



The Brownsea Bulletin

Volume 1, Issue 1

Newsletter Date

Girl Guides of Canada - Calgary Area

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2010: Celebrating 100 years of Guiding

Area Launch Party

Mark your calendars: January 16, 2010, Calgary Area is planning to hold a 2010 Launch Party for all members.

Units will be invited to join in a parade, play games, share in some activities to celebrate our 100th anniversary. There will be cake and hot chocolate, too!

The festivities will be based around the Guide Centre and are expected to be free to participants.

We will be making a contribution to the Calgary Interfaith Food Bank, so we'll let you know how you can participate.

Watch Calgary Area E-news for more details!



Come kick off the year of Celebrations!

And check out page 2 for some "Fast Facts" from the Food Bank,

Why Come to a Leaders Meeting?

Look what you get:

- Area Council information including 2010 events, promotion opportunities and more
 - Local Council information including trainings and upcoming events
 - Service project information
 - Registration and cookie sales support
 - To meet other Guiders in your district/division to share resources
 - New ideas about program presentation
 - To learn about bridging opportunities
- between your unit and others
- New craft or game ideas
 - Information on Camping skills
 - Suggestions for how to promote Girl Guides in your community
 - Area Resources including International program materials
 - The opportunity to network with others and to meet some really nice people who are interested in the same things you are!

— Adapted from a GSUSA paper by Sarah Scott.



Visit the Calgary Food Bank website to get the current list of most needed food items. www.calgaryfoodbank.com

Helping Calgary's Hungry

WAGGGS has challenged us to think about the world food supply and hunger. One way to help here in Calgary is to support the Calgary Interfaith Food Bank.

124,713 Calgarians came to the Calgary Food Bank last year. 41% of [Food Bank] clients are children (from "Fast Facts" below).

December is The Mayor's Food Drive in Calgary and your unit can help by holding its own food drive. Challenge the girls to bring a can a meeting and see how many cans you can collect as a unit.

Some units hold a bottle drive, then the girls will make up a shopping list and even go to the store to pick out the items to be donated.

Can you weigh the girls and try to collect their weight in non-perishable food? This is likely easiest with Sparks unless you have a really gungho unit!

This is a great time to talk about healthy diets and good nutrition too.

Birthday Party packs have become popular.

A cake mix, an icing mix, cake decorations, party favours like hats and small toys, napkins, table cloth, candy for goody bags and you have an instant birthday party. Cookie cases make great carriers for these party packs and help to promote Girl Guides at the same time.

Please remember to be respectful of those who do not bring a can, they may be Food Bank Clients.

You can deliver your gathered food during a tour of the Food Bank:

For tours, units need to contact Brooke Hunter 403-640-8819 or bhunter@calgaryfoodbank.com

Girls in Pathfinders and Rangers can volunteer to help in the warehouse for a meeting:

For volunteering, units need to contact Beth Espey 403-319-0830 or bespey@calgaryfoodbank.com

Calgary Food Bank ~ Fast Facts (November 2009)

The majority of our clients are the working poor struggling to make ends meet, occasionally unable to do so. Our Mission is to provide quality emergency food to those in need.

Clients

124,713 Calgarians came to the Calgary Food Bank last year.

41% of our clients are children.

15,607 clients were referred by partner agencies.

We provided 9,825 families and individuals with referrals to 262 community agencies.

Programs

Through the Hampers for the Homeless Program, 14,254 food hampers were distributed to those living with inadequate housing.

The Emergency Food Hamper Program distributed 49,054 food hampers (an average of 222 per day).

Over 85% of clients receive an Emergency Food Hamper three or fewer times per year.

3.7 million pounds of food was distributed through Regional

Food Distribution.

2.6 million pounds of food was distributed to 95 Calgary agencies through the BP Food Link Program.

57,342 litres of milk and 2,346 containers of infant formula were distributed through the Children's Milk Program to 800 homes. Children received fresh milk through 6,665 individual deliveries by the refrigerated Moo Juice Van.

Resources

The Calgary Food Bank distributed \$20 million dollars worth quality emergency food to those in need with \$4.1 million dollars of resources.

