



# Brownsea Bulletin

## Dates to note:

- Office Closed — April 10-13
- Shop Closed — April 10-13
- Calgary Area Appreciation Dinner—May 12
- Guide Centre Closed — May 16-18

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## CAMPING ISSUE

March 2009

### Guiders Who Camp: Thank You

Renée Hill, Calgary Area Camping Adviser

As I look back over my years in Guiding, my most vivid memories of Brownies all center around camp. I distinctly remember lighting a match for the first time in the fire pit behind Rowan House. I also remember telling my mom and dad when I got home that I had actually done it and was so proud of myself for not burning my fingers while I was at it.

In due time I went up to Guides and was delighted to be able to go to camp with the Guides less than a month after I flew up. What I remember most about that camp is the bitter cold and my big sister letting me sleep with her and the other "big girls" when I was too scared to sleep in a top bunk.

When I was a Pathfinder, I had a chance to go to my first camp as a leader and it was then that I saw a totally different side of camp. I learned at that camp just how much work goes into pulling off a great event for the girls. Even though my mom had been a leader for many years, I didn't realize just how much time and effort went into camp until I was part of the planning process. To say I was surprised would be an understatement. In fact, when I was a Unit Guider, I worked with one Guider whose husband used to mark the week before camp as "Hell week". But I loved doing the work and knew that camp was always a highlight for those girls just as it was for me.

I still love it. In the 36 years I have been a Member of GGC, countless girls have gone to camp and have created memories just as lasting as mine.

On behalf of all those girls through the years, I want to say "Thank you" to all the Guiders who put out the time and energy to take their girls to camp. The girls may not realize just how much time you put into planning the perfect camp, but they will remember the camp. They do appreciate your efforts, and if I could name every one of you individually I would.

And as Area Camping Adviser, I want to thank the incredibly talented group of ladies with whom I am fortunate enough to work. Calgary Area is lucky to have a group of ladies dedicated to making the camping experience a good one for both girls and Guiders. To my team: Laurie McIntosh, Sheila Morrison, Donna Yaklin, Jackie Fietz, Cindy Roche, Maire Shelast, Jennifer Wadleigh, Holly Sweeney, Alana Poos, Michelle Kromplak, Bernadette O'Connor, Cindy Archibald, Colleen Reynolds, Vivian Mizera, Diane Talbot, Audrey van Aelst, Debra Brisbin and Pam Garrow, my heartfelt thanks for all you do for the girls and Guiders. And to my deputy, Debbie Sugden, my appreciation for all you do for Calgary Area.

Thank you to all Guiders who take the time to invest in camping. You are making a difference.





## Let's Get Every Unit Out To Camp!

Eileen Johansen, Calgary Area Commissioner

The time of the year is upon us when most of our Units try to go camping. Camping is a major part of all our programs and something for which Guiding is known. It provides an important opportunity for Units to bond with each other, to have a lot of fun and to complete parts of the program.

Camping is also a time of stress for our newer leaders. Many of our Units have only new Guiders so no one has the experience required to take a group to camp. To take her Unit camping, a Guider must have some experience with the planning, organization and leadership of a camp of equivalent size, type and duration. The girls want to camp; their parents want them to camp; Guiders want to take them to camp but they need help to get ready to take a unit out camping.



Are there Units in your district with no experienced campers? Have you considered inviting them to join your Unit at a camp? If you do invite them to share your camp, don't just give the Guiders some basic information and tell them to meet you at the site on Friday night. Invite them to planning meetings and encourage them to be fully involved in the camp planning and organization. Take this wonderful opportunity to mentor the Guiders so that they will be ready to take out their own camp next time. This has benefits for everyone: new Guiders learn what is required to take a group to camp; the work of preparing the camp is shared among more adults; the girls get to work with another Unit; both girls and Guiders may make new friends and the fun is increased for everyone.



Are you a Member who is no longer directly involved in a Unit but still really enjoys camping? Consider helping a Unit that needs someone with camp experience to join them. Offer to meet with them, explain what they need to do to get ready for camp, ask them to do the work (and gain the experience) and assist them as needed. Even when the experienced Guider is the one signing the *Safe Guide* forms, the new Guiders should be involved in completing the forms so that they understand what they will need to do when they take on their own future camps.

Whether you go out to camp as the Responsible Guider for new Guiders or you invite a Unit to join your camp, make sure the new Guiders have a chance to participate in all areas of camp life. When they are finished camp, they should know how to manage a camp from the basics of the three-pan method of doing the dishes to how to change the program on the fly if something does not work or the weather does not cooperate.

Are you a Guider who has not had the opportunity to gain the necessary experience to take out your own camp? If you are, talk to your commissioner or your camping adviser; ask her to help you find a Unit with which to share a camp or connect with someone who will take you to camp so you can gain the necessary experience.

I hope that each and every Unit in Calgary Area has a wonderful camping experience this spring.

Don't know what the three-pan method of dishwashing is? Need a re-fresher?  
Check out page 6.

## We Want to Camp. Now what?

Colleen Reynolds, Camping Adviser—St. Catharine's Division

Once you've decided to take your Unit to camp, there are some things you need to know and steps to follow. If you want to camp at a Calgary Area Girl Guide site, the first step is to contact the camp coordinator to check site availability. There are several from which to choose, so pick one that works for your group. After choosing your site and date, you will have to complete a booking form and get it signed by your camping adviser.

At least one member of your Guiding team must have completed an orientation to the site. If you haven't had an orientation, check the Area website or contact the office to see when one is scheduled. If you need an orientation to a site for which a session is not scheduled, let the office know and they will see about setting one up. (Don't wait until the last minute! Orientation should be done long before your planned camp date.)

With all that in order, begin planning. Camping advisers are a great resource for ideas, experience and help with paperwork.

You will need to have all of your Guiders "on board" and, if necessary or desired, start soliciting parent-help. All Guiders must have completed a police records check (PRC), and should have had an "Orientation to Guiding" and *Safe Guide* training. Parents and other non-Members must complete a Non-Member Volunteer (A.7) form and have a cleared PRC prior to the event.

