



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

**Issue: #20 November-2007**

Joyce Wenner MIA Program Adviser

Wow have any of you looked at the calendar lately? – It's almost November and Christmas is just around the corner. This month's newsletter will give you some craft ideas to make this holiday season. November is also the month of the BC Composite Conference and I look forward to meeting Area Councils from around BC. There will also be the joint BC Program and International Advisers Conference Bridges 2008 held Feb 1—3<sup>rd</sup> in Richmond.

**Adopt a Lone:** Wearing my other hat for a moment as BC Lones adviser.....



Lone Guiders and Girls are **LONE-ly!**

### **Girls**

Lones are looking for Units to adopt them so they're able to participate on hikes, camping and special events.

Who can adopt the Lone Guiders and Girls? Anyone! Units, Districts or Divisions are able to adopt a girl who lives either in their area or just outside of it.

There are Lones in all Branches of Guiding ranging from Sparks to Senior Branches; they are girls who cannot attend regular meetings but continue their involvement. The majority of their program is done through correspondence. It would be beneficial for the "adopted" Lone to take part in special events with her adopted Unit. Even something as small as a Thinking Day Card, a Christmas card, or Birthday Card would give the Lone a feeling of a warm, caring and larger organization.

### **Guiders**

Our Lone Guiders are also "**alone**" and searching for assistance. They are always looking for new ideas for newsletters. They would like to join in camps, training, Area Days and special events. Lone Newsletters usually contain program ideas, crafts, songs, fun activities and act as a connection between the Lone and Girl Guides of Canada.

Trefoil Guilds, Districts, Divisions or Area Councils could adopt Lone Guiders. These women have a wealth of information in craft and program ideas and can act as an excellent resource.

To adopt a Lone or for more information, contact your BC Lones Adviser: Joyce Wenner at [joycewenner@shaw.ca](mailto:joycewenner@shaw.ca)

# Pathfinders

## ***.Night Time Scavenger Hunt***

**Note:** This is a great way to start preparing Pathfinders for night trek activities.

Place the items in a field, or playing area where it is safe for the girls to play at night. It is ideal for a camp site.

Divide the girls into teams of 3 - 5 players

Provide the teams with a list of clues

Let them have one flashlight per team, with the head of the flashlight covered with red cellophane

Place the clues or pictures of the clues randomly along a route that covers the playing area

Give them a time limit and strict boundaries and let the teams find all the clues. You can have small prizes at each item or a piece of paper to identify that they found the item that they take with them. Make sure there is enough for everyone!

### **Some examples of clues and things hidden are:**

- |  |                    |
|--|--------------------|
| 1. I cover a baked potato                              | piece of foil wrap |
| 2. I am used to attach hat crafts to hats              | safety pin         |
| 3. I stretch and stretch and stretch                   | elastic            |
| 4. You can write notes on me                           | paper              |
| 5. You need me to write a note                         | pen                |
| 6. I am useful for campfires, and for building         | wood               |
| 7. You should use this to fill your water bottle       | water pump         |
| 8. You eat me at campfires after roasting until golden | marshmallows       |
| 9. Under my boughs you will be dry when it is raining  | tree               |
| 10. Never pitch your tent too close to me              | river              |

## Winter Camping Tips: \* Source: *Ontario Newsletter*, 09/ 2004

- Pack down the snow firmly before pitching your tent
- Use long pieces of wood rather than metal tent pegs
- Simple menus allow less time standing around —that's when you get cold
- When building a fire on snow, build a base of wood first to prevent the fire from sinking into the snow and going out
- When collecting wood for your fire, stand it on its end to help keep the snow off
- As soon as you climb out of your sleeping bag, roll it up to retain the heat. Airing in cold weather will freeze any moisture in the bag. At night, change into your PJ's inside the sleeping bag: the friction will generate a great deal of heat
- Always wear a hat and warm dry socks to bed
- Wool and wool blends are the best form of insulation. All clothing should be loose-fitting for comfort and warmth. Tightness decreases circulation of air and creation of air pockets allowing the body to perspire. To keep warm, try to avoid perspiring.
- It is best to carry all supplies in a backpack or knapsack and not in your hands. Carrying them on your back rather than by hand allows you to keep your hands protected from the cold
- Wear underwear and long underwear that absorbs perspiration
- Wool blend socks will prevent your feet from sweating, by helping to prevent blisters and keep your feet warm
- Wear two lightweight garments instead of one heavy garment. Wool or wool blend is great for very cold weather. Wearing two garments allows a number of dead air spaces, which means better insulation. Also, one garment may be added or removed depending on the amount of exertion at the time.
- The outside layer should be a closely woven or repellent material so that the snow brushes off. Fluffy or fleecy materials retain the snow, which will then melt, making you wet from the outside.



## Setting Up Your Campsite During Rain

- Thanks to Agnes Camping Adviser, Ottawa Area Girl Guides

**Guess I should have printed this before we had SOAR.....but better late than never and fall/winter camping is here.....**

For the trip to camp **rain gear should be in your daypack or a bag you keep with you.** That way you can put it on immediately if you have to get out of the bus/car into rainy weather. (You might otherwise be soaked by the time you can get access to your main luggage.)

### **Take care of people first. Don't let hair and clothes get wet.**

1. Remind girls (and leaders too) to wear their raingear during rain, both tops and bottoms, and to have their head covered too. When you are wet, you can become chilled enough to cause hypothermia, even on a warm summer day.
2. Your raincoat is doing a poor job if the hood is hanging down your back collecting water and the zipper is wide open. Tuck in, zip up, keep your inside layer of clothing dry!
3. Wear appropriate footwear to keep your socks dry and your feet warm. Change wet clothing as soon as possible. Put on warmer things before you feel chilled.
4. You should have suitable clothing with you; take the time to change into it. After all, that's why you have them! It is far easier to stay warm and dry in the first place, than to try to get dried off and warmed up after you get cold and wet.
5. Things just do not dry while it is still raining! It may be a long time before the sun is back out and you can get dried up and you won't be able to "go in" to dry off.