For every \$1 donated we can distribute \$4 worth of food to those in need.

We are neither a government nor United Way agency.

Volunteers

80 - 100 people volunteer per day.

4,074 individual and group volunteers gave an incredible 93,201 hours.

(numbers are from the Calgary Food Bank's fiscal year September 1, 2008 – August 31, 2009)

An Anniversary Musical Challenge

Throughout the first 100 years of Girl Guides in Canada, there have always been songs to sing. Whether the songs are included as part of a ceremony, or sung on a bus trip or at a camp, they are one of the parts of Guiding that makes it memorable.

This list is a selection of songs that girls and adults that were part of the great movement of Guiding would have been singing in each decade of our organization. The songs selected are still favourites today. Why not try a few!

Resources:

CNC: Canciones de Nuestra Cabaña, 1980.

World Association of Girl Guides and Girl Scouts.

CwS: Celebrate With Song, 1995. Girl Guides of Canada.

JSB: Jubilee Song Book, 1993. Girl Guides Association, London.

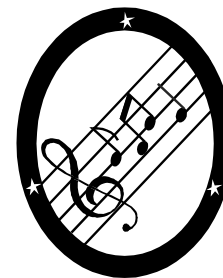
OC: Our Chalet Songbook, 1981. Our Chalet Committee, Adelboden, Switzerland.

SSSB: Sing a Song For Sparks and Brownies, 1996. Girl Guides of Canada.

SfCGG: Songs For Canadian Girl Guides, 1981. Girl Guides of Canada.

SSSA: Songs to Sing and Sing Again, 1984. Shelly Gordon.

1918	Canoe Song	<i>SfCGG</i> , p 24
1922	Evensong	<i>SfCGG</i> , p 31
1924	Planting Rice	<i>SSSA</i> , p 49
1932	Our Chalet Song	<i>OC</i> , p 1
1943	Tinga Layo	<i>JSB</i> , p 34
1948	Guide Marching Song	<i>SfCGG</i> , p 4
1951	One Little Candle	<i>CwS</i> , p 93
1953	Michaud est tombé	<i>SSSB</i> , p 20
1956	Our Cabaña Song	<i>OC</i> , p 2
1960	Waltz of the Yukon	<i>CwS</i> , p 65
1962	Zulu Parting Song	<i>CNC</i> , p 9
1969	Ak Shav	<i>CwS</i> , p 123
1970	Tall Trees	<i>SfCGG</i> , p 41
1973	Raindrop Round	<i>CwS</i> , p 38
1973	Sangam Song	<i>OC</i> , p 3
1981	Music is Fun	<i>CwS</i> , p 56
1981	Music Time Again	<i>CwS</i> , p 126
1987	Four White Horses	<i>CwS</i> , p 124
1992	Colour Questions	<i>SSSB</i> , p 26
1994	Guiding Law Song	<i>CwS</i> , p 21
1995	NWT Guide Song	<i>CwS</i> , p 72



Why not celebrate
... with song!



presents

The Junior SkyWatcher's Program

Sparks, Brownies and Guides: join us on a walk through the stars!



Come spend an hour exploring our hands-on exhibits before "transporting" up to our Discovery Dome Theatre for a 45-minute live show. Our Digistar projector creates the feeling of flying through the stars! The presentation will tell you the tales of how the constellations came to be and we show you how to find them. Each child will go home with a kit for a solar ring and a Star Map of our Northern Hemisphere.

This program covers all the Guide Astronomy Badge content!

Availability: November 25 and December 2 programs (Both are Wednesday evenings.)

Group Rate: \$8.50/person

Phone 403-268-8307 to book your program today!

For more information visit <http://www.calgaryscience.ca/courses/astronomy/index.php>



Are you looking for an extra challenge or way to share your talents and interests with other Guiders in Calgary Area and beyond? The Program Committee is looking for a new Chair and members!

Use your resources wisely!

We are currently looking for a new **Program Chair** and committee members. This committee is one that helps the Guiders by sharing program resources that come through the provincial committee and looks into program resources that are available in our own Area.

