



MID ISLAND AREA - GIRL GUIDES OF CANADA PROGRAM NOTES

Issue #18- September 2007

WELCOME BACK.....

Here it is mid August and summer is almost over and another Guiding year about to begin. First off I would like to extend my sincere congratulations to all the leaders who participated in **SOAR 2007**. You are all to be commended for the **fabulous** job you did in welcoming the Guiding patrols from around the world. I personally enjoyed meeting the girls on out trips and visitors days plus hosting a Leader from Mexico for the week previous. I would recommend hosting to you if you ever get the opportunity!

For those of you who did not attend the camp look on the BC Guiding website for some fabulous pictures and informational trivia. If you were unable to attend **SOAR**, read the inspiring speech from the Lt. Governor, Iona Campagnola, at our closing ceremonies on Saturday, July 28th. She is a fantastic example to all women.

Here is the link: http://www.lt.gov.bc.ca/whatsnew/sp/sp_jul27_1_2007.htm



REGISTRATION DATES:

Just a quick reminder that the Fall Registration Week is: September 8 to 16. This also includes BC Lones and Link members. If you know of a member who cannot attend regular meetings please encourage them to keep up their membership by joining as a Link or a Lones. Applications for Links and Lones are downloadable from the Provincial website at www.bc-girlguides.org – click on joining and follow the links. Please remember to make sure all sections are completed including image release.

Reminder Lee Ann Knight is MIA Link Adviser for young women between the ages of 18 and 30, and completed applications can be sent to her via email Lee-Ann.Knight@telus.net

I am the BC Lones adviser. This is for youth members Sparks to Senior Branches aged. Completed applications plus the \$ 50.00 registration fee for Lones go to Girl Guides of Canada 1476 West 8th Street, Vancouver BC V6H 1E1

PROGRAM PLANNING:

Girl Guides of Canada (GGC) is committed to delivering high-quality programs for our girl Members. To help Unit Guiders plan and evaluate their programming, we've developed a new tool called Guidelines for a Program of Excellence.

These Guidelines are an easy reference tool that outlines what makes a great program and fulfills the Mission of Girl Guides of Canada. When Guiders plan their year, they can use the Guidelines to help them understand the elements that will make the girls program a success.

Individual units likely will not follow these Guidelines exactly. That's to be expected. For programming that keeps girls coming back for more, girls and Guiders need to work together to make the program what they want it to be. Units should feel free to use these Guidelines in a way that works for them. We encourage you to add this information to your fall start-up packets so that Guiders have it readily available and can use it for their planning.

Programs of Excellence

UNIT PROGRAM PLANING:

Guiders plan opportunities to carry out program and other activities based on the safety procedures in Safe Guide, by developing activities that are

- ☆ Girl-centered, safe, fun and age-appropriate
- ☆ Weekly meetings that reflect the Values of Girl Guides of Canada
- ☆ Weekly meetings conducted as described in the Unit Guider Handbook
- ☆ Short term plans for meetings and outings occurring during the next month
- ☆ Long term plans for meetings and outings occurring during the next three month.
- ☆ Opportunities to recognize girls' achievements through ceremonies and badges
- ☆ Activities which are creative, interactive and fun at least one opportunity for physical activity per meeting
- ☆ At least three meetings with external resource people

GIRL LEADERSHIP DEVELOPMENT

Girls participate in decision making by:

1. **Sparks** - suggesting activities
2. **Brownies** - suggesting activities; leading simple activities; leading some unit functions; assisting with Brownie circle and unit activities as Circle Leaders
3. **Guides** - suggesting activities; initiating planning and leading activities; leading some unit functions; assisting with patrol and unit activities as Patrol Leaders
4. **Pathfinders and Senior Branches** - suggesting activities; planning and leading activities; leading unit functions

Girls evaluate activities:

Sparks, Brownies and Guides are given at least two opportunities to evaluate activities. Pathfinder and Senior Branches regularly evaluate activities.