### **Protect/shelter your personal and group equipment from the rain.**

1. Pack your bedroll and bags so that they are as waterproof as possible. Know where your groundsheets and tarps are packed, (easily accessible), so that you can cover your belongings quickly if they have to sit out in rain before or while you set up.
2. When you cover gear it works well to cover each large piece or a few items individually. Wrap the groundsheets around and tuck them under, sort of like you are wrapping a parcel or putting the item into a bag. If you can get large enough plastic bags (the plastic ones for yard waste should do), just slip each pack, duffel or bedroll into one, twist it shut and tuck the end underneath, (works really well, doesn't gather rain inside and stays put in wind). These bags aren't good for carrying the gear or during transportation as they rip easily, but are great once you have the gear in one place.
3. Spreading a large tarp on the ground and another over, and placing everything for a whole group on it is not so good. It can gather a lot of rain before you can get the top on; the bottom tarp extends out and gathers rain around the edges and then the

water runs under everything and the gear sits in puddles. The wind lifts the top tarps very easily. Also, when a lot of people have their gear all together it needs to be opened frequently to add or get things, which allows a lot of rain to get inside.

**Set up one piece of equipment at a time as quickly as possible.**

- ▶ When you open an equipment box/bag, etc. to get the supplies you need, close it up again quickly to prevent rain from getting into it.
- ▶ Try to get a couple of people to hold up a tarp over your equipment box while it is open. It will be much easier if more than one person, preferably everyone, knows where all your group supplies are packed.
- ▶ Put away tools, empty bags, spare parts and supplies you are done with as you work.
- ▶ If it is raining, it is a good idea to **set up the dining shelter first:**
- ▶ This will give some immediate shelter for yourselves, the personal gear and the rest of the group equipment while you set up the remainder of the site.
- ▶ Take the time to do a thorough job, ensuring that sufficient guy lines are in place and the structure is secure before you continue with the next jobs. A gust of strong wind or an accumulation of water on the roof can suddenly bring down a tent or shelter, which has not been completely secured.
- ▶ If your shelter falls, at minimum you will have the extra work of setting it up again, but worse, someone could be injured or the shelter could be damaged.

**To put up a tent in the rain,** get everything ready and organise your group before you start.

- ▶ Open up the tent inside a shelter if possible. Have the mallet and pegs handy, untangle the guy lines, assemble the poles and decide what part of the job each person will be doing.
- ▶ Get part of the group to spread out and hold up a large tarp or the tent fly over the place where you will pitch the tent.
- ▶ When the fly is opened up be sure to spread it out with the outside facing upwards so that the inside stays as dry as possible. The rest of the group then unfolds and puts up the tent under this canopy. This will help keep the inside of the tent dry. If it is windy, peg down one or more corners of the tent to keep it in place while you insert the poles and raise it.
- ▶ If you are putting a groundsheet/tarp under your tent, try sliding it under after you have the tent standing and covered by the fly. This way you won't have a puddle already gathered on it before you put the tent down on it.
- ▶ Make sure the tarp does not extend beyond the edges of the tent, (not even for a few minutes if it is raining). Rain can gather on it very quickly and make puddles, which leak up through the floor of the tent.
- ▶ After you have the tent up and before you put personal gear inside use a towel to wipe up any water on the tent floor. (You might want to add cleaning towel or clothe to your group gear. An absorbent sponge, shammy or a couple of J-clothes will do, just wring it out as often as needed.)
- ▶ Use dry groundsheets/tarps to spread on the tent floor, not the ones that

were covering your gear in the rain. If the tarps and gear bags are wet, wipe them also with towels. (Do not try to wipe rainwater or condensation from the walls and ceilings of the tent or fly, just do the floor).

- ▶ Take care not to bring a lot of rain into the tent when going in and out and carrying in the gear.
- ▶ Keep the doors zipped while it is raining. Leave some openings, (in places where rain won't drip in), for ventilation.
- ▶ If your tent is designed for it, open up some ventilation at both the top and bottom, which provides the **best air circulation for comfort in wet conditions (and other conditions too)**.

**If you have to pack up during rain try to do things in the opposite order of set up.**

- ▶ Keep raingear unpacked and wear it while working in the rain!
- ▶ Start by having each person waterproof and pack her own belongings. Do this inside the tents.
- ▶ Remove personal luggage and bedrolls from the tents; store in dining shelter temporarily or outside wrapped in tarps or bags.
- ▶ Sweep out the tents and then take them down one at a time.
- ▶ Have some people hold the fly up over the tent while the tent is folded up to prevent it from getting any wetter. Shake off as much water as possible from the fly and then roll or stuff the tent into the bags.
- ▶ Pack pegs and poles into their separate bags before putting them in with the tent to prevent mud or rust from getting onto the tent and fly fabric.
- ▶ Shake off, roll or fold and pack up any tarps that were used with the tents.
- ▶ Take down and pack up any gadgets, clotheslines, etc. and pack all other supplies and group equipment into the boxes or bags in which they were brought to camp.
- ▶ Empty dining shelter, fold down and remove chairs and tables. Cover all equipment, tent bags, and other equipment with tarps or place in plastic bags.
- ▶ Take down shelter last, shake off as much water as possible and pack it into its bag or container. Check to ensure that everything has been picked up and is packed inside the bags, boxes and luggage for transport.

**Unpack and dry out everything at the earliest opportunity!** Tents and other equipment will be ruined if left packed wet. **\*\*\*\*\*Ensure all gear is totally dry before storing it.\*\*\*\*\***

# GAMES

## Music Mystery (Canada)

(from **Brownie Around the World**)

1. Divide the group into two teams.
2. Team 1 is the band. Team 2 is the audience.
3. Team 1 picks a song and beats out the rhythm of the song using pot lids, bells or other items.
4. Team 2 tries to guess the song and then sings along
5. The team switch roles. Team 2 becomes the band.