By using outside resources, we lessen the work of our Guiders, increase the fun for our girls and allow the Guiders to provide portions of the program that they may not be comfortable leading themselves.

We are fortunate in Calgary that so many resources are available to us to make it easier to complete portions of our programs. Some of them are free or close to it, and others can cost more. That is why we sell cookies. We can also ask the parents if they are willing to cover a portion of the costs of these special activities.

Here are a few of the resources that have come to us this year (and been shared through e-news):

Ann and Sandy Cross Conservation Area — Organized Group Programs. Decide to “Rescue the Fescue” and explore the roles and adaptations of wildlife and plant life in the grassland, or get hooked into “The Web of Life” and focus on the Aspen Parkland community, the inhabitants and their interactions.

For more information, call 403-931-2042 or visit www.crossconservation.org.

Sign Language Choir Program — Are you interested in joining a sign language choir program? The goal is to have fun learning a new skill and possibly earning a badge. Ages 11-12 are welcome.

Contact info@turningpointtheatre.com or by phone (403) 467-2025. June Wong Artistic Director Turning Point Theatre Company. www.turningpointtheatre.com

Author Simon Rose will come out and work on the Writer’s badge with your Unit. Different programs are available depending on the age group, and the amount of detail the unit wants.

Contact him by e-mail if you would like more information or to arrange a reading or presentation. : info@simon-rose.com

Vertigo Theatre — Vertigo Theatre has a Theatre for Young Audiences Program called YStage. There are a few shows this year that are of particular interest to younger girls (age 6-12):

- “The Invisible Girl” is about a young girl dealing with peer pressure and finding her own identity
- “Beneath The Banyan Tree” which features a young girl from India trying to fit in to her new home in Canada

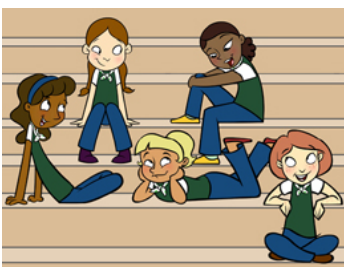
Please contact this link for more information. http://www.vertigotheatre.com/main/page.php?page_id=3

The Calgary Science Centre has programs that will help you to meet the science portions of our programs. They will work with you to have a fun and hands on program for the girls.

Go to their website to see what they can offer. <http://www.calgaryscience.ca/courses/index.php>

These are only a few of the resources available to you in Calgary and the surrounding areas. Use all the resources available to you wisely and you will reduce the work for the leaders and increase the fun for the girls.

If you think you might be interested in finding out more about being Chair of the Program Committee, contact Donna Leonard at dleonard@shaw.ca



Physical Activity at Guiding Meetings

It is recommended that children receive an accumulation of at least 60 minutes of physical activity a day for healthy living. Girl Guides can help by incorporating a fun and active game in every meeting.

Here are some ideas for games that don't require a lot of any equipment and help to support the healthy living initiative.

Hair Ribbon Relay

Players: 8-48

Equipment: One hair ribbon for each team

Preparation: None

Two equal teams line up single file. The first player in each line has a long hair ribbon. At a signal, the first player in each line turns around and ties the ribbon, making a bow, on the head of the next player. Then that player takes it off, turns and ties the hair ribbon the head of Player #3. This goes on until the last player unties the ribbon. The first team to finish wins.

A hair ribbon is the funniest object to play this relay with, but you can use other objects of clothing for variety. Try gloves, or a sweater that buttons down the back!

Feather Up!

Players: Unlimited

Equipment: A feather for each group, or one per person

Preparations: None

How long can you keep a feather up in the air, just by blowing it? Here's your chance to find out. The one who manages to keep the feather up longest wins.

You can make a full game of this, if you want. Divide the group into 2 or 3 smaller groups. Everyone in each group joins hands while the leaders throw the feathers up in the air. The group that keeps its feather up longest wins.

Mirror Madness:

Have the girls pair up and imitate each other. Have them take turns being the mirror reflection. This is a different version of Simon says with all the girls getting a chance to be Simon for their partner. For older girls, have one partner do a series of 3, 4 or more moves that the mirror reflection must copy afterwards.