Guiders support girls' efforts to lead by: mentoring them in the process

COMMUNITY SERVICE

- ☆ Guiders and girls participate in two community service projects.

BRIDGING AMONG BRANCHES

Girls are given the opportunity to:

- ☆ participate in at least one activity with other branches
- ☆ participate in one activity with girls in the next branch of Guiding (i.e., Guides with Pathfinder)

ENVIRONMENTAL AWARENESS

Girls are given the opportunity to

- ☆ Participate in one environmental awareness activity

WORLDWIDE GUIDING



Girls have the opportunity to participate in:

- ☆ Thinking Day activities during the week of February 22
- ☆ one other activity that focuses on an aspect of international Guiding
- ☆ one meeting dedicated to cultural, spiritual, physical or ethnic diversity

CAMPING AND THE OUTDOORS

As a unit, or as part of a multi-branch camp, girls are given the opportunity to participate in: All branches - two outdoor meetings that enhance an understanding of the natural environment

Sparks - one overnight activity (sleepover or residential camp)

Brownies - one overnight camping activity lasting one or two nights (residential or in tents)

Guides - one camp lasting two consecutive nights, in tents

Pathfinders and Senior Branches - two overnight camping activities, -one of which is a minimum of two consecutive nights in a tent.

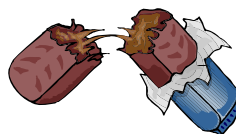
Games

LEARNING KNOTS

Knot Cards:

With the girls make up knot cards.

- Get a piece of cardboard.
- Make an example of the knot to be learned and attach it to the card board.
- You may now attach 1 or 2 pieces of cord to the card board for the girls to duplicate the example knot.
- Repeat this process with as many knots as you would like them to learn



Chocolate Bar Game

Play this game after you've taught the girls a specific knot, for example, the sheepshank.

Equipment needed: apron, placemat, knife and fork, oven mitts and wrapped (many times with newspaper over and over again) a chocolate bar, and one dice.

Game:

1. Put all the equipment in the centre of a circle.
2. The girls are sitting around the equipment in a circle.
3. The dice is passed around and everyone has a turn at throwing a 1.

4. When you throw a 1 you get the rope and start tying the knot, meanwhile, the others are still throwing the dice.
5. If you tie the knot successfully before someone else throws a 1 then you get to put on the oven mitts, your apron, put the chocolate bar on the placemat pick up the knife and fork and try to get into the chocolate bar.
6. However once someone else has successfully tied the knot you have to hand over the equipment and become part of the circle again.
7. Once the chocolate bar is opened, make the girls share it!

Bean Game

After you have taught the reef knot you give everyone one bean. They then go in pairs and see who can tie the knot the fastest. The fastest one gets the other one's bean which now means they have two. Girls with two beans find each other and repeat tying the knot. The one who ties it the fastest gets the beans and therefore now has 4 beans. She goes to find another person with four beans and so on. For the girls who lose they just go and get another bean from the pot and start out again so no one really loses and everyone gets lots of practice with this one knot.

Active Games

Timed Relay:

Form 2 teams that will compete against each other. Each team then further divides onto pairs.

Each pair of girls hold left hands. (If the girls are left-handed they should hold right hands)

At the command of "reef knot" the first pair on each team run across the room and, using only their free hands, ties the knot in a cord (or 2) supplied for them.

When they have successfully tied the knot they run back to their team and the next pair runs to the cord and ties the same knot. (You may have to have a number of cords or you will have to have a supervisor untying the knots.)

At no time are the pairs allowed to let go of hands.

****The command of reef knot can be changed to any knot you wish the girls to practice.

Bowline/Sheet bend Draw.

Have the girls divide into pairs. Each pair lines up across the room from each other. Each girl is given a piece of rope long enough to tie around her waist and leave a couple of extra feet. These ropes should be at the ground by the girl's feet.