## Chinese Jump Rope

(From **Brownie around the World**)

- Create an elastic band of about 12 to 15 feet. You can buy this type of jump rope in toy stores.
- Two Girls place their feet on the inside of the band, standing far enough apart that the jump rope is tight.
- A third girl is the jumper. She can jump over one rope and back over the same one. Or she can jump rope over one rope and then over the next rope.

## Building Towers

**Objective:** The object of the game is to build a paper tower using teamwork.

**Materials:**

- 5 sheets of newsprint per group
- tape

**How it works:**

1. Divide the girls into groups of five or six
2. Give each group 5 large sheets of newsprint and the same amount of tape.]
3. Each group is to try and build the tallest tower that can remain standing the longest using only paper and tape.

**Group size:** Any

**Time:** 30 min.

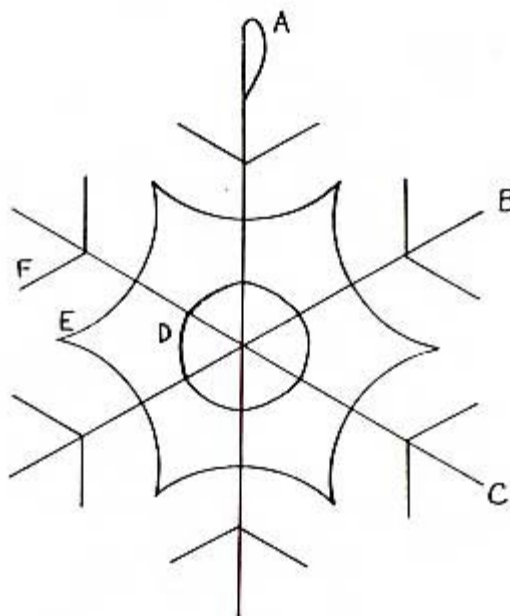
# CRAFTS

## Cotton Snow Flake

You can't bring a snowflake inside, but you can easily make some to hang on your Christmas tree, or in a window.

### You will need:

- cotton twine, or heavy crochet cotton
- white glue
- a small bowl
- waxed paper
- scissors,
- tweezers
- two pieces of tape
- a damp cloth.
- Silver or white glitter.



Use the pattern above or design your own.

1. Tape a piece of waxed paper over the pattern.
2. Pour enough glue into bowl to cover the bottom 1/4" deep.
3. Cut a piece of twine the length of pattern A.
4. Hold twine with tweezers and dip it in the glue. Completely coat it, then squeeze off the excess glue with your fingers. (Wipe your fingers on damp cloth after touching the glue.)
5. Lay the glued twine on the waxed paper across pattern A. line. You may need to use a toothpick to form the loop.
6. Repeat this procedure for each line in order B,C,D,E.
7. Cut six short pieces the length of line F.
8. If you wish, lightly dust your snowflake with glitter while glue is still damp.
9. Leave snowflake on waxed paper until it is completely dry (overnight)  
Peel the waxed paper off very gently.
10. Attach an ornament hanger through the loop.

## Clay Pot Snowmen

This darling snowman and snowwoman make the perfect couple. All bundled up for a cold winter's day, and so easy, the [kids](#) can make them too!

### **You will need (for each snowman)**

1- 1 1/2" diameter wooden ball  
 1- 2 1/4" diameter clay pot  
 2 buttons  
 gold ribbon  
 child's sock  
 material or mitten scrap  
 white craft or hot glue  
 black fine tip marker  
 small and large [paintbrushes](#)  
 acrylic paints in white, orange and pink  
 clear coat spray



### **What you do**

Place newspaper down on work surface. Turn clay pot over and glue wooden ball to bottom of pot. When glue is dry, use large paint brush to paint entire the outside of the clay pot and the entire wooden ball with white paint. Let dry and apply a second coat.

Cut the foot end off of the child's sock. Create trim by folding up the cuff of the sock, then position the cuff of the sock onto the "head" of the snowman (see [photo](#)). Glue the brim in place. Tie a piece of gold ribbon around the top of the hat and fringe the top with scissors. Adjust the fringe edges with your fingers until they look the way you want.

Tie a strip of material or mitten scrap around the neck to fashion a scarf. Glue in place if desired. Glue two buttons to the front of your snowman. With black fine tip marker, dot on eyes and mouth. Use a small paint brush to apply orange paint for a nose and gently dab on a thin amount of pink for the cheeks

## Salt Dough Snow Family

This cute little snow [family](#) is easy to bake up. Paint them white then have a ball adding the finishing touches. Be as creative and colorful as your heart desires.

### You will need

1 cup salt  
 2 cups all purpose flour  
 1 cup water  
 acrylic paint in black, white, pink, green, orange, and red  
 paintbrush  
 two orange toothpicks  
 6 small twigs  
 felt scraps  
 2 mini pom poms  
 1 small gold glitter pom pom  
 pink and gold ribbon



**IMPORTANT NOTE:** This recipe for salt dough makes a lot of projects. If you only plan on making a few, cut this recipe into fourths or in half.

### What you do

Preheat oven to 250 F. Mix together, salt, flour, and water until a dough is formed. Knead the dough on a floured surface until the mixture is elastic and smooth. If dough is too sticky, sprinkle with flour, continue to do so until stickiness is gone. **BE CAREFUL.** Do not add too much flour, this will dry out the dough and will cause it to crack before you get a chance to bake it.

**THIS DOUGH IS NOT EDIBLE,** though it won't hurt you or your [kids](#), it just won't taste very good!

Roll dough in your hands to form different sized balls. Make three snowmen from the balls, then line them up on the cookie sheet. Make sure they are touching each other so that they will be one piece after baking.