Deep in the Jungle

Players: 12-30

Equipment: Enough seats for all but two of the players

Preparations: None

This game is similar to Musical Chairs, but it's played with partners. Each set of partners decides to be a particular animal. You could have a pair of monkeys, for example, a pair of ant-eaters, a pair of lions, and so on.

The partners who don't have chairs (the "It" couple) walk about the room together, saying the names of various Jungle animals. When their animal is called, the corresponding partners rise and follow "It" around the room. If the "It" partners say, "The jungle is quiet tonight," all players join the line. If the "It" partners say, "The jungle is noisy," everyone runs for the seats. Partners must hold hands as they run and keep holding hands as they sit. This makes for some pretty interesting problems. Of course, the "It" couple tries to get seats, and the unseated couple becomes "It" next time around.

The Mechanical Doll Race

Players: 2 or more

Equipment: None

Preparations: None

Played with partners, this race can be run as a relay or as a contest between 2 pairs. One partner stands perfectly rigid, as if she were a mechanical doll. The other partner lifts the doll's foot and places it forward, walking the "doll" to the goal, one foot at a time. First pair to reach the goal and return wins.





Mud and Memories

At one moment during our camp, I rested my paddle on the gunwales, and gave a sigh of relief that our planning had all come together. I observed the girls giggling as they tossed wet squishy toys from canoe to canoe. I reveled in the shock on the too-cool Pathfinders' faces when they were doused with a big splash of water from a Guider's paddle. Too bad they weren't paying attention during the J-stroke instruction!



All the activities and laughter were reminders of why I was a Guider. An even bigger reminder was watching the actions of the other Guiders as they came together to design and execute a memorable experience for two Guide Units and one Pathfinder Unit at Camp Woods in Sylvan Lake.

Perhaps it was the Guider who had never been responsible for a camp before, delving through the realms of paperwork and obscure instructions required for water activities. And the Guider setting up swim tests. Was that a boating swim test or a swimming swim test? Which girls have to wear lifejackets while swimming? How many waivers do parents have to sign? No matter how many pounds of paperwork it takes—darn it, we will get those girls in the canoes!

Certainly, it was the flurry of planning to determine the best way of putting up nine tents in the pouring rain. Thank goodness for clearing skies!

Then there was the Guider who managed to remember all the pieces and supplies for the canoe hat craft, but forgot her own suitcase at home, two and a half hours away. Okay, forgot MY suitcase. The prospect of two days with the same pair of muddy pants, Guide shirt and (ugh!) underwear. Thank goodness for other Guiders scrounging through their suitcases for spare clothes and the girl who came late to camp!

It could have been the Guider who sat up with a hysterical child until past two in the morning and was the first up to start breakfast for the girls.

It may have been the Guider who arrived at camp exhausted after caring for a son who suffered not one but two broken legs just days before. She apologized for not having time to laminate the knot cards for the girls!

How about the Guider/camp cook who refused to sit down until the last girl and adult were fed and girls' duties completed, despite aching knees and back?

Perhaps it was the Guider from another city who happily ventured forth to teach the girls how to operate a canoe, just for the love of Guiding. She even brought along a hat craft for the girls.

It definitely was the Guider (not me!) who sheepishly admitted to charring her back deck at home while trying out the box ovens before camp. Her husband was not amused.

Maybe it was the two Guiders spending half an hour working out how to transport a flaming arrow into the campfire to start it. And it was the mom-helper who learned the guitar chords for "On My Honour" so she would be ready for campfire. Now, if we could just get her to become a Guider... (She did!)

There was the Guider putting on her stern face and venturing out into the pouring rain to inform the girls once again, that yes, they had to emerge from their cozy sleeping bags and pack their bedrolls.

And it was the young Pathfinder Guider and lifeguard, still in university, quietly appearing at hand for every task that needed to be done, never complaining—not when dismantling soggy tents or rounding up girls far more interested in chatting than listening.

And the Guider who was painstakingly showing girl after girl how to thread the lace through the craft, the same Guider who can turn a camp schedule and duties list into a work of art!