Included in your camp "staff", you will need one or more certified first aiders (or health-care professionals as described in *Safe Guide*). The number of first aiders required will depend on the number of expected participants: girls and adults.

Next, you can start your *Safe Guide* forms (found on the national website at <http://forms.girlguides.ca/default.aspx>). These forms will help you decide what risk level your camp will be and which forms are needed. After you've assembled the neces-

sary *Safe Guide* forms and information, send them to our Alberta Council *Safe Guide* assessors ([assessor@albertagirlguides.com](mailto:assessor@albertagirlguides.com)).

Before camp (three to four weeks), you'll also want to hold a pre-camp meeting for girls and parents. During this meeting, you will review the paperwork and permission forms, personal equipment "kit" list, direction maps, health forms and other important information. This is also a good time to go over expectations to ensure parents and girls understand the rules and requirements for attendance, as well as what they need to bring with them. The more information you can provide, the less hassle you should have. It is important to keep everyone "in the loop" when decision-making.

Just before you head out to camp, check to be sure there isn't a fire ban in place if you are planning a campfire or to do any outdoor cooking. (<http://albertafirebans.ca/>) It's also a good idea to check the water quality and wood supply at your site. Always have a backup plan.

Be flexible and be prepared — the unexpected may happen. Have an emergency plan in place and be sure everyone knows their role if something does happen. Remember: the more prepared you are, the better the camping experience. Be clear on what you are asking of your fellow Guiders and what parents' roles will be while at camp. Parents can be a valuable addition at camp, but most do not practice our "Guiding Way" (eg. three-pan dishes method, use of the LDP-liquid disposal pit, etc.) so be sure to provide the necessary guidance.

Upon return from camp, please give your commissioner and camping adviser a quick phone call or e-mail to let them know you are back safe and sound. You will need to make arrangements to return keys to your camping adviser. If there is paperwork to be filled in, your commissioner or camping adviser are willing to assist you.



### GGC-Calgary Area Campsites:

#### Camp Batuk

- 1 Residential site
- 2 Tenting sites

#### Camp Isag

- 2 Tenting sites (including one with a "yurt")

#### Camp Jubilee

- 5 Residential sites
- 6 Tent sites (including one with tepees)

#### Camp Mockingbird

- 3 Residential sites
- 3 Tenting sites
- 1 Residential / Tenting site

#### Camp Westover

- 5 Tenting sites



## Orientation — Part of a Fun, Worry-free Camp

Lyn Koltutsky, Foxlease Division

Fun is one of the main ingredients for a successful camp and is the by-product of preparation, planning and hard work. Often we don't really appreciate how much fun the preparation, planning and hard work is until it's done, and memories are created. We laugh and may even learn from some of the problems we had at camp; we resolve to be better prepared, to aid planning or to work smarter instead of harder for the next camp.

A camp orientation begins the process of becoming familiar and comfortable with the place you're taking your Unit. But "Why do I have to do this when I've been to camp here several times?" Orientation provides information you may not have been aware of by simply camping there, or there may have been changes in procedures, locations (of lats, LDP's, etc.) and equipment. It's also important to know:

- Emergency procedures
- Where the fire extinguishers are and how to use them
- How to deal with mice and their droppings
- Where the switchbox and main breaker

are, and how to restore power

- Where the alarms are

All useful tidbits that you'll hopefully never use but which make life so much easier when needed.

Each camp is unique and orientation is unique to each camp. While some things are the same at all camps, others are quite different. For example:

- Do you need dish bags or are there enough dishes at the campsite?
- How do you make sure the flue is open before starting a fire in a fireplace or wood stove?
- What should you do with ashes from the woodstove, fireplace or fire ring?
- Where are the extra light bulbs?
- How do you clean and empty the vacuum cleaner? Where are the replacement filters?

Finding a clean, neat camp is important. With so much to do for your camp, there's nothing worse when you arrive at your site than having to clean up someone else's mess. Check and make sure the camp is how you'd like to find it, before you leave.

Just like your home, regular cleaning is needed, and it makes it easier if everyone pitches in. The campsite should be left better than you found it. All campsites ask that each group complete an extra chore as part of their contribution for using the camp. Lists of chores are sometimes posted. If there isn't a list, you can always find something that needs to be done. Being prepared to spend some time helping out is part of being responsible.

Most of these things are covered at an orientation, listed in the prospectus or on bulletin boards at camp. If you're not sure of something, ask your camping adviser. A little preparation is the key to a worry free camp.

### The Camps

by Shirley Eagle

If I could only camp how happy I would be  
 This is the reason of Guiding for me.  
 Playing in the great outdoors  
 Even doing all the chores.  
 Getting to know every girl,  
 Make sure everyone gives it a whirl.  
 The wind outside my tent may blow  
 Inside I'm snug even in snow.  
 In Calgary Area we all are blessed  
 So many options to put to the test.  
 Will it be Rabbit or Lodge at Batuk?  
 Come do orientation. Give us a look.



Shirley is a Spark/Brownie Guider, Trefoil Guild member, and Beth Riddoch Division secretary. She wrote this poem as a camping adviser a few years ago.

## Camping Resources on the Web

Alana Poos, Camping Adviser—Foxlease Division

I didn't grow up in a family of campers. We had a cottage in Ontario on Round Lake and my mother's family actually looked down in pity at people who spent their summers travelling around to campgrounds and sleeping in tents. As a kid, I thought camping would be a blast but my one and only experience in a tent was in our front yard in late summer and we nearly froze. I can honestly say to any Brownie or Guide experiencing tenting for the first time that I know how daunting it can be to wake up in the middle of the night in a dark tent with a nose that feels like an icicle and wonder why you ever thought sleeping in a tent would be cool.

Since joining Guiding, I can happily say that I have learned how to comfortably camp in any situation and in any season. It has been a long slow process. I have had the good fortune to be surrounded and trained by keen Guiders who have passed along their passion. I can only hope that I have done as well with the girls that I have met over the years.