Break or cut orange toothpicks in half. Insert toothpick halves, point size out, into the each snowman head for the nose. Insert twigs for arms into each snowman. Be sure to both of these steps **BEFORE** baking.

Bake for approximately 2 - 2.5 hours. Remove from oven and allow to cool completely. For best results, allow to cool and dry overnight, or for at least 4 hours.

Paint snowmen with white paint. Use the wrong end of the paint brush to dot on colored buttons (we used green on one, red on another, and orange on the

third).

Use a smaller paintbrush to repeat this method for adding [eyes](#) and mouths with black paint. Alternatively, you can use a black [Sharpie](#) marker if you prefer.

Embellish your snow family by fashioning scarves and hats out of scrap pieces of felt and adding a pompom to the [top](#) of the [hat](#). Add on ribbon and make ear muffs out of a small piece of gold ribbon and tiny pompoms. Use [photo](#) as a guide. Let dry completely and display.

## Light Bulb Penguin

This cute little fellow is all bundled up for those arctic winter mornings at the North Pole! Help this little cutie get warm and cozy by placing him in your lighted [Christmas tree](#) this year.

### **You will need**

burnt out [light](#) bulb  
 rubbing alcohol  
 acrylic paint in white and black  
 gold cord or ribbon  
 orange toothpick  
 shiny gold ribbon  
 gold chenille twist tie  
 finger from a child's glove  
 white iridescent pom pom  
 Fiberfil cotton batting  
 hot glue  
 scissors  
 black marker



### 1. Instructions

Wipe bulb down with rubbing alcohol, this will help the paint adhere to the bulb. Let dry.

2. Paint entire light bulb with black acrylic paint except for an hour glass shape in the front.
3. When the black paint is completely dry, paint the hour glass shape white and let dry. Apply a second coat. If finish appears streaked, you can use a large paint brush or a sponge to blot on a "stucco" look. It is not necessary to paint the socket. Allow bulb to dry completely.
4. While bulb is drying, prepare [hat](#) and mittens but cutting off a finger from a child's glove. Use the longest finger on the glove, cut a small section for the mittens. The mittens are simply small triangular shapes.
5. To make the hat, put a small amount of Fiberfil into the glove finger and roll up end for a brim. Glue pompom to the [top](#). You can bend the hat to

one side by bending it down and gluing in place.

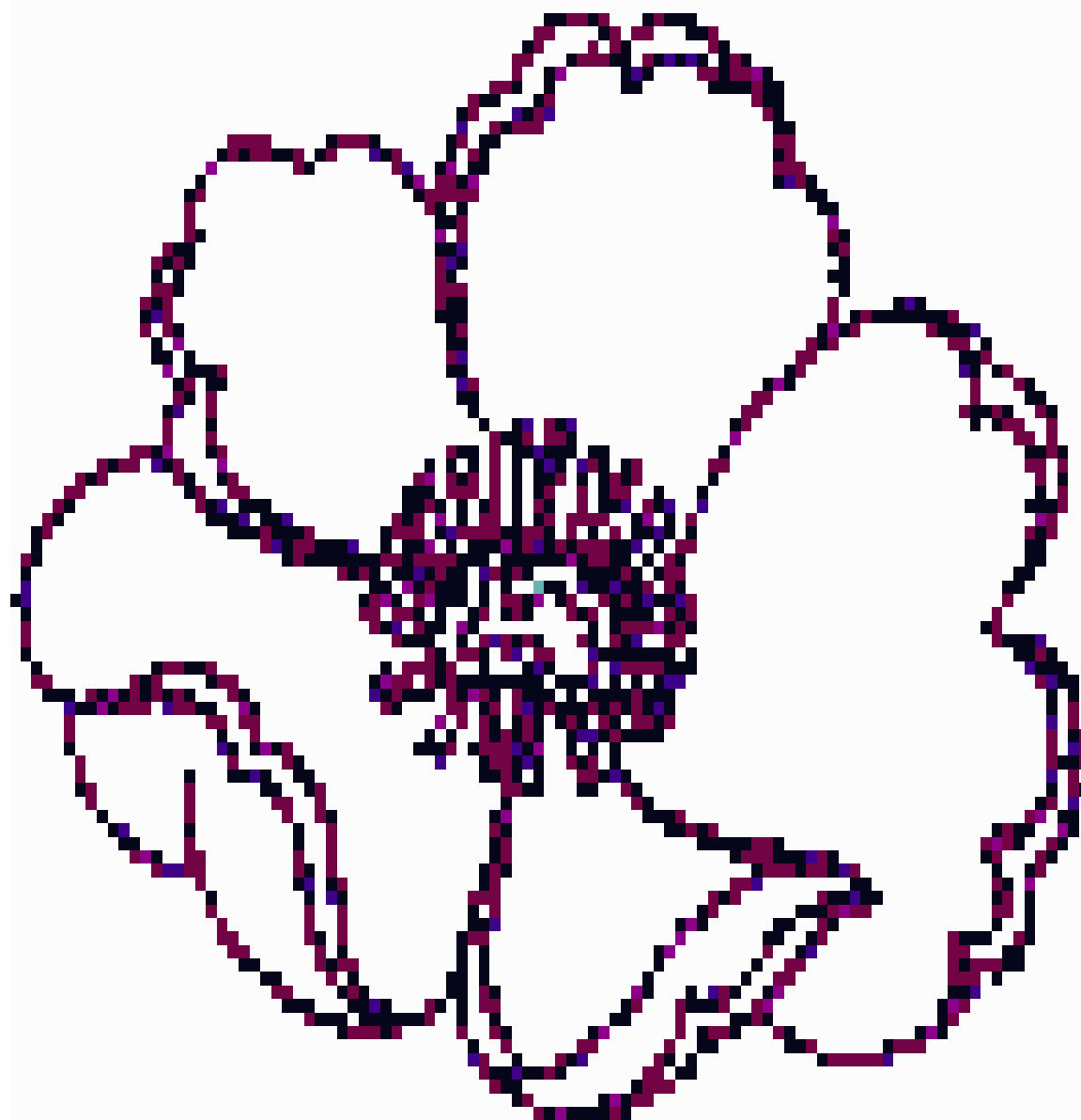
6. Fashion a bow tie from 1/2" or 3/4" wide shiny gold ribbon (about 3"-4" in length). To do this, lay the ribbon, shiny side down, onto your work surface. Fold both ends into the center, doubling up the ribbon. If this gives you the length that you want for your bowtie, then glue those ends down to hold in place. Take a piece of shiny chenille twist tie and manipulate it around the center of the ribbon, scrunching the ribbon together, thus creating your bowtie. **Hint:** these ribbons and twist ties are found on many pre-made ornaments, some with angels others with flowers.
7. When bulb is completely dry, pull hat over socket and glue in place. Glue bowtie in the front at the neckline and glue mittens at the edge of the white where the hourglass shape widens.
8. Using black marker, dot eyes onto face and five tuxedo buttons down the front of the bulb. Carefully cut 1/4 of the toothpick off at the pointed end, glue in place for beak.
9. With a fairly generous amount of hot glue, fasten a loop fashioned from gold ribbon or cord