And the Guider landing on her rump on the rain-slicked stairs while rushing to load girls'

Share your story:
send articles (and
photos) to
[brownsea@calgary
girlguides.com](mailto:brownsea@calgarygirlguides.com)

Mud and Memories—continued

suitcases onto the bus. Okay, MY rump!

No doubt it was the mud spattered faces triumphantly smiling back at me through the camera lens, after these women and girls heaved out the van stuck in the muddy road. Okay, MY van!

Six Guiders, two mom-helpers, one canoeing instructor/Guider, several planning meetings, many hours of individual preparation, plus a flexible attitude to deal with challenges along the way equals one successful camp for 32 girls.

My reason for being a Guider is absolutely to

enjoy the quirkiness and spontaneity of young girls, but I draw my love of guiding from the inspiring women I work with. Dedication does not begin to describe my fellow guiders. None of these women felt they were born to lead a unit. They were asked to help, and then they stepped forward, and then they stepped forward some more, until they found themselves at the front of the line.

All this dedication is well and good, but next camp my suitcase is going into the van first.

— Laurie Holtby, Guider - 67th Guide Unit, Sunset Hills District

Adult, Pathfinder and Ranger Members:

What are you doing Saturday, February 20, 2009?

How about helping with the upcoming **Brownie Camp Academy** at Camp Jubilee in Cochrane?!

We need energetic helpers to assist with activity stations (see “Brownie Camp Academy” details on page 8 of this issue of the *Brownsea Bulletin*). Calgary Area will provide the supplies required for these stations, but we need your cheery faces to help us show the Brownies how much fun camping can be!

If interested, please complete the information below and forward it to Calgary Area Office by December 15.

Brownie Camp Academy Volunteer Form (please print)

Name (printed, first and last please): _____

iMIS #: _____

E-mail: _____

Will Help with:

Option 1 _____

Option 2 _____

Option 3 _____

This form must be returned to the Guide Centre by December 15.

Brownie Camp Academy

Cost:
\$15 / girl

Saturday, February 20, 2009. 10:00 a.m. to 4:00 p.m.

Camp Jubilee in Cochrane

Goal: Complete "Key to Camping" and a few other program badges.

Girls will:

- ▶ participate in a flag raising ceremony
- ▶ circulate through activity stations
- ▶ complete badge requirements
- ▶ join in a campfire ceremony
- ▶ prepare for Brownie Tent Camp
- ▶ have fun!



Potential Stations (not yet finalized):

1. "Be Prepared" kits (Safety First)
2. "Bedroll" craft and tent set-up (Camping Know How)
3. Best Dressed Game (Dress Right)
4. "Hug a Tree" (Lost and Found Outdoors)
5. Tea "lights" (Be Aware Badge)
6. Make a Sit-Upon (Special Interest Badge)
7. Outdoor Cooking (Cookout Badge)

Requirements:

Girls must register with a Unit.

The Unit is responsible to provide ratio as well as appropriate first aider(s) as per *Safe Guide*.

We will do all other paperwork, but Unit Guiders will be responsible to distribute, collect and return it to the Calgary Area Camping committee by January 15, 2010 (no exceptions).

*To start the process, please complete the registration form. Return the form to the Guide Office with your Unit's fee on or before **December 15**. We will then e-mail you the rest of the paperwork.*

NOTE: Attendance will be based on receipt date of the form and fee (first come, first served).

Brownie Camp Academy Registration (please print)

Unit : _____ District + Division: _____

Contact Guider (first and last): _____

E-mail: _____

of Girls Expected: _____ # of Leaders Expected: _____

Adult, Pathfinder and Ranger Members: _____

This form must
be returned with the fee
to the Guide Centre by
December 15.

Pathfinders, Trex, Rangers and Links:

Challenge the Chill!

CALGARY AREA WINTER CAMP

Friday, January 29 - Sunday, January 31, 2010

CAMP MOCKINGBIRD – BUS SERVICE PROVIDED

Have you been tenting in January??? It's good freezing fun!
Ever played snoccer? Built a quinzee? Boiled ice cubes for water?
Come and triple your appreciation of the hot-after-camp shower!