At the go signal, each girl picks up her rope and ties a bowline around her waist. She then runs to her partner and joins the rope with her partner's rope- using a sheet bend. They then back up until the ropes become taught, lean back and hold their hands in the air. This can be done as either a patrol competition or as an individual competition or simply as a fun exercise.

Blackout Knots:

All players have a piece of rope. Assign a specific knot. Shut out the lights for a specified time and see how adept the group is in the darkness. Vary the knots called and time the lights are out.

Survival Games for Pathfinders

These trail games were created with the help from a Pathfinder Unit. Each game is designed to teach Pathfinders, first hand, some of the skills required to survive in the wilderness if they manage to get lost or injured. These games are best played at a weekend (but non-emblem) camp. Some preparation is required beforehand. In the meetings leading up to the game, the girls should be assembling first aid kits and survival kits. Girls should come to the game with all the gear they would usually take on an afternoon hike: daypacks, survival kits, first aid kits, rain ponchos, some snacking food, something to drink, etc.

Leaders lay a trail for the girls to follow, using either trail signs, flagging tape or bright-coloured wool. If times allows, lay a trail for each team of girls. Along the trail the leaders place Situation Cards (see the links on the left); on each card is a situation the girls will have to think about and solve before moving on. Try to make sure that the last Situation Card is placed in an area which has suitable shelter-building materials available, and, if at all possible, is safe for lighting fires. **Remember to practice extreme caution when using fire in the middle of the woods, especially in summer!**

The Pathfinders are split up into groups of around 5 or 6 girls each. If you only have one trail, send the teams down the trail at around 15-minute intervals, and try to split the trail so that each team winds up in a different spot at the very end. Once the girls reach the end of the trail they must remain where they are until the leaders come and inspect their work.

During the game, the leaders tour the area, but remain as observers only. No commenting on the girls' solutions to the problems! After the game is over, everyone should sit down together and discuss the different strategies used, as well as what improvements could be made for surviving a real emergency situation.

Senior Branches

[The Global Issues Symposium for Youth](#)

Reminder to leaders of Senior Branch Units *The Global Issues Symposium for Youth*, planned for November 9–12, 2007. This event is put on by the Red Cross for youth attending grades 10, 11 or 12 in the fall of 2007. The girls who attended this event last year found it to be very informative and inspiring—a life-changing experience. Applications must reach the MIA no later than **Friday, September 14, 2007**. Please mark the envelope “Confidential” and send it to the attention of Hedy Black, BC International Committee.

The Global Issues Symposium for Youth

Camp Howdee – Port Moody, BC

OVERALL DATES: November 9–12, 2007

PARTICIPANTS: Six girls in grades 10–12 at the start of the event

PROGRAM AND ACTIVITIES:

Travel to the Lower Mainland to take part in this Red Cross-sponsored, co-ed event. Experience the reality faced by millions affected by conflict. Attend this four-day symposium with 90 other BC youth and push your boundaries while exploring critical global issues. You will be actively involved in learning about human security, refugees, HIV/AIDS, landmines and human rights! Challenge yourself not only to think and learn, but also to act in limiting the consequences of conflict. Gain valuable insights, practical tools and meaningful connections with other youth. We are already global citizens—the question is, what kind of global citizen each of us will choose to be?

ESTIMATED TOTAL COST OF THIS EVENT: \$360.00

This includes your:

- return travel and taxes between home and Vancouver
- medical/illness insurance coverage
- camp/program fee
- accommodation and meals

GIRL MEMBER QUALIFICATIONS: General qualifications for girls

FINANCIAL ASSISTANCE:

Each participant selected will receive from Girl Guides of Canada-BC Council:

- costs of return travel from home to the event as arranged by BC Girl Guides
- the cost of the event, less \$100.00

COSTS TO GIRL MEMBERS: \$100.00, plus:

- cost of your meals en route before and after the event
- personal spending money
- kit list requirements

PLEASE NOTE:

- You may be required to have uniform pieces that you may not own and it will be necessary for you to borrow or purchase these items.
- All event costs are based on figures available at the time of circulation of this fact sheet (one year before the event). This figure may change slightly due to increased costs.
- If participation is cancelled due to unforeseen circumstances, Girl Guides of Canada will not accept responsibility for expenses incurred in preparation for this event.