## MIA Train

Here is a cute train that you can make out of left over Halloween Candy.

**Materials:** 1 roll lifesavers,  
1 package Jolly Rancher candy for under carriage,  
4 round peppermint candies for the wheels,  
Hershey Kiss for steam pipe [ note can be turned around the other way too] ,  
1 chewy candy block for the cabin and Hershey or Jersey Milk mini chocolate bar for the roof. Assemble with glue gun.





Least We

Forget

Unscramble the letters to find the words in our

# Winter Anagram

Hidden Word (circled letters):

\_\_\_\_\_



ⓠn o s \_\_\_\_\_

ⓐr c f s \_\_\_\_\_

m e n Ⓢ i t t \_\_\_\_\_

n ⓔ v e r e r e g \_\_\_\_\_

t s o r ⓕ \_\_\_\_\_

a t e Ⓚ s s \_\_\_\_\_

e g i s Ⓛ h \_\_\_\_\_

i n Ⓝ u p e g \_\_\_\_\_

c l o ⓓ \_\_\_\_\_

Ⓢ i r c p \_\_\_\_\_

Unscramble the letters to find the words in our

# Winter Anagram

Hidden Word (circled letters):

snowflakes



Ⓞn o s

snow

Ⓞr c f s

scarf

m e n Ⓞ i t t

mittens

n Ⓞ v e r e r e g

evergreen

t s o r Ⓞ

frost

a t e Ⓞ s s

skates

e g i s Ⓞ h

sleigh

i n Ⓞ u p e g

penguin

c Ⓞ d

cold

Ⓞ i r c p

crisp

# SONGS

## S-P-A-R-K" Song

*\* Sung to the tune of "Bingo" - Sing it through 5 times each time replacing a letter with a clap.*



**There was a girl who had some fun  
And SPARK was her name-O  
S-P-A-R-K-, S-P-A-R-K-, S-P-A-R-K-,  
and SPARK was her name-O.**

## Magic Tunnel

*Originally a Brownie activity, the Unit liked this so much they adapted it to other levels as well. Sung to the tune of "Good Night, Ladies", each girl gets a partner and stands facing her with arms joined and raised in an arch. The row of raised hands from side by side pairs form a tunnel through which the girls exit one pair at a time while the whole group sings the song.*



**Good Night, Brownies,  
Good Night, Brownies,  
Good Night, Brownies,  
It's time to say good night!**



## Hidden Trail in Winter:

Although we don't get much snow in southern BC during the winter if and when we do get some this is always fun to do. Years ago I took a group of Brownies on a hike and much to our surprise it did snow and because we are always prepared in Guiding – it was one of the most memorable hikes.

- Go out and lay a hidden trail in the snow before the girls are outside.
- Along a set path lay in view items that could fall out of pockets along the trail - make most of them white so they are hard to find. Some ideas are thread, pen caps, small plastic spoon, pieces of paper, hair clips, hair bands etc.
- Make note of where everything is.
- Have the girls follow the trail and count how many items they can find - no touching or moving any items they find.
- When everyone has had a chance take them along the trail and show everything, this time picking them up, and talk about how much harm these things could do to an animal and how they can spoil nature for everyone.



## Experiments to Help Girls Decide What to Wear in All Weather

Each patrol is given an experiment to do.

After 30 minutes, reassemble and all take a tour of the different experiments.

The patrol explains their experiment, observations and how they will put their newly discovered (and over learned skills) into every day practice.

We then do the 'dressing Sally' exercise and at campfire, share the Sally we have created. This is a tried and true '**Fun with a Purpose**' activity! We are always toasty warm and dry at our events! Hope you'll enjoy it too!

### EXPERIMENT #1 FINGERS OR THUMBS:

#### QUESTION

- What really works better... gloves or mitts... does it matter material they are made of?
- Does it help to layer your hand coverings?



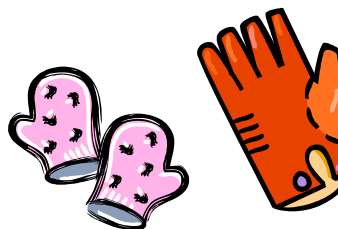
what

#### THE EXPERIMENT MATERIALS:

- An assortment of mini mitts, fleece mitts, woollen mitts, gloves, waterproof mitts,
- a pan of ice,
- a dish of snow

#### METHOD

- Put on one type of covering on one hand, one on the other...
- put your hands in the snow for a while,
- lay your hands on the ice for a while



#### OBSERVATIONS (WHAT HAPPENED)

- Which are warmer?
- Which stays dry?
- Which would be best for the wind?
- When would you wear mitts
- When would you wear gloves?