Part of the process in learning to camp well and in comfort has been in research. I can and do pick at the brain of anyone I think might have "been there, done that, got the camp hat craft", and fellow Guiders are a perfect resource. There really is no better source of information about an activity, venue or experience, than someone who has already done it or was recently there.

My next best source of information has been the Internet and I know that a lot of people find this to be a valuable resource. While camping is certainly a hands-on, learn-by-doing activity, the stress of preparing for this new experience can definitely be lightened with a bit of good reading. Also, as a wife, parent, homemaker, full-time employee and volunteer, I only have so much time in which I can research and

source out supplies.

The following are the sources of information, past and current, that I have used for "boning up" on the different types of camping, from preparation to sourcing supplies:

- [www.girlguides.ca](http://www.girlguides.ca) – no, really. There are lots of links to websites that have links to other sites, etc. Why reinvent the Guiding wheel? And on that same note:

- [www.scoutingweb.com](http://www.scoutingweb.com) – from the home page, do a search under "camping". You'll never run out of good stuff here. Also:

- [www.guidinguk.freesevers.com/camp.html](http://www.guidinguk.freesevers.com/camp.html) – our UK sisters can kick serious butt in the camping arena.

As my interests have evolved, I have had to expand my research to include more adventurous forms of camping. I can't begin to list all the sources of information I came across but these are some of the ones I found to be most helpful and that I have gone back to over and over:

- [www.backpacker.com](http://www.backpacker.com) – honestly, if this were a book and not a website I would have worn it out by now.
- [www.backpackinglight.com](http://www.backpackinglight.com)
- [www.backpacking-guide.com](http://www.backpacking-guide.com)
- [www.campers-village.com](http://www.campers-village.com) – for info, honestly, not for shopping.
- [www.mec.ca](http://www.mec.ca) – again, some good info.

Not that I'm quite this adventurous yet, but in time who knows? Still some excellent information:

- [www.wilderness-survival-skills.com](http://www.wilderness-survival-skills.com)
- [www.wildwoodsurvival.com](http://www.wildwoodsurvival.com)
- [www.karamat.com](http://www.karamat.com) – Karamat Wilderness Ways – from Wildwood, Alberta. Definitely worth a look.



Been there,  
done that, got  
the camp hat  
craft — fellow  
Guiders are a  
perfect  
resource.





## Stargazing

Sheila Morrison, Camping Adviser — Banff Coach Division

Have you ever noticed how many stars are in the sky at camp? Once you're away from the city lights the night sky is filled with dazzling constellations. Sometimes there are so many more stars than what I can see in my backyard that I have trouble finding the few constellations that I know.

For years now, I've been a fan of Jack Horkheimer's five-minute spots on PBS. Each week, the "Star Gazer" episodes focuses on something that's happening in the night sky that you can see with the naked eye. A nugget that's perfect for camp, to share with the girls during mug up or that last walk before bed.

The week before camp, I don't spend much time in front of the TV, so I don't always catch that week's episode. "Star Gazer" must know that about Guiders so they post current and past scripts online at

[www.jackstargazer.com](http://www.jackstargazer.com). You can even view their episodes on the website in streaming video with RealPlayer, Quicktime or an iPOD. I print them out and take them to camp for quick reference.

Recently I've found the cartoon series that "Jack Horkheimer: Star Gazer" publishes in Odyssey magazine. It's online with the scripts. The cartoons are illustrated by Rich Harrington; text is by Jack Foley Horkheimer and Stephen James O'Meara. They can be found at [www.jackstargazer.com/Cartoons.html](http://www.jackstargazer.com/Cartoons.html).

Displaying these beside the duty chart at camp will attract some attention and maybe spark an interest in watching the night sky. You can post a different one each night of camp.

Check it out...and as Jack says, "Keep looking up."

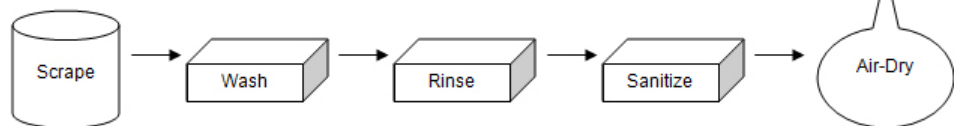


How to make a slop bucket:

- take a pair of nylons; tie the legs together at the top then cut them off below the knot.
- stretch the waist over the rim of a bucket with the body-part hanging inside.
- pin the nylons in place with clothes pegs.

The nylons will strain out solids (noodles, Cheerios, etc.) that could clog up grey water disposal / LDP / drains.

## The Basics of Three-Pan Method for Dishwashing



Scrape dishes: solids into the garbage; liquids into a grey water ("slop") bucket.

Wash in hot (minimum 45°C) soapy water.

Rinse in clean hot (minimum 45°C) water.

Sanitize by soaking for two minutes in a solution of **1/2 tsp** of household chlorine bleach **per litre** of hot (minimum 45°C) water. Where test strips are available, chlorine should read as 100 ppm. Watch the bleach: "Sanitizers that are too strong or too weak are NOT effective!" -Environmental Health, Calgary Health Region

Hang in mesh bag or place in a rack to dry.

Empty wash water into grey water bucket.

Wipe the basin to remove any greasy resi-

due. (It's a good idea to remove the nylon and empty the slop bucket now so that it may be rinsed then sanitized with the water from the remaining basins.)

Pour rinse water into wash basin, then from the wash basin into the grey water bucket.

Pour the sanitizing solution into the rinse basin, then into the wash basin, then into the grey water bucket. Dispose of the water as your site allows.

Flip all the basins to dry.

For more information: visit the Resource section of Environmental Health, Calgary Health Region <http://www.calgaryhealthregion.ca/publichealth/envhealth/resources.htm>

## Ceremonies at Camp: Campfire

Pam Garrow, Camping Adviser — University Division

When planning a campfire, we always like to make each one different in some small way. These are just a few that we have done over the years.



### The Spirit Of Guiding

The “Four Spirits” is a campfire opening and goes like this – four people represent the four spirits and say the following:

NORTH: I am the spirit of the North where the great game of Guiding began.