INTERNATIONAL APPLICATION FORMS TO BE COMPLETED:

- **NT.1** International Events Application Form
- **NT.4** Confidential Recommendation Form (to be completed by applicant's Guider or Commissioner)
- **NT.5** Two (2) International Events Confidential Recommendation Forms (to be completed by at least one person outside of the Guiding organization)
- **NT.6** Applicant's Letter
- **H.1** Personal Health Form

AREA DEADLINE: Please check with your area international adviser for the deadline in your area.

AREA DEADLINE TO PROVINCE: September 21, 2007

Each area may forward two (2) girls' applications

CRAFTS

Autumn Tissue Paper Flowers and Juice Jar Vase

These directions are for making the flowers and for making the vase. You don't have to do them both... you can make some flowers and put them in a store bought vase or you can make the vase and put in some silk flowers.



* *There are 4 different types of flowers included you can make.*

Materials for the Vase:

- juice jar (750 ml)
- [paper mache paste](#) (1 part flour to 5 parts water... boil about 3 minutes and let cool)
+ strips of white paper
- paint or markers to decorate (we used orange paint for ours)

Materials for one flower:

- tissue paper
 - Orange, Red, Yellow or brown for flowers (any combination of fall colors)
 - bit of white or yellow for the center
- straw
- cotton ball
- scissors
- scotch tape (or floral tape)

Directions for making the vase:

- Paper mache the jar (cover with 2 layers newspaper with one layer white paper over top of that) or just cover with 3 layers of white paper
- Let dry (takes about a day for the paper mache to dry)



- Decorate the jar with paint or markers. We painted ours orange.



Directions for making a flower:

- cut a square of tissue paper about 2" by 2"
- Put a small piece of cotton (about 1/4 of a cotton ball) in the center.



- Scrunch the cotton filled tissue paper around the end of the straw and wrap a piece of scotch tape around it