Now what type of hand warmers will you choose to wear when we go on outings?

Will you bring a change in your backpack? Why?

## **EXPERIMENT 2 BRRRRRRRRRRRRR**

**QUESTION:** Does being cold really affect how well or how quickly we can do things?

### **THE EXPERIMENT MATERIALS**

- Small cooler with snow or ice water,
- shoes with laces,
- stop watch

### **METHOD:**

- Have someone time how long it takes you to tie your shoe.
- Put your hands in the cold water for 15 seconds.
- Now have someone time you as you tie your shoe.

### **OBSERVATIONS**

- What affect do you think chilly finger have on tying shoes, or buttoning your coat or finding warm clothes in your back pack?
- Why is it important to keep your hands warm?
- What do you think is the best way to do that?

## **EXPERIMENT #3 PUT A LID ON IT**

### **QUESTION:**

- What happens when you leave the top of your head uncovered in the cold weather?
- What about in the hot weather?

### **ANSWER BEFORE YOU DO THE EXPERIMENT**

### **THE EXPERIMENT MATERIALS:**

- 5 POP CANS,
- HOT WATER,
- A PAN OF ICE,
- A HAT FOR ONE OF THE CANS,
- A EAR WARMER FOR ONE,
- A BALL CAP,
- LAMP



**METHOD**

- Fill three cans with hot water,
- put a hat on one,
- a warmer on one,
- no hat on one,;
- Place the 3 hot cans on the pan of ice.
- Fill two cans with cold water; put a ball cap on one and nothing on the other.
- Sit it on the counter.
- Shine the lamp on them.
- Leave them, come back and check on them every once in a while

**OBSERVATIONS**

What is happening to the water in the PAN OF ICE? WITH:

- CAN WITH A HAT
- CAN WITH AN EAR WARMER
- CAN WITH NO HAT
- WITH A BALL CAP
- NO HAT

WHAT DOES THIS MEAN WHEN YOU GO OUTSIDE? WHAT WILL YOU WEAR ON YOUR HEAD, WHY

**EXPERIMENT #4 LAYERS LAYERS LAYERS**

**QUESTION:** Why are layers important when we're on an outing?

**EXPERIMENT MATERIALS**

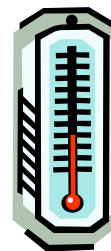
1. TAPE WITH BOOGIE MUSIC,

**METHOD**

- Check your body temperature before you start to boogie,
- is your skin dry/moist/
- Are you cold/ warm?
- Now, put on the tape and dance away.

**OBSERVATIONS**

- What was your body temperature like before you started to boogie?
- What was it like while you were exercising?
- What was it like right after you stopped exercising?
- What was it like 5 minutes after you stopped exercising?
- Do you feel like putting more clothes on or taking some off?



What type of clothing will you choose when we go out? How many layers will you start with... then what?

## EXPERIMENT #5 WARM TOASTY FEET

### QUESTION:

What socks should you choose for your feet, what boots are best for you

### -EXPERIMENT MATERIALS:

- a felt pack boot,
- a pointy fashion boot,
- a gum boot,
- cotton socks,
- wool socks,
- a pan of ice



### METHOD

- Place each boot on the ice.
- Place one of each type of sock on the ice....
- After waiting a little while, put your hand in each boot, leave it there for a while.
- Put one dry sock and one wet sock from the same pair on your hand.
- Take off your shoes and check out your own socks

### OBSERVATIONS

- Which boot is warmer inside?
- Which type of sock is warmer?
- Does it matter whether they are wet or dry?
- What if you layer the socks, what happens?
- What are your socks like now? Dry? Wet? Warm? Cold?
- Why is that?
- If we were outside how would your feet and toes feel right now?




What type of boots will you be wearing on our next winter outing. Why? What type of socks will you choose? Why? Will you bring extra socks? Why?

## **Service Projects for Sparks and Brownies**



- Plant trees and flowers
- Adopt a Grandma
- Pet visitation for Senior Citizens
- Food Drive
- Make ornaments & sing carols at nursing home
- Donate teddy bears to children at shelter
- Clean-up school playground or meeting place neighbourhood
- Make holiday table decorations for retirement home
- Donate cleaning supplies to Family Services
- Send Valentines or Christmas Card to Veterans
- Assist with household chores for those who aren't able to them
- Collect pet food for the Animal Welfare League
- Purchase gift for the Salvation Army's Angel Tree
- Donate toys for the Ronald McDonald house or the Children's Ward at a hospital

<b>Straighten the coat closet</b>	<b>Take out the garbage</b>	<b>Practice safety rules for bike riding</b>	<b>Set the table at least 3 times</b>	<b>Cook a supper</b>
<b>Make your bed at least 5 times</b>	<b>Help sort the laundry</b>	<b>Clean your bedroom</b>	<b>Help a neighbour</b>	<b>Clean off the table after supper</b>
<b>Help clean and organize the garage</b>	<b>Learn how to use a screwdriver or pliers</b>			<b>Do something nice for brother or sister</b>
<b>Help plan a family fun time</b>		<b>Make a list of ways you help at home</b>	<b>Sweep or shovel walk or driveway</b>	<b>Put things away before taking out another – all week</b>
<b>Turn off 5 wasted lights</b>	<b>Help wash or clean out the car</b>	<b>Learn to use a knife in the kitchen</b>	<b>Go on an errand with Mom or Dad</b>	<b>Work in the yard</b>

## B I N G O

\*\* Blank squares can be filled in by parents

## Dominica Twinning Project

The goal of the GGC Dominica Twinning Project is to help to expand and strengthen the Guiding movement in Dominica. By taking part in this project, Members of Girl Guides of Canada will learn about the country of Dominica, its culture, customs, language and many other interesting facts. They will also learn about Girl Guiding in Dominica and the similarities and differences with Guiding in Canada.

