

Method:

1. Place the Grow guiding Logo (attached) under the plastic sheet and trace it on the rough side using the felt pen or black pencil crayon. (You can use a copy machine to copy the pattern on to the plastic. It must be an "older style" one that makes about 10 copies per minute. The high speed, laser and colour machines get too hot and the plastic will adhere to the copiers drum)
2. Colour it in according to directions on bottom of instruction sheet.
3. Cut out being sure to leave an area of clear plastic above the flower.
4. Punch hole in clear area above the flower.
5. Pre-heat the oven to 325 F (163 C).
6. Cut a rectangular sheet out of a paper grocery bag and place on a cookie sheet.
7. Place cut out pieces, coloured side up, on the paper and put into pre-heated oven.
8. Bake 1 to 3 minutes until they lay flat, and then give them another 30 seconds to complete the baking process.
9. Remove paper from tray with pieces still on it, and place on the counter. Lightly press flat with a folded paper or pad of paper until the pieces have cooled, approximately 15 seconds.
10. Using pliers open the jump ring slightly and slip through hole in the top of the piece.
11. If using small safety pin; before closing jump ring pass it through the circle on the end of the pin. Close jump ring and you're all done!
12. If using larger safety pin and beads; open safety pin out almost flat and slip pink and orange beads over the circle at bottom of pin. Slip jump ring on next then blue and green beads. (If the circle on the safety pin is too large to slip the beads over, use pliers to slightly flatten it) Close safety pin and you're done!



SCOOP OF HUGS AND KISSES:

Use a laundry scoop and some candy to make a gift for someone special

Materials Needed:

- Laundry Scoop
- Hugs and Kisses Candy
- Clear or Coloured Plastic Wrap
- Ribbon

Instructions:

A simple gift idea! Fill the Laundry scoop with candy hugs and kisses. Cut a large piece of plastic wrap. Set the scoop in the middle of the plastic wrap. Fold the plastic wrap over so the two ends meet at the scoop handle. Pull the plastic wrap tightly around the scoop and gather around the handle. Tie a ribbon around the handle to hold the plastic wrap in place. Tie a note onto the scoop that says "A scoop of Hugs and Kisses for you".



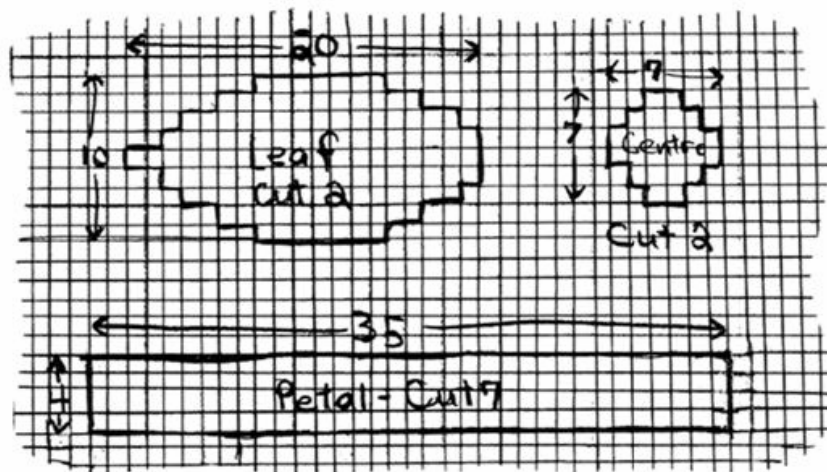
Grow Guiding Plant Poke By Terri Bouvier

Materials:

- ~7 Mesh Plastic Canvas; for the petals-pink, orange, blue, green, yellow, red,& purple . For the centre-dark blue. For the leaves -green.
- ~ 18" length of 20 gauge green painted wire for stem.
- ~ Small black or dark blue pom -pom.
- ~ Glue gun and glue sticks or tacky craft glue.
- ~ Pliers, scissors, and a round pencil

Method:

- ~ Cut seven petals from the plastic canvas, one in each of the colours listed.
- ~ Cut two centers from dark blue plastic canvas.
- ~ Cut two leaves from green plastic canvas.
- ~ About 2" from end of wire bend it around d pencil to form a small circle with a straight end.
- ~ Bend pink petal into a loop and slide onto wire circle using bottom central hole of each end. Repeat for orange, blue, green, yellow, red and purple petals.
- ~ Once all the petals are in the circle use the pliers to bend end of wire around stem closing circle.
- ~ Pass other end of the wire through the ends of two leaves. The holes you choose will determine how the leaves are placed-straight out or at an angle.
- ~ About an inch under the leaves start to wind the wire around a pencil until you are about 3" from the end. Leave this straight so it can poke into the soil.
- ~ Lay the flower flat and push the pom -pom into the centre hole. This will keep the petals from flopping around.
- ~ Glue a dark blue centre on each side over the pom -pom.



"happiness comes not from what we have but from what we give and what we share" - Lady Olave Baden-Powell