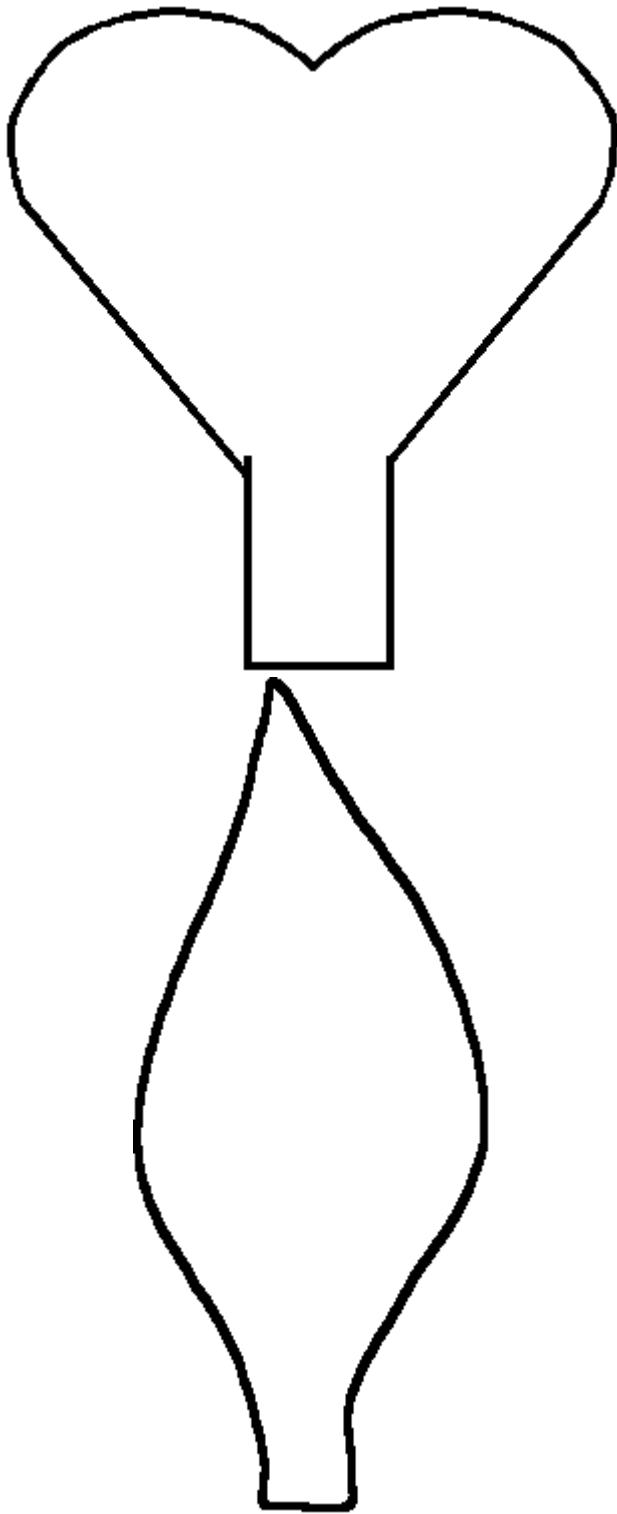


- Put 4 or 5 petals around the cotton filled tissue paper. Tape them on.
- Continue adding rows of petals until you have a nice full flower. You'll need at least 4 rows of them.
- Fluff the petals out a bit to shape your flower.
- OPTIONAL: Spritz a bit of perfume on your flower to scent it.



FLOWER PETAL TEMPLATES:

I've included a picture of ONE of the flowers made with each template so you get a feel for how they look. Each flower has 20 to 30 petals in it. These templates aren't printable... just use the images as a guide when cutting out your petals.



heart shaped petal template

(I think it looks like a rose or peony flower -
- this is my favorite)



large pointed petal template

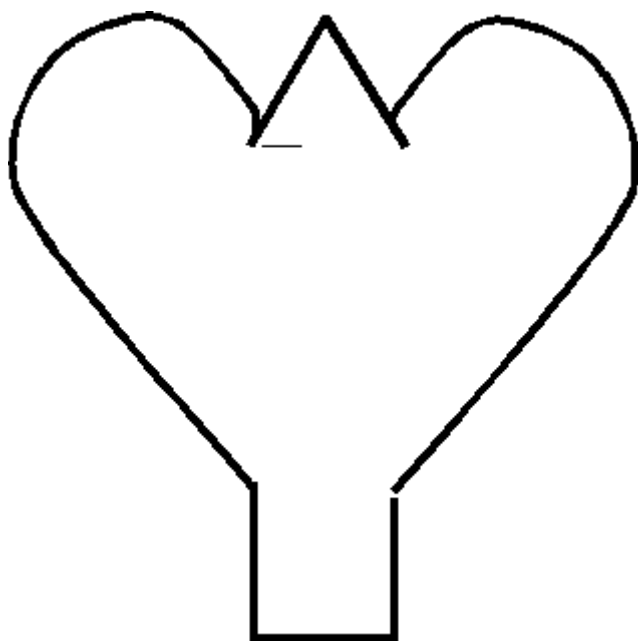
(I think this one looks like a water lily)



small pointed petal template(this has twice the petals of the others... 40 to 60 petals in a flower)



tri-petal template



Plastic Bag Container

This is a recyclable way of making the tube-like bags that you use to store and dispense plastic grocery/other bags. They are not difficult or expensive to make them. Makes a good gift to give to parents on for Grandparents Day Sept 16th.