The objective is that Dominica will become a Full Member of WAGGGS at the 2008 World Conference. Dominica has several goals as part of this twinning project:

- To hire a Field Officer to assist Guiders throughout the county with recruitment, retention and general support
- To improve the quality of training
- To develop 2 projects,
  - Adopt-A-Unit project
  - Adolescent Healthy Lifestyle project

The project consists of three phases and we are entering phase two.



### **Dominica Twinning Project–Phase Two–Adopt-A-Unit**

Units across Canada have an opportunity to help a local Dominica unit. Share craft kits, letters, meeting ideas, teaching tools, and more!

British Columbia Girl Guide members, along with the members of Girl Guides in the Yukon have been designated the Roseau Central District with 9 units in Dominica to support.

BC and Yukon Guiding members will be supporting these nine units by Area teams. Your Area has been assigned a unit to adopt from October to June in the first year and will switch units in the second year. This gives each Area a chance to support two different levels of Guiding in Dominica. Please check the schedule below to know what unit your Area will be adopting in Dominica.

<b>October 2008 – June 2009</b>	<b>Dominican Units</b>
Mid Island Area Northern Lights Area	Young Adults Which has 15 members

### **Suggestions for how we can support our Dominican Guiding friends include providing:**

- Craft kits (which include the supplies needed to complete the craft)
- Song sheets and/or song books with lyrics for Guiding songs – action songs, traditional Guiding songs, etc. (they speak English!)
- Badge requirements for our badges, along with a badge for each of their girls to have after completing the requirements!
- Perhaps sharing the World Tour challenges or the Diversity challenge would be an idea.
- Crests, patches, pins and other swap-type items

## Top Ten Reasons to Become a Cajura

### (A list for Parents)

10. Provides a positive place for adolescent girls. Adolescents go through significant physiological, intellectual, emotional, and social changes. They constantly compare themselves to others, and their peer group is extremely important. They are caught between the demands of their parents and teachers and the expectations of their friends. A positive peer group such as Girl Guides can help!
9. Fosters positive self esteem Girl Guides helps each girl learn about and express her talents and skills. Each girl is accepted as she is-strengths and weaknesses-and is helped to set realistic goals.
8. Offers positive women role models. Senior Branches Girl Guides have opportunities to work with many women in different careers and see first hand all the choices they have.
7. Encourages diversity and pluralism Girl Guides is an organization dedicated to diversity and pluralism. Girls are taught to respect different attitudes and faiths, as well as value their own cultural identity and beliefs.
6. Gives girls opportunities to contribute to society providing service is always one of the foundations of Girl Guiding.
5. Provides a safe place to discuss sensitive issues Girl Guides offers discussions and activities related to issues of substance abuse, teen pregnancy, teen suicide and diversity.
4. Offers girls a chance to work on activities that interest them personally. Senior Branches work on "interest projects" and have many more choices than they did as juniors to handpick those activities which excite them.
3. **Leadership opportunities:** Senior Branch Girl Guides are able to take leadership roles by being program aides for younger girls, leaders-in-training, counselors-in-training, and eventually, as unit leaders.
2. **Wider Opportunities:** Senior Branch Girl Guides have opportunities to travel to other states and countries... The skills they gain and the friends they make will last a lifetime.
1. Unit activities are a fun (and safe) way to spend time with friends!

### NOTES: Program Help:

Kathy Gemmell from Parksville contacted me re: help with Cooking/Nutrition ideas. Kathy is offering to help units with cooking classes, international recipes, cooking with different types of ingredients like seaweed etc., or making cakes. If you're interested contact her at [gemmellk@shaw.ca](mailto:gemmellk@shaw.ca) or [250] 248-9228



## HERSHEY KISS HOLIDAY LIGHTS NECKLACE

This project is fairly simple and can easily be done by Guides, Pathfinders and most Brownies

### What you'll need:

1. **Hershey's Kisses** - (10 per Girl) Silver work best if you want flexibility in colors... The Christmas coloured ones are okay if you don't mind the color limitations that implies.
2. **Coloured Plastic Wrap** or Cellophane (or similar transparent wrapping foil/film/sheets) Coloured Cellophane works best for color as it generally is thick enough to provide strong color whereas Plastic Wrap is easier to get a "clean look" with but will require several layers to achieve a strong color. Cellophane is more expensive unfortunately.
3. **Coloured Cording/String** - (Green for the traditional "Christmas Tree Lights" look... But other colors can be used for other effects.) It should be cut to lengths appropriate for necklaces (18" to 24" seems to work for most Girls... Adults may want longer....)
4. **Coloured Tape** – Electrical Tape is the easiest to work with (and find) but other similar type can work as well... (avoid Duct Tape as it is too sticky to work with generally.) We've used green, black and silver to good effect.

### How to assemble:

1. Cut Coloured plastic wrap in to 3 inch squares (if you use Saran Wrap or Reynolds Plastic Wrap **do not** try to save time by layering the sheets together to cut... as the have a great affinity for each other and will be a "bear" to separate later.)
2. Cut string/cording to length (18 to 24 inches)
3. Using the cut sheets... Take two Hershey's Kisses and hold them "bottom to bottom".
4. Place one of the points of the Kisses into the center of the plastic square.
5. Wrap the plastic up and around the Kisses such that all the excess is gathered at the opposite pointed end.
6. Twist the excess plastic until it is tight around the Kisses.
7. Now tie the string around the excess plastic.
8. Next take a piece of tape and wrap it around the excess and the string so that the string comes out the "top" (this is the end away from the kisses.)
9. Trim off any excess plastic sticking out of the top.
10. At this point what you should have is something that looks like a Christmas Light.
11. To continue repeat the above steps for each (4 more in this example) spacing them out along the string to form a chain of "lights".



**NOTE: Here are two Hallowe'en Crafts I forgot to include last month.**

## **GLUE GHOSTS**

These little ghouls are absolutely adorable and require only glue, imagination and a little bit of patience!