Units must bring their own tents and food, as well as provide ratio and first aider.

Individual registrants will be paired with other participants.

Forms must be received at the Guide Centre by January 17, 2010.

Pre-camp meeting will be held 1:00-4:00 p.m. Sunday, January 17 at Guide Centre.

Please contact Alana at 403-254-4963 for additional information.

Registration:

\$20 / girl

There will be some space available for those who would like to learn some winter skills but aren't quite ready to brave winter in a tent.

Calgary Area Winter Camp Registration

Unit / Branch: _____

Guiders' Names: _____

INFORMATION REQUIRED FOR GIRLS ATTENDING:

Name of Girl: _____

First Aid Holder: _____
(please send copy of SFA certificate)

Address: _____

Phone #: _____ DOB/Age: _____

Previous Winter Camp Experience?

Emergency Information for Parent/Guardian:

Is there program work you'd like to complete?

Attach completed SG-2 form.

VOLUNTEER

VOLUNTEER



It's What **You** Do That Counts!

Are you a young woman between the ages of 14 and 17 who volunteers in your community or school? Do you see challenges instead of obstacles? Hope instead of despair? If you are a young woman who believes in the power of volunteer action, then you may be eligible to win a **Violet Richardson Award**.

This award recognizes young women who make the community and world a better place through volunteer efforts such as: fighting drugs, crime and violence; cleaning up the environment; and working to end discrimination and poverty. Volunteer actions that benefit women or girls are particularly encouraged.

Winners are eligible to receive cash awards for themselves and the charitable organizations of their choice. Visit www.soroptimist.org for details.

For information about applying to the Violet Richardson Award program, please contact:

Soroptimist International of: _____

Name _____

Email _____

Phone _____

Club Application Deadline _____

Amount of Club Award _____

International Committee: Helping Bring the World to your Program

Year-round “International” Guiding

While planning your Guiding year with your girls don't forget International.

You can do International (which is part of the program at all branches/levels of Guiding) at any time of the year not just in February.

Consider choosing one of the “international days” below then run a meeting on that topic. Many of these international days also correspond with other areas of the Guiding programs.

Nov 16 – International Day of Tolerance

Nov 25 – [International Day for the Elimination of Violence against Women](#)

Dec 1 – World AIDS Day

Dec 2 – [International Day for the Abolition of Slavery](#)

Dec 3 – [International Day of Disabled Persons](#)

Dec 5 – International Volunteer Day

Dec10 – [Human Rights Day](#)

Dec 11 – [International Mountain Day](#)

March 8 – International Women's Day

March 22 – World Water Day

March 21 – International Day for the Elimination of Discrimination

April 7 – World Health Day

April 23-25 – Global Youth Service Day

May 31 – World No-Tobacco Day

Sept 8 – International Literacy Day

Oct 16 – World Food Day

Oct 17 – International Day for the Eradication of Poverty

Oct 24 – UN (United Nations) Day

Area Thinking Day

Saturday February 20, 2010.

Thinking Day Theme 2010: girls worldwide say...“together we can end poverty and extreme hunger”. Start your planning early!

What can the International Committee do for you?

We...

Help with girls and Guiders with applications for Nationally/Provincially selected events.

Help Units with independent travel plans and forms.

Make presentations to Units or councils at all levels about international travel, WAGGGS, Global issues and more.

Provide International program ideas and resources for all levels (games, books, videos/DVD's, activities, photos, challenge badges, service ideas, songs...).

Keep you informed on international events, and initiatives such as Twinning and WAGGGS challenges/initiatives, Provincial initiatives, travel/international camps opportunities.

Organize Area Thinking Day Event each February and the Fall Area International Fair and Information night.

Offer International Enrichment trainings.

“International in a Bag”

Now available from the international committee are “International in a Bag” resources. These bags come with different topics from WAGGGS, the four World Centres, UNICEF/ UN and much more. Each bag has instant meetings for each branch on its topic complete with games materials and instructions.