What You Need:

1. Old long sleeved shirt – look in good will store
2. Needle and thread
3. Ribbon

How to Make It

1. Take the sleeves out of old long sleeved shirts that you don't want any more.
2. Turn down the end that came from the shirt to where it is even all the way around, stitch down.
3. Tack a piece of ribbon on each side of the top to hang it by and dispense the bags from the cuff end. The bigger shirt sizes probably would work better for this.

Hand Print Magnets

These are great to make for the fridge to hang your guiding newsletter or monthly calendar

MATERIALS:

- Scissors
- Poster Board
- Sticky backed magnet
- Poster paint and a paint brush
- Black permanent marker



DIRECTIONS:

1. Paint your right hand with poster paint and make a handprint on the poster board. Do the same thing with your left hand. Let the prints dry.
2. Cut around the outside of both handprints.
3. Write the possessive form of your name on one hand and something like "work" or "masterpiece" on the other hand.
4. Put a piece of sticky-backed magnet on the back of each hand.
5. Put these handprints on your refrigerator to hold up your notices

WATER BRACELETS

- ▶ 2 feet of clear plastic tubing with a ¼-inch inner diameter and
- ▶ 3 inches of clear plastic tubing with a 3/8-inch inner diameter (sold in most hardware stores)
- ▶ Ruler and scissors
- ▶ Tiny beads or glitter and water

Time needed: Under 1 Hour

1. To make each bracelet, cut an 8-inch-long piece from the 1/4-inch tubing and cut a 1-inch length from the 3/8-inch tubing (for a fastener).
2. Slide both ends of the 8-inch tube into the fastener, and have your child try on the bracelet for fit. * If it's too big, take it apart and trim it to size, remembering that it will need to slip over her hand.
3. Remove one end of the bracelet from the fastener. Use a finger to stopper one end while your child drops in tiny beads or pieces of glitter -- or anything she likes that fits in the tube and can be submerged in water.
4. When she's done, slowly fill the tube with water, leaving several inches of air so it has room to move.
5. Carefully slide the free end into the fastener as far as it will go. This should create a snug fit that won't come undone without a good tug.

FIREWORKS T-SHIRT

Plain T-shirt
Newspaper
Glittery fabric paint
Paper plate
Pipe cleaners

1. Start by placing a few sheets of newspaper inside a plain T-shirt.
2. Pour one or more colors of glittery fabric paint onto a paper plate.
3. Create a stamp (for each color paint) to print fireworks: arrange four pipe cleaners in a bunch, pinch the center, then bend all eight ends over your thumb and twist them together a few times, forming a loop. Spread apart the ends and bend up the tips.
4. To use the stamp, dip it into the paint so that it's evenly coated and press it firmly onto the fabric.
5. Once you've finished your design, allow the paint to dry thoroughly, and refer to the paint manufacturer's directions before laundering the shirt. * Time needed: Under 1 Hour

Scarecrow Wall Decoration

It is a scarecrow made out of two hats, raffia, felt and a pipe cleaner.
It is easy for Brownies age and up...

Materials Needed:

- 2 Straw hats - 16 inch and 12 inch
- Raffia
- Felt
- Pipe cleaner
- Ribbon
- Tacky craft glue or hot glue gun



How To Make It

1. Cut the 12" hat in half.
2. You will need a small package of coloured raffia (if available) *-this is representing the hair on his/her head.*
3. Spread out and place on the crown of the 16" hat.
4. Glue raffia in place with thick designer tacky or hot glue whichever is available to you.
5. Now place glue on the cut edge of the 12" hat and place atop hair and against brim of 16" hat.
6. Cut triangles out of felt for eyes and nose. Place on crown forming face.
7. Use a black pipe cleaner for his mouth. Bend pipe cleaner $\wedge\wedge\wedge$ so it looks like that. Glue to crown.
8. Make a bow for neck area (under crown) and glue in place.

***** I put fall leaves on top of his hat to also give some color.

Note: It can be done actually with any size hat. Just adjust accordingly.