### **What you'll need:**

- White school glue
- Waxed paper
- Wiggle eyes
- Felt, buttons, pom-poms, etc (all optional)

### **How to make it:**

1. Place a piece of waxed paper on a flat surface.
2. Squeeze glue from the bottle into the shape of a ghost.
3. Place wiggle eyes into the glue.
4. If you would like to decorate your ghost, use felt, buttons, pom-poms or whatever you like to add character. We made a simple bow tie from green felt and added mini pom-poms for buttons.
5. Set aside in an out-of-reach area to dry overnight. Note: Expect for them to take all night – and possibly a few hours more – to dry completely.
6. Once dry the ghosts will look like they blend into the waxed paper. Carefully peel them paper and use them as decorations around the house.

### **Notes:**

- Add a hanger to your glue ghosts by putting a piece of yarn or ribbon into the top of the wet glue before setting aside to dry.
- Ideas for decorations can include felt or construction paper, pom-poms, buttons, ribbon, craft foam, pony beads and other various materials. Just be careful not to add too much or the items will weigh your ghosts down.
- Make fun puppets out of these ghosts by gluing the completed versions to a Popsicle or craft stick.



## PLASTIC SPOON WITCH

This fun craft can be as intricate or as simple as you like. Adjust the details to make it simpler for younger children by eliminating her belt buckle, necklace, and teeth.

### What you'll need:

- Plastic spoon
- ½ sheet of lime green felt
- ½ sheet of purple felt
- 1 sheet of black felt
- ½ sheet tan felt
- Small scrap of white felt
- 1 lime green chenille stick
- 2 small wiggle eyes
- 1 miniature light green pom pom
- 10 miniature light purple pom poms
- 1 gold chenille stick
- Scissors
- Hot glue gun



### How to make it:

1. Cut a square of lime green felt large enough to fold over and completely cover the top portion of the spoon. Set aside.
2. Place spoon, round side facing down, on top of the green felt. Only the top section of the spoon will be wrapped, not the handle. Place a dot of hot glue onto the back of the spoon to tack it in place. Wrap the felt completely around the spoon top, gluing as you go, tucking and gluing ends of the felt into the back side of the spoon.
3. Cut out two identical dresses from the black felt. Lay one on the work surface and place spoon on top, positioning it so the top of the handle lines up with the neck. Place the other dress directly on top and tack in place at the shoulders and neck area. DO NOT glue.
4. Cut lime green chenille stick into four equal pieces. Fold each piece in half. Insert, open end inward so that loops are sticking out (these are the arms and legs) and glue in place. Now glue the rest of the dress together.
5. Cut a strip of purple felt for the belt, wide enough to cover the waist area. Tack seams in the back. Cut a square from the black felt for the buckle. Cut a smaller square out of the center of the larger square and set the small piece aside to use on the hat. Glue buckle to the front of the belt.
6. To make the hair, cut a four inch by three inch rectangle from purple felt. Use scissors to fringe one of the long sides. Tack to the back of the "head", lining up the center of the felt hair with the top third of the spoon. Wrap hair around the head and trim where needed. Glue in place. Note: You'll want to leave about a quarter-inch gap around the forehead area.
7. Cut two identical hats from the black felt. Just as you did with the dress, lay one hat on the work surface, place the head on top and then arrange the second hat on top of the head. Line up hats and glue in place.
8. Cut a skinny strip of purple felt out for the hat band and glue in place as you did with the dress belt. Glue the small black square you cut from the belt buckle to the center of the hat band.
9. Add a necklace by piping some hot glue around the neckline of the dress and place light purple miniature pom-poms in place.

10. Cut a small point nose from the lime green felt and glue just the large end of it to the center of the face so that the it sticks out a bit.
11. Cut out a tiny strip of white felt and cut it into four small squares. Glue on for the mouth.
12. Glue on a miniature green pom-pom near her chin to create a wart. Glue on two wiggle eyes.
13. Cut an eight inch by three inch rectangle from the tan felt. Use scissors to fringe one end, about two inches inward. Roll up the felt to create the broom bristles and glue together as you roll. Insert gold chenille stems into the bottom end of the bristles and glue in place. Tie a thin strip around the base of the broom and trim the ends. Insert the bottom of the broom handle through the loop hand and down to the foot. Tack with glue to the hand and the foot.

## **MONSTER RICE KRISPEE TREATS** “monster” snack the family will love.

### **Ingredients**

- 3 tablespoons butter or margarine
- 1 package (10 oz., about 40) regular marshmallows **or**
- 4 cups miniature marshmallows
- 6 cups Kellogg's® Rice Krispies® cereal **or**
- 6 cups Kellogg's® Cocoa Krispies™ cereal

### **Cooking Instructions**

1. In a large microwave-safe bowl, heat margarine and marshmallows at HIGH for 3 minutes, stirring after 2 minutes Stir until smooth.
2. Add KELLOGG'S™ RICE KRISPIES™ cereal. Stir until well coated.
3. Using buttered spatula or waxed paper, press mixture evenly into 13 x 9 x 2-inch baking pan coated with cooking spray. Cool and cut into 6 rectangles for monster faces.
4. Decorate by spreading frosting over the top of monster face. Use cherries or dried fruit for eyes, dried fruit or candies for nose, mouth, ears and hair attaching with peanut butter or decorating gel. Best if served the same day.
5. Microwave cooking times may vary.

### **CONVENTIONAL DIRECTIONS:**

1. Melt margarine in large saucepan over low heat. Add marshmallows and stir until completely melted. Remove from heat. Follow steps 2 through 4 above.

### **Tips:**

- For best results, use fresh marshmallows.
- 1 jar (7 oz.) marshmallow creme can be substituted for marshmallows.
- Diet, reduced calorie or tub margarine is not recommended.
- Store no more than two days in airtight container.