SOUTH: I am the spirit of the South and I spread the love of Guiding to the world.

EAST: I am the spirit of the East and I spread the friendship of Guiding to the world.

WEST: I am the spirit of the west and I spread the worth of Guiding to the world.

ALL: Together, we light the fire of friendship.

As each spirit says her line she comes forward with lighted candles (when inside) or a flaming torch, (when outside). Once all the spirits are gathered with their flames they say the last line together and light the campfire.

### Ashes Of Friendship

Legend has it that, following each campfire, Lord Baden-Powell would save a small amount of the ashes to spread into the next campfire. This has become a worldwide Scouting and Guiding tradition which symbolically brings together all Girl Guides and Scouts, and celebrates the worldwide Sisterhood of Guiding and Brotherhood of Scouting.

During the ceremony, the leader says, “We carry our friendships with us in these ashes from other campfires with comrades in other lands. May the joining of the past fires with the leaping flames of this campfire symbolize once more the unbroken chain that binds Guides and Scouts of all nations together. With greetings from our sisters (and brothers) around the world, I will add these ashes and the fellowship therein to our campfire. Anyone with ashes, please come forward and join me.”

Others adding ashes will each say, “The ashes I spread into this campfire carry memories of past campfire dating back to

[the year of the first campfire from which those ashes came]. I will now charge these ashes to this campfire.”

Ashes taken from previous ceremonial campfires are sprinkled into the flames of the campfire.

The following morning when the ashes are cold, they are stirred, and each participant may take some to mix with her next campfire. If more than one Guide brought ashes to the campfire, the lists are pooled — with the dates and places of all campfires recorded — then passed on.

A handy way to collect and store ashes is in a film canister. Take the canister and punch a hole in the top of the lid. Then take a pipe cleaner about 4” long and poke both ends into the hole and twist making a loop. Put a safety pin on the end to attach to your hat. Put a label on the film canister with the camp name and date. Continue to add the names and dates on until the label is full, then start another!

Here’s a campfire ceremony that symbolically unites Guides and Scouts around the world!





## Ceremonies at Camp: Campfire (continued)

### The Little Fire Spirit

For this opening, the fire is built as the story is told. Have each patrol participate in the story – determine the order before hand.

Once upon a time there was a little fire spirit who came down to earth. She cleared herself a nice big space. (Girls clear a space for a fire.) Then she gathered dry evergreen needles to make a soft bed. (Girls gather and lay kindling.) After making the bed, the little fire spirit built a tepee over it with a door facing the wind. (Girls build a kindling tepee).

One day, while the little fire spirit was away, the pioneers came. Seeing the nicely cleared space and the little tepee, they said, "Here is just the place for us to build our log

cabin." And they proceeded to do just that. (Girls build a cabin of firewood around the kindling tepee.)

About the time the log cabin was completed, the little spirit returned. When she saw the cabin and the pioneers, she became very sad. Looking up, she asked, "Great Spirit, what shall I do?"

Answering, the Great Spirit said, "Little fire spirit, now that the pioneers are here with their flint and steel, there is no place for you. Come back up with me." (The fire is then lit.) Now, the fire spirit's sparks are rising towards heaven! (Leaders throw in coffee mate.)



## Ceremonies at Camp: Closing and Guides' Own

Michelle Kromplak, Camping Adviser — Frontier Division

Closing ceremonies at camp are easily forgotten. In the rush to have the site or building cleaned and everyone packed in time for pick-up, this important part of the camping experience can be lost in the shuffle.

As Guiders we are inherently flexible and are quite capable of changing our camp schedules to fit what is happening with the timing, the weather or the girls' interests. A closing is one area where we should be less flexible in changing our schedules to ensure that campers have one last chance to come together as a group to share their feelings. A closing can be as simple as gathering together to lower the flag and have each girl share their favourite part of the camp.

A Guides' Own ceremony can help make the ideals of Guiding more meaningful through the camping experience. Guides' Own is not a religious ceremony or service. It can be used at a variety of Guiding

events, but is particularly suited to camps when the girls are together for more than a few hours.

Guides' Own is appropriate for all age groups and can be adapted as required. The ceremony usually has a theme which is expressed in a variety of ways such as music, drama, readings, movement and humour. With younger girls, Guides' Own works best if organized and lead by the Guiders. As girls get older (second-year Guides, Pathfinders, Rangers), they can plan and carry out the Guides' Own in a way that is meaningful to them, with Guider assistance as needed.

Simple crafts can also be incorporated into a Guides' Own. Ideas can be found throughout the internet and in Guiding resources.

Here are a couple of examples used at recent Guide camps...

## Ceremonies at Camp: Closing and Guides' Own (continued)

### Friendship Ties Guides' Own

*Adapted from GGC-Ontario Council-Asia Pacific Challenge. Printed with permission.*

#### Materials –

- Six colours of yarn: blue-for the world of well-being; green-for the world of the outdoors; orange-for the world of today and tomorrow; purple-for the world of arts; red-for the world of people; yellow or white-for all ages, sizes and degrees of commitment in Guiding
- A small bell with hole (to thread yarn through) for each person.

#### Method —

For each person, cut equal lengths of each colour, long enough to tie 10 small overhand knots along the length, leaving enough to tie both ends together in a large overhand knot.

With everyone standing in a circle and holding all six strands together, tie 10 small overhand knots along the length, explaining the meaning of each knot as it is made.

#### Three of the knots represent:

- Duty to God or to your faith
- Duty to your country
- Keeping the Guide Law

Seven of the knots represent the challenges to make up the Guiding Law:

- Be honest and trustworthy
- Use my resources wisely
- Respect myself and others
- Recognize and use my talents and abilities
- Protect our common environment
- Live with courage and strength
- Share in the sisterhood of Guiding

Thread the six strands through the hole in the bell and tie the two ends of the strands together with a large overhand knot while reading: "The large knot, which closes the circle, represents the band that unites all of us in Guiding. The bell is to bring you health, happiness and good fortune."