International Travel Opportunities

-Girl Guiding UK Centenary Camp, July/ August 2010, five girls aged 14-16 and two Guiders.

-Ecuador Adventure, July/August 2010, ten girls 13-17 and 2 Guiders.

Deadline for getting forms to the Area International Adviser is December 1, 2009.



Remember:
International
can be part of
your program all
year round, not
just in February!



Protecting Yourself From Allegations of Abuse

It is essential that your relationship with the girls and women you spend time with is based on mutual trust and respect. Your behaviour must demonstrate good personal judgment through both your actions and your words. You have a responsibility to help each girl you interact with feel good about her relationship with you and to express your good feelings about her in positive ways.

Touching:

- 'Good touching' is extremely important to our girls and should be encouraged. Being touched in positive and appropriate ways means "I like you" and "You belong here".
- Touching should be done only on areas of the body that are considered 'safe' or 'neutral'. These include shoulders, back and head (i.e. tousling of hair).
- Comfort a girl by extending your arm around her shoulder and giving a 'side-ways hug'.
- Always respect the personal space of the girl. Some girls are uncomfortable with any touch. Be alert to her verbal and non-verbal cues.

Showing Acceptance:

- Show acceptance of all your girls through verbal encouragement and praise.
- Comment on their human qualities, rather than their clothing, appearance or possessions.
- Allow all your girls full opportunities to participate in all activities to the best of their abilities.

Being Alone With a Girl:

- Avoid any situation (including driving or travelling) where you are alone with one girl.
- When an ill or injured girl needs to be examined, maintain her privacy but examine her with another Guider present.

- Do not remove clothing from an injured girl unless essential for her well-being. This should be done by a health professional if at all possible.
- When a girl wishes to speak to you privately move away from others but stay within view of another adult.

Role Modeling:

- Remember that you are a role model for the girls you work with and your behaviour is seen as the acceptable standard for adult behaviour.
- It is more important to be respected as an adult than to try to appear 'cool'.
- Do not appear inappropriately clothed around the girls. If you are changing at camp or at activities such as swimming use proper discretion in your behaviour.
- In general, be cautious in any conversation with the girls around the topic of sex. Although these conversations may be appropriate in the right situation (e.g. program activities), avoid joking/teasing discussions about sexual behaviour. It is never appropriate to discuss your own sexual history or experiences.
- Language must be appropriate and 'clean'. Swearing or using sexual terms is not acceptable.

Always behave in a manner that someone watching from a distance would view as appropriate. Listen to your inner voice.

(Adapted from CCCY: Put the Child First Training Manual)

For more information, please see the Adult Member Support Procedures, Module 4: Girl Protection Procedures, or contact Donna Leonard, our Provincial Girl Protection Adviser (dlleonard@shaw.ca) or email membership@girlguides.ca



What to do if you Suspect a Girl Member is Being Abused

1. Legal Responsibility:

You have a legal responsibility to notify your local child protection agency or the police when you suspect that a child is in need of protection.

2. Girl Protection Team:

Contact our Provincial Protection Adviser , Donna Leonard (dleonard@shaw.ca), for advice on how to proceed or to discuss your concerns.

3. If a Girl Comes to You with Information:

Believe the Girl

- It is unusual for a child to imagine/make up stories of abuse.
- Your relationship has allowed for this girl to open up to you --- believe her.

Listen Openly and Calmly

- Do not judge, voice opinions or show emotion other than trust and support.
- Talk to the girl in an area that allows for private conversation but is within view of another Guider.

Reassure the Girl

- Let her know that you believe and trust her.
- Do not promise that you will 'keep her secret'.
- Assure her that you will try to get her the

right kind of help.

Write Down the Facts

- Write your notes as soon as possible, using the girl's own words.
- Make your notes as detailed as possible.
- Do not ask questions or try to clarify the details.

Report to your local child protection agency or the police

- Reporting is to be done within 24 hours.
- Confidentiality is essential. Do not discuss the situation with anyone else. Provide your fellow Guiders with only the information they require to understand the situation and support the girl in the Unit.
- Complete and submit the GP.01 Form.