Programs Role in Guiding

We know that strong programs and Guider supports are essential in ensuring a great experience for both girls and Guiders. Those who have great experiences stay in Guiding longer and Grow Guiding by bringing their friends.

We also know that 1/3-2/3 of our Guiders are new at any given time.

Some Guiders also tell us that lack of available planning times is a major obstacle.

As program advisers, let us do our part to Grow Guiding by:

- providing support to Guiders as they develop confidence in leading the program
- ensuring that Guiders have access to tools and resources that will help them to facilitate a fun, girl-centered program

The BC and Alberta International committees partnered with Hostelling International

Canada to create the ***Discover Hostelling Challenge***.

This challenge educates girls about hostel travel both locally and internationally. It focuses on learning about hostelling as an alternative form of travel that is cheap, fun, safe and an opportunity to learn about other cultures from around the world.



To complete the challenge girls need to spend a night at a hostel and do a number of activities that include:

1. planning a travel budget and itinerary,
2. meeting other travelers
3. using the hostel facilities.

The challenge and worksheets to enhance the challenge can be found on the Challenges page of the Alberta website and will soon be on the BC ones too.



Brownie/ Guide / Pathfinder Program Idea

****thanks to Claire Sokoloski Naitaka District

Materials Needed:

1. digital or disposable cameras if digital ones not available
2. list of items to find – see examples below
3. bag for collecting things

We met at our meeting hall and hopped on a bus and went down town.

When there we broke into groups and had a photo scavenger hunt. The girls were armed with a camera, a bag and a list that had photos they had to collect

Examples:

- them in front of a trefoil,
- in front of a restaurant, with the Ogopogo,
- writing their name in the sand etc)....
- some photos they had to figure out (like a street name that is also a type of dog!!).

In the bag they needed to collect things like:

- a white pebble,
- a clean ice cream sample spoon,
- a hotel coaster....etc.

NOTE: The girls who did this are all brownies so they had the leaders there with their digital cameras rather than disposable ones. They were made into groups of 5... plus one leader and a mum per group... The girls **LOVED** it!!

This would also make a good Bridging event!! The older girls could even plan it out for a group of Brownies and/or Sparks.

SCIENCE EXPERIMENTS:

Experiment # 1

Runaway Liquids

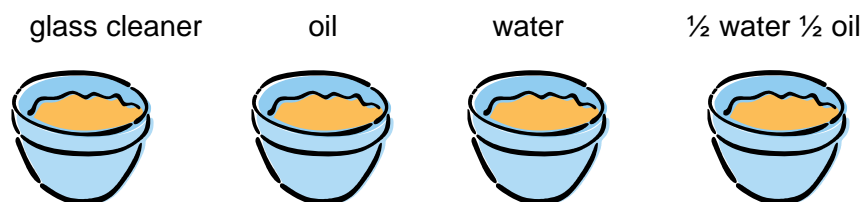
Hypothesis: When a liquid evaporates it turns into a gas and seems to disappear

Materials:

- ▶ water
- ▶ cooking oil
- ▶ liquid glass cleaner
- ▶ tablespoon
- ▶ paper towel
- ▶ four small bowls or cups

Directions:

1. Put 1 tablespoon of liquid into each bowl- wipe the spoon clean each time to keep them from mixing.



2. Put bowls together in a warm place
3. Examine them for 7 days

What Happened?

1. The glass cleaner evaporated and disappeared first.
2. Then the water dried up.
3. The water and oil disappeared partly.
4. The oil did not disappear or only slightly.
5. Some liquids evaporate quickly, some like oil, do not.
6. Glass cleaner contains ammonia which evaporates quickly

INSIDE THE LIQUID SPACING:

The smallest chunks of water we can have are water molecules, and they can cling to each other in all directions. Inside liquid water the molecules can cling onto each other top-ways, bottom-ways, side to side- any way they can. But on the surface of water, there are fewer directions for them to cling, so they grab on to each other more tightly the only way they can- sideways. That is the film.