The circle formed by the strands of yarn represents the friendship felt around the world by Girl Guides and Girl Scouts.

### It's What's Inside that Counts

*Posted by Wendy Baker (source Becky's Guiding Resource Centre, <http://dragon.sleepdeprived.ca/>) Printed with permission.*

#### Materials needed per person:

- a small square fabric (about the size of your palm)
- an elastic band
- a small rock
- a shell
- a feather

Hand out square of material, then have someone read, "The world we live in is a material world, but it is not the things we buy, or wear or what we look like that counts; it's what's inside that matters most."

Hand out the rocks and read, "The rock represents the earth. In our busy lives, whether at school or work, with our friends, or in our families, we need a solid base to

build on. As Guiders and girls, we help to give each other this solid base."

Hand out the shells and read, "The shell represents the water. All living things need water; all things on land; all things in the air; all things in the water. Through Guiding and in other parts of our lives, we explore the flowing currents of our faith."

Hand out the feathers and read, "The feathers represent the air. What we do and say can build up or hurt others. Our words are like the wind: you do not see them but you see their effects."

Now wrap these things inside the material and tie it up with the elastic.

"Remember: it's what's inside that counts."



# Guiders and Rangers: Looking for S'more Training?



Calgary Area Training Committee is delighted to announce:

## S'MORE À LA CARTE

**Six sessions** at various locations throughout the city; you should have received an invitation from your division.

However, if:

- you are unable to attend your division's session *OR*
- you would prefer a different entrée choice *OR*
- if your division is not hosting a session this time.

Contact Pat at

training@calgareaguides.com or 403-275-1525 (h)

to find out how to register for another date.

<b>Entrées</b> (choose one per evening) All sessions run 6:30-9:30 p.m.	<b>Wed</b> Mar 18	<b>Thurs</b> Mar 19	<b>Tues</b> Mar 24	<b>Wed</b> Mar 25	<b>Thurs</b> Apr 2	<b>Wed</b> Apr 8
Location	Central	SE	NW	NW	Central	SW
Outdoor and active games, activities and dances for Sparks and Brownies	😊	😊	😊	😊	😊	😊
Outdoor and active games, activities and dances for Guides and Pathfinders	😊	😊	😊	😊	😊	😊
International Guiding		😊	😊		😊	
Volunteer Management:	😊					
Girls United (anti-bullying)	😊			😊		😊

### Session Descriptions

**Outdoor and active games, activities and dances for Sparks and Brownies:** Includes *Safe Guide* considerations and ideas to do in your Unit right away! Learn tricks on how to lead games and inclusive ways to help all girls get active.

**Outdoor and active games, activities and dances for Guides and Pathfinders:** Includes *Safe Guide* considerations and ideas to do in your Unit right away! Learn tricks on how to teach girls to lead games and how to modify games to meet program needs.

**International Guiding:** Gain an understanding of Guiding around the world and the roll WAGGGS plays. This will help you bring exciting international activities into your Unit.

**Volunteer Management:** We'll explore putting your team together, learn about motivations behind volunteering, the theories of targeted recruitment and how to support and honour your team. This will help you help your sisters become more productive team members.

**Girls United (anti-bullying):** Learn to identify social aggression. Understand the motivation behind it and its impact on girls. Learn age appropriate strategies for promoting healthy relationships in your Unit.

**Each evening session will wrap up with Campfire Magic!** We'll learn effects and tricks to create magnificent memorable campfires. Your meetings and events will never be the same!

**Hope to hear from you soon and see you at *S'more à la Carte!***



## Don't Forget the Extra Tarps!

Cindy Roche, Camping Adviser — Blue Mountain Division

Taking along a tarp for under your tent and another, maybe a silver-reflector-one, for in the tent is standard practice.

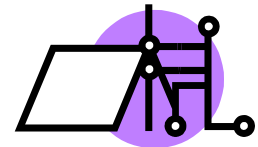
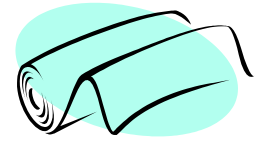
But have you considered other ways to use this versatile piece of equipment? Extra tarps come in handy! Consider these uses:

- Cooking/Dining Shelter – Rain or shine a roof is nice, and walls are great if it's windy. When you set up a table under a tarp strung between trees, watch where the run-off will pool or land if it rains so it doesn't spill on anybody's head.
- Hammock or hanging bed – Try stringing a tarp up as above but low enough to climb in and out.
- Emergency blanket – Especially if it gets extremely cold, putting a tarp over sleeping bags will trap heat.
- Tent – Give your girls some rope and a couple of tarps then let them try making a shelter to spend the night in.
- Tent Protection – In severe weather, a tarp can be used to cover a tent to help keep bad weather out.

More than just adding safety, tarps can mean fun! Games to try:

- Magic Carpet – Everyone stands on the tarp and must work together to see the instructions on the other side of the "flying carpet". Don't step off or you'll fall! (The more people the harder it gets.)
- Bedroll Tests – One day, when there's water nearby and it's warm and sunny, have girls make waterproof bedrolls (or simply water-proof packs) – test them.
- Slip-N-Slide – Also fun for those hot sunny days: slather sunscreen on girls then splash the tarp with a little dish soap and water.
- Bowling – Set up 10 (full) water-bottle "bowling pins"; one more bottle serves as the ball; use the tarp to mark your lane.
- Blind Water-balloon Volleyball – Put teams on either side of a vertically hanging tarp; toss balloons.

The options are limited only by your imagination and ingenuity. So the next time you go to camp, bring extra tarps; the girls will be glad you did.



### CALGARY AREA GUIDE SHOP

Phone: 403-283-8340 Fax: 403-283-9781

E-mail: [shop@calgareaguides.com](mailto:shop@calgareaguides.com)

#### SHOP HOURS:

Tuesday, Wednesday and Friday	11:00 a.m. - 5:00 p.m.
Thursday	noon - 8:00 p.m.
Saturday	10:00 a.m. - 4:00 p.m.
Sunday, Monday	Closed

## Spring Clearance Sale Starting April 14:

Come by and check out the  
bargains!