Support

- Reporting abuse is never easy, even when you know it is necessary.
- Remember that your Girl Protection Adviser is available to provide support for you and other Guiders as requested.

For more information, please see the Adult Member Support Procedures, Module 4: Girl Protection, or contact Donna Leonard, our Provincial Girl Protection Adviser (dleonard@shaw.ca) or membership@girlguides.ca





Calgary Area bids Goodbye to our Shop

At the end of October, Calgary Area Guide Shop closed its doors for the last time. We had hoped to have another four to six weeks, but the stock was not there, and there simply was not enough time to place and receive another order.

We will miss the convenience of having the store available to us but we had no choice except to close the store. Now we must work to find ways to make shopping convenient for our members and parents.

For the next few months, anyone who needs anything supplied by National can contact the provincial store in Edmonton at guide-shop@albertagirlguides.com. If they have what you need in stock, they will mail it out to you. By the end of June, 2010, the provincial store will also close.

Shopping at the national "On-line Store" can work for all of us.

It makes sense to combine smaller orders throughout a district or division. By combining these orders, the delivery charges become more economical. You could combine orders informally just by bringing it up at a district meeting that one unit needs to order badges or something else small and asking if others had things they wanted to order. It could be more formalized by finding one person in a district or division to place orders on a regular basis for everyone.

When you have one person placing all the orders for a district or division, she could use her own credit card but should collect all the money for the orders in advance. No individual should be expected to take the risk of placing orders on her own credit card without being paid in advance for the order.

You can also have all the funds deposited into a Unit, district or division account and pay by PayPal through that account. National has stated that this is acceptable when shopping at the National Store even though it will only show one person authorizing the withdrawal.

When you place an order and something is indicated as being out-of-stock, the item will not be shipped as an automatic backorder. You will have to go back in and re-order the item at a later date.

Anyone can go online and order uniforms, program books, gift items and non-official crests. Only a Guider or Commissioner can order badges and awards. Some awards will require a Commissioner to order them. When you register, the system will be able to determine if you are authorized to order badges or the awards.

We need to continue to encourage all our Members to order uniform pieces as we are a uniformed organization. We need to make certain that the girls are still receiving badges in a timely manner. Once they have done the work, they deserve the reward and the adult Members need to make sure that they continue to receive those rewards.

We also need to continue to recognize the work of our adult Members and see that they are receiving awards and official recognition. Our adult Members give a great deal of time and effort for their roles and we must not stop ordering awards just because we now have to do it online.

If we work together, we can make shopping on-line convenient and easy to do.

— Eileen Johansen, Area Commissioner

"Shopping at the national 'On-line Store' can work for all of us."



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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.			

The Brownsea Bulletin
Publication Deadlines:

- December 31 for the January Issue
- February 28 for the March Issue
- March 31 for the April Issue
- April 30 for the May Issue
- August 31 for the September Issue
- October 31 for the November Issue

Find the *Brownsea Bulletin* and other great resources on the web:

GGC-Calgary Area website

www.calgarygirlguides.com

and

GGC-Alberta Provincial Council

website www.albertagirlguides.ca

Also check out the

GGC National website www.girlguides.ca



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Great Program Opportunity: Connect with a Constable

I am a Brownie Guider and a police constable working in the Community and Youth Services Section of the Calgary Police Service. I have been tasked with creating police presentations for Sparks, Brownies, Guides, Pathfinders and Rangers.

My goal is to have this curriculum readily available for any police officer in the CPS, so that they can come out to your Unit and present the desired and appropriate material with no previous experience. Many police officers hesitate when asked to do presentations because they have no idea what it is the requesting party is looking for and no idea what they should present.

I need your input regarding what you need and expect from us when you request a police presentation for your Unit. What are you envisioning?

We want to ensure that our presentations are appropriate for girls of different ages and that they meet the various badge and program requirements.

Some of the topics that I believe are important to include safety and body integrity for the younger girls, dating violence, bullying, cyber-bullying, and shoplifting for older girls.

Please send your ideas to Cst. Rayn Boyko #3132 (RBoyko@calgarypolice.ca) or call me at 403-804-9133.