Water molecules clinging onto each other often, is the thick line that we see on water. It's called **surface tension**. Before something can get wet it needs to poke through the thick line.

Experiment # 2

Materials:

- ▶ all the pennies you can find
- ▶ glass of water



Directions:

1. Fill up the glass all the way with water
2. Place it on a level table.
3. With your fingers close to the water,
4. Gently drop in the pennies one at a time.
5. Don't make waves when you do this.

Question:

How many will it take to overflow the glass? Look closely at the water.

Conclusion:

It took a lot more pennies than you thought and the water lifted up and out the glass, held together by those molecules clinging to each other- **surface tension**

Experiment # 3

Materials:

- ▶ bowl
- ▶ water
- ▶ pepper

Directions:

1. Sprinkle pepper onto a bowl of water until the surface is covered.
2. Then just touch a bar of soap to the center of the water.

Conclusion:

Soap breaks up all that clinging togetherness and the pepper will jump back as the **surface tension** breaks

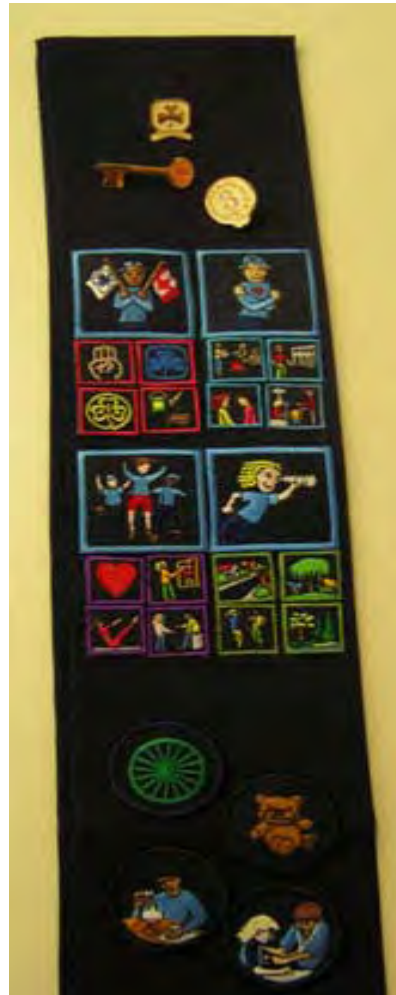


Placement of New Guide Badges

The new Guide badges for the challenges in each of the program areas are available from the stores.

Guiders and parents have been wondering how to place them on the Guide badge scarf.

Here is an example of how they could be worn, although girls may find other arrangements that work for them. Rearranging badges that have already been sewn on the scarf should be avoided.



 ASTRONOMY 220105	 BIRD WATCHING 220113	 BUSINESS COMMUNICATION 220201	 CHILD CARE 220200	 COMPUTER SKILLS 220205	 CREATIVE CRAFT 220122
 CULTURAL AWARENESS 220117	 CYCLING 220124	 DANCING 220125	 ECOLOGY 220128	 ENDANGERED SPECIES 220224	 EVENT PLANNING 220148
 FITNESS FUN 220150	 GARDENING 220138	 HIKING 220144	 HORSEPOWER 220147	 LAW AWARENESS 220155	 MUSIC FAN 220161
 NATURALIST 220162	 OUTDOOR ADVENTURE 220165	 PET LOVER 220165	 PICTURE THIS 220169	 READING 220174	 REPORTING 220175

2007 REVISED GUIDE BADGE DESIGNS

 SAILING 220177	 SINGING 220180	 SKATING 220181	 SWIMMING 220185	 TASTY TREATS 220189	 TRAVEL 220191
 WORLD GLIDING 220195	 WRITING 220197				

******If you are no longer a Program Adviser – please email me with the changes. joycewenner@shaw.ca**
By Joyce Wenner *MIA Program Adviser*