All phone, fax and  
e-mail orders  
welcome.





## Why Spring Registration?

Calgary Area Membership and Marketing Committee

This month each Unit will receive an A.5R package with forms to send home with your girls right away.

What is an A.5R? An A.5R is the simple renewal form for each girl to use to reserve her space for next year, whether she'll be returning to your Unit or moving on to the next branch. It is designed not to take much of a parent/guardian's time to complete: they do not have to rewrite every detail about their daughter, only make any necessary changes and sign it. This is great because you are now also sending home notes about cookies and camps and/or year end wind-ups that need their attention.

It is also convenient to take new registrations at this time. You can tell your girls and parents that if they know anyone else wanting to join in September, they can get A.5 registration forms from you now so their friends/siblings can also reserve space. You can advertise in your community newsletters giving a contact person for people to call for paperwork. You can also set up a registration table at a community event.

When you send this A.5R form home, attach a cover letter indicating what your registration fees will be for next year and offering the convenience of paying early to avoid being cash strapped in September. (Of course, if circumstances change over the summer and a child needs to withdraw, you will issue a refund.) Also explain to the parents that this process will reserve their daughter's spot for the fall and allow us adequate time to obtain more leaders or meeting space if necessary.

### Why? What are the benefits of spring registration?

**For the Unit:** September is a busy time for you.

- ♣ A pre-registered girl means one less piece of paperwork you have to chase in the fall and one less trip or mail-out to your iMIS home to turn in that paperwork.
- ♣ A pre-registered girl is ready to participate on your very first week. For insurance purposes, a girl cannot attend a second meeting until her paperwork is complete.
- ♣ You would benefit from knowing well in advance of your first meeting approxi-

mately how many girls you may have because you will spend a bit of time in the summer preparing craft supplies like name tags, planning and booking any major outings or camps.

- ♣ You will soon need to order fall cookies; that order will be easier to make if you know how many girls to expect in the fall.

**For the District:** Your commissioner would like to go into the summer with an idea of how many girls each Unit will have next year.

- ♣ She will need to assess where leaders will be needed and recruit and/or train as necessary.
- ♣ She will need to assess whether new Units should be opened or if shrinking Units could be combined to save on rent costs and/or leader resources.
- ♣ She will need to determine whether current meeting space will be adequate for changing Unit sizes and may need to obtain additional meeting space.
- ♣ And if you are planning a district camp, you would like to know approximate numbers and book early.

**For the Parent:** September is a very busy time for them.

- ♣ There is so much to do to get your children ready for school and back into a fall routine, that it is easy to miss those registration dates. Having your children already registered for their extra curricular activities means knowing they will not miss out if their chosen Unit is full.
- ♣ Knowing your daughter has been accepted to a Unit allows you to buy a Sparks uniform before the fall rush.
- ♣ There are so many forms to fill out for school, how nice it would be to have registration forms for Brownies already completed.
- ♣ We fork out so much money in the fall for school supplies, school fees, new clothes, etc.; knowing that Guides is already paid for means one less thing to worry about.

So when those Spring Registration Packages arrive, distribute them to families as soon as possible and you'll be steps ahead on your fall planning!



## International Offerings

Tirian Eynon, Calgary Area International Adviser

### Calgary Area International Committee Events

#### Area Thinking Day 2009

Held Saturday, February 21, 2009 at the Guide Centre, we had 22 girls and 10 Guides attend. The theme was "We can stop the spread of AIDS, malaria and other diseases". We heard an inspiring speaker from UNICEF talk about their malaria programs, held a Guides' Own ceremony, ate cake and other international food items, made first aid kits, learned about human rights, and more. Thank you to all who attended!

#### International Service Opportunities!

The International Committee is helping Grandmothers-for-Grandmothers to raise money for the "Stephen Lewis Foundation". The monies they raise go to projects helping grandmothers in Africa who are bringing up AIDS orphans.

- Five volunteers are needed on Friday, March 27 beginning at 8:30 a.m. to help

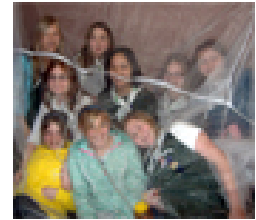
set up the fabric sale at the Woodcliff United Church, 5010 Spruce Drive S.W.

- Come out to the Guide Centre on Friday, March 27 at 7:00 p.m. to help bake AIDS ribbon cookies which will be sold at the Grandmothers-for-Grandmothers event. (If your Unit wants to bake these cookies ahead of time at a meeting and drop them off to us, we can lend you our AIDS ribbon cookie cutters.)
- Four to six volunteers are needed on Saturday, March 28 to help sell the cookies and help the Grandmothers with their fabric sale. (Shifts available between 9:00 a.m.- 4:00 p.m.).

This is a great opportunity to help another group of women who are aiding women and children overseas!

Contact the Area International Adviser for more details.

[international@calgareaguides.com](mailto:international@calgareaguides.com)



In 2007, Stephen Lewis received an award from WAGGGS for the work he has done to help woman and children.

[www.stephenlewisfoundation.org](http://www.stephenlewisfoundation.org)

## Duke of Edinburgh's Award

The Duke of Edinburgh's Award — Alberta, NWT and Nunavut Division will be hosting a Gold Award ceremony at the beginning of June 2009.



We encourage all Award participants wishing to be included to submit their **Gold Applications** by **April 15, 2009** to our Calgary office for review.

Those Gold Award achievers who are waiting for their certificate presentation will also be included. Official invitations will be sent out in May. RSVP's are required as soon as you get your invitation.

If you have girls working on the **Silver Award**, books need to be into our office by **March 29, 2009** to be considered for the Silver Ceremony to be held in Calgary later this spring.

111 - 4515 Bow Trail SW, Calgary, Alberta. T3C 2G3 Phone: 403-237-7476 Toll-free: 1-800-668-3853 Fax: 403-269-7826

## International Offerings — continued



### Provincial and National International Information

#### "International in a Box" CD

Each district in the province is receiving a CD from the Alberta Council International Committee called "International in a Box 2009". On this CD are lots of ideas and information for including international in your program no matter the branch with which you work. From games, crafts, songs, food, information on WAGGGS and the four World Centres, and more, the CD is a wonderful resource for all Alberta Guiders. Feel free to make and pass copies on to your Units! The CD was based on the work your Calgary Area International Committee did last year compiling the international resource box that is available to you.



#### CWFF—Pizza Party Contest Reminder

The deadline for getting your CWFF Pizza Party forms in to your area international adviser is March 31, 2009. Forms were in the January *Brownsea Bulletin*.

#### CWFF Challenge Reminder

All you adults who have felt left out from the Pizza Party can participate in this! CWFF Crests are available from your area international adviser for all Units, committees, councils, Trefoil Guilds which raise at least \$5.00 per member for the CWFF. To get your crests, let her know how many people are in your group, the total monies raised, and an address to which the crests can be sent then we will get them to you.

#### National International Adviser Position

As you may or may not know Enidd Isaac's term as our National International Adviser ends at the end of June this year. The position will be posted soon to allow for mentoring time for the incoming NIA.

## 60<sup>th</sup> Anniversary of Tangletrees Campsite

Date: Saturday, May 9, 2009  
 Time: 3:00 p.m.—5:00 p.m.  
 Location: Tangletrees Campsite  
 92 Silver Beach Road, Mulhurst, AB

RSVP: [bookings@guidesedmonton.ab.ca](mailto:bookings@guidesedmonton.ab.ca)  
 or 780-451-2263

**Come Share Your Memories!**



Edmonton Area  
Girl Guides of Canada  
Guides du Canada



1949-2009

Help us celebrate the 60th anniversary of our Tangletrees Campsite at Pigeon Lake.

Tangletrees was officially opened for camping as an Alberta Council Guiding site in July, 1949. Edmonton Area became stewards of this beautiful camping site in 1975.

Edmonton Area is looking forward to remembering Tangletrees of yesterday, celebrating Tangletrees of today, and looking forward to Tangletrees of tomorrow. We would love to have you join us for a time of Guiding fellowship.

Parking will be limited. Carpooling is recommended wherever possible. Chartered busing is being arranged from Edmonton.

Contact the Edmonton Area Guide Centre at [bookings@guidesedmonton.ab.ca](mailto:bookings@guidesedmonton.ab.ca) or 780-451-2263 for details.

## International Offerings — continued

### **Provincial and National International Information**

#### *Planning an International Guiding Trip? — “Intent to Travel Internationally” Form*

Guiders intending to travel internationally with their Units must complete and submit an Intent to Travel Internationally Form (IT.2) as soon as they have any thought of taking the trip — before they register for an event or at World Centre, and at least one year before the trip. Having the IT.2 approved not only makes Alberta Council aware of the intended trip but also enables the Guider to proceed

with planning and also to request permission to fundraise.

A request was received recently from an international event to confirm that applicants to the event were Members of GGC. The provincial council concerned had no record of the group as they had not submitted an IT.2. A situation like this can result in the trip not being approved and great disappointment to the girls.



The IT.2 form: an essential step for international trips!

### **WAGGGS News**

#### *Juliette Low Seminar*

There will be a Juliette Low Seminar held in Kenya in August 2009. Information will be sent out shortly.

#### *Pax Lodge Volunteering Opportunities*

Pax Lodge is currently recruiting for three different volunteer positions:

- Event assistant
- Marketing and communications volunteer
- Office volunteer

Start and end dates are flexible. If you are friendly and outgoing, and you like meeting people your own age from around the world, please visit Pax Lodge [website](#) for more information. <http://paxlodge.org/en/home>

#### *Pax Lodge Summer Events for 2010*

Explore the city of London whilst improving personal development through challenges, community service and more! Our “Journey through London” events are taking place throughout the summer of 2010. Please see our [website](#) for more information. <http://paxlodge.org/en/programmes/events/calendar2010/journeythroughlondonsix>

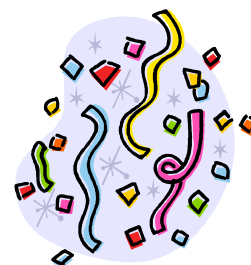
#### *Stories to Celebrate our Centenary*

Have you had an amazing Girl Guiding or Girl Scouting experience? We want to hear your story! How have you changed the lives of others through your Girl Guiding or Girl Scouting activities? Please e-mail or send stories to Charlotte Barran, Centenary coordinator, World Bureau before the end of March 2009 ([charlotte@wagggsworld.org](mailto:charlotte@wagggsworld.org)).

#### *FAO/WAGGGS Drawing Competition — Winner Announced*

Sixteen year-old Chan Hiu Wing from Hong Kong has won the International Drawing Competition: “Our World, Our Climate, Our Food” organized by the WAGGGS UN team in Rome and the Food and Agriculture Organization (FAO).

Hiu Wing’s drawing will become the logo for the “Our World, Our Climate, Our Food” youth education project. It was chosen from amongst 1,400 submissions from 46 countries. Of those, more than 200 were Guides and Scouts from about 20 countries. There are a few Canadians among the winners and honourable mentions. Full results of the logo competition can be viewed at the [FAO website](#).





Brigid's cross is associated with [Brigid of Kildare](#), one of the patron [saints](#) of Ireland.

Traditionally, the crosses are made on [February 1](#): Lá Fhéile Bhríde (Brigid's feast day). This feast coincides with "Imbolc", the beginning of spring.

In Christian mythology, St. Brigid and her cross are linked by the story that she wove this form of cross at the death bed of either her father or a pagan lord, who upon hearing what the cross meant, asked to be baptized.

Source: Wikipedia.org

## International Offerings — continued

### Crafts and Activities Ideas

#### Ireland – St. Brigid's Cross

Materials: reed or straw—at least 12 pieces (16 is better); twine/ribbon/similar for tying.

- Take the shortest one and hold upright.
- Take a second straw; fold it in the middle; wrap the second straw around the first straw at the center so that it opens to your right; pull it tight.
- Rotate the assemblage 90 degrees counter-clockwise, holding it at the center where the straws come together.
- Take a third straw; wrap it around the second straw so that it opens to your right; pull it tight.
- Rotate the assemblage 90 degrees counter-clockwise, holding it at the center where the straws come together.
- Take a fourth straw; wrap it around the third straw so that it opens to your right; pull it tight.
- Rotate the assemblage 90 degrees counter-clockwise, holding it at the center where the straws come together.
- Take a fifth straw; fold it around the fourth straw so that it opens to your right; pull it tight.
- Repeat this process until at least 12 straws are used. You will always be adding a straw at the top so it opens to your right, then turning the entire assemblage 90 degrees counter-clockwise, and repeating ("Add to the right, turn to the left").
- Secure the ends of the arms of the cross with twine; trim the ends of the straws so that they're even.

Variation: Use one sheet of construction paper; fold then cut into four strips. Different colours could be used.

Full photo instructions in the Irish craft folder on the "International in a Box 2009" CD.

### Around the World in 80 Days — Camp / Sleepover

#### Activity Ideas:

- ▶ Follow the route of the book or make your own route around the world.
- ▶ "Suzy North's Around the World Trip" compass game/story.
- ▶ Watch movie(s) "Around the World in 80 days".
- ▶ "Around the World in 80 days" board game.
- ▶ Learn to say "[Hello](#)" in [different languages](#).
- ▶ Choose crafts, games, dances and international dress from the various countries.
- ▶ "Travel" from activity to activity in different methods like the book (boat, hot air balloon, train, elephant etc.).

#### Program Tie-ins:

- ▶ Zoë's "Trip Around the World Challenge".
- ▶ "Open Your Eyes to the World Challenge".
- ▶ Guides' "Traveler" interest badge.
- ▶ "World Guiding" badges

#### Menu ideas:

- ▶ Breakfast = French croissants or crêpes, or Belgian waffles.
- ▶ Lunch = Swedish smorgasbord (open face sandwiches) or Chinese dim sum.
- ▶ Dinner = International buffet (pasta, nachos/quesadillas, Greek salad, samosas, cheese or chocolate fondue, baguettes, perogies, sushi, Vietnamese salad rolls, jerk chicken, etc.)
- ▶ Snacks = Japanese rice crackers, Indian chai tea.



## Coffee Can Ice Cream

### You will need:

#### Ingredients

- 1 cup milk
- 1 cup cream
- 1/2 tsp vanilla
- up to 1/2 cup berry/ultra fine sugar

#### Equipment

- 1-pound CLEAN coffee can with lid
- 3-pound coffee can with lid
- duct tape (recommended)
- dinner knife

#### Extra supplies

- crushed ice
- 3/4 cup coarse salt

### Method:

1. In the smaller can, combine milk, cream, vanilla and sugar.
2. Place the lid on the smaller can then put the can inside the larger can.
3. Pack crushed ice and coarse salt around smaller can.
4. Place the lid on the larger can then secure the top with tape.
5. Roll the can back and forth between friends for about 10 minutes.
6. Remove the lid, scrape ice cream off the sides with the knife.
7. If needed, drain the water from the large can.
8. Put the lid back on the small can and place the can back inside the larger one; pack with more ice and salt.
9. Roll for an additional 5-10 minutes.

Flavour Variation: substitute chocolate / caramel / other flavoured syrup (to taste) for the sugar.

Method Variation: For individual portions, use snack-sized zipper bags (doubled) in place of the 1-pound can and sandwich-sized bags for the 3-pound can. Mittens recommended!

### Brownsea

#### Publication Deadlines

March 31 for the April Issue

April 30 for the May Issue

August 31 for the September Issue

October 31 for the November Issue

December 31 for the January Issue

February 28 for the March Issue



## Area Office Directory

Phone: 403-283-8348

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For additional numbers, information or to connect with voice-mail extensions, please call 403-283-8348.

The switchboard will go to voice mail at lunch time daily.

CALGARY AREA  
GUIDE CENTRE

2188 Brownsea Drive NW  
Calgary, Alberta  
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Thursday: noon - 8 p.m.

Friday: 11 a.m. - 5 p.m.

Saturday: 10 a.m. - 4 p.m.

Sunday, Monday: Closed

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*The Guide Centre is closed on all  
statutory holidays and all long week-  
ends.*

Find us on the web!  
[www.calgareaguides.com](http://www.calgareaguides.com)



Girl greatness starts here!

If you are reading this, chances are you view the *Brownsea Bulletin* on-line (because this is where the address label would go).

THANKS for helping us to *use our resources wisely* and *protect our common environment* by saving on postage, paper and printing!

Camping and the Giant Bedtime Hug

Pam Garrow, Camping Adviser — University Division

Going to camp for this first time can be a bit scary for any girl who has never been away from home. From a five-year old Spark to a fourteen-year old Pathfinder, a giant bedtime hug can be just the thing to help make a good night's sleep.

Once the girls are ready for bed with their pyjamas on, teeth brushed and hair combed, have them get the night-time buddies they have so nicely rolled up in their bedrolls. Gather the girls in a big circle. Introduce your bedtime buddy giving its name and why you brought it to camp. Then go around the circle, having each girl introduce her special friend too.

Once it gets back to you, have the girls make one BIG hug circle by putting their arms around the girls beside them. You start the giant bedtime hug by asking the girls to say something sweet to the per-

son next to them that will help them go to sleep — things like: "good night-sleep tight", "sweet dreams", good night in another language, etc. Once each girl has said good night, have all the girls in the circle give each other a big squeeze.

I have done this with Sparks all of the way up to Guides. I found this has helped the girls who are missing Mom and Dad; it makes them feel safe and comfortable.

Once that has all been done, get the girls tucked into bed. Shut the lights off and give the girls some "flashlight time". They have a blast doing this, and it is "legal" — they won't get into trouble for playing with their flashlights.

Have a great time at camp!

