

Footsteps Through Time Celebrating Alberta's Centennial

Presented by Alberta Council
Developed especially for you by
the Alberta Standing Committee Directors



Happy Birthday Alberta! 2005 is the 100th birthday for our province and we feel this will be a great opportunity to showcase the energy and timelessness of Guiding. The communities of Alberta will be organizing parades and other events that we could build on to be visible in the community, doing active, fun, things. Let's make 2005 a year to remember.

We encourage you to:

- Join in your community activities wearing your uniform and proudly waving the pennant from the "100 Footsteps Through Time" package.
- Complete the *100 Years of History Challenge* (you will find it in the Alberta Provincial Challenge Booklet published in Fall 2004 or on our webpage).
- Host a fun afternoon in a park for the girls in your district. Ask them to invite their siblings and friends and make it a recruiting event as well.
- Wear your centennial crest on your uniform for the calendar year of 2005.
- Have a camp with the theme "100 Footsteps Through Time".
- Visit the next Area to share the celebration.
- Be creative - celebrate 100 Footsteps Through Time in a way that is fun for you and your unit

In this package, we've provided:

- 1 centennial crest per registered girl and adult member (as per census Jan 2005) that can be worn on our uniform (on the left sleeve just above the cuff) during 2005
- 1 pennant per registered girl and adult member - have fun colouring them, then attach a stick or straw and wave them proudly in parades and at community celebrations or display them in your car or home window.
- Activity ideas that you can use for either a large-scale event or a unit celebration that meet the objectives of the program.

Have a great time celebrating the Centennial with your unit! Send your stories into the Alberta Guide webpage (www.albertagirlguides.com) so we can all share what great things Guiders and Girls are doing in Alberta! Please fill in the attached sharing sheet to let us know what you thought of this package and what activities you did!

Ideas For Fun While Celebrating With Your Unit

We've provided you with a list of activities that you might do with your unit to celebrate the centennial. These are not divided into age groups or into program areas, although they will meet the program objectives of any of the branches, to provide you with as much flexibility as possible. You might use this celebration as a bridging opportunity by inviting several units to join together.

One way to set up the activities is by using about 5 stations. It might be fun to use the template we've provided to make 100 footsteps to direct the participants between the stations (about 20 steps between each of 5 activity stations). If you are doing this outdoors, you might have to place a large rock on each step if it is windy! Be creative ☺ 100 footsteps is a lot but that is how old our Province is and it provides a fun visible way to show them!

Use the footprint template to help create the theme of 100 Footsteps – you might use it to write the title of the station or to make invitations for special guests.

Station activity ideas

Games of the Decades

"Games and practices selected or planned for the purpose can be made to teach, through the youthful enthusiasm of the girls, most of the moral attributes required, such as self-restraint, good temper, obedience to leaders, and to rules, unselfishness, pluck, moral endurance, fairness, esprit de corps, etc., as well as physical hygiene. Further, they teach soberness in success, good humour in defeat, and repression of show-off and hysterics."

The Patrol System for Girl Guides, first published 1916

- 1910s: Hoops and Sticks
 1. Use a large open area for this game. Use a stick to try to keep a bicycle rim rolling forward beside you as you run across the area.
- 1920s: Here we go gathering nuts and may (singing game in 2 parts)
 1. Arrange the girls into two lines facing each other about 20 ft apart. The girls in each line hold hands. One line is 'A' and one line is 'B'. The words that are in italics are sung or chanted and the actions that they do while singing are in the brackets after each line.
 2. Line A sings: *Here we go gathering nuts and may, nuts and may, nuts and may, here we go gathering nuts and may, early in the morning.* (Line A walks forward about 10 feet then back to their original place)
 3. Line B sings: *Who will you have for nuts and may, nuts and may, nuts and may? Who will you have for nuts and may so early in the morning?* (Line B walks forward about 10 feet and then back to their original place)

4. Line A responds: *We'll have _____ (pick a girl from Line B) for nuts and may, nuts and may, nuts and may. We'll have _____ for nuts and may early in the morning.* (Line A walks forward and back just like before)
 5. Line B responds: *We'll have _____ (pick a girl from Line A) to pull her away, pull her away, pull her away. We'll have _____ to pull her away, so early in the morning.* (Line B walks forward and back again)
 6. The two girls chosen go to the centre and hold hands. Each girl tries to pull the other across the centre line to join their team. Repeat.
- 1930s: Backward Bounce
 1. One tennis ball for each team required. Teams of six in files, standing with feet wide apart and stiff knees. There must be a distance of about three feet between each girl.
 2. No. 1 girl bounces the ball through her legs to be caught by No. 2 girl. No. 2 then bounces it through her legs to be caught by No. 3, and so on, until it reaches No. 6, who runs up with it to stand three feet in from on No. 1.
 3. No. 6 then bounces the ball through her legs to No. 1, and so on, the team winning which first reaches its original formation.
 4. N.B. – Knees must be kept stiff all the time, and the ball bounced from about the height of the waist. Unless it is bounced like this it will not come up at a sharp enough angle to be caught by the girl behind. This is an effective game for a display, but it needs practice.
 - Source: A.M. Maynard, *An ABC of Guiding*, published in the 1930s
 - 1940s: Opposite and Alternate
 1. Form 2 lines facing each other: one is called 'Opposites' and one is called 'Alternates'. Opposites refer to branches or leaves where the stems are opposite each other like the example on the right. Alternates are when the stems alternate up the branch or leaf like the example on the left.
 2. When the leader calls "opposite" all the players in that line run and tag a tree or bush that has opposite buds or leaves while the girls on the Alternates team try to tag them.
 3. Any girl that is touching a tree or bush with opposite buds or leaves is safe from being tagged. Tagged girls change teams.
 4. When the leader calls "Alternates" the girls from the Alternates teams try to find a bush or tree with alternate buds and leaves while the opposites team tries to tag them.
 5. You could also use Perennials and Annuals or, for the younger girls, Trees and Shrubs.
 - Source: *The Patrol System for Girl Guides*, published 1940.



- 1950s: Squeak Piggy, Squeak
 1. Girls sit in a circle. One girl is "IT" and she is blindfolded and sits in the middle of the circle. She is given a cushion or pillow. She then works her way toward the girls by pressing the cushion down as she crawls around until she finds a lap.
 2. She puts the cushion on the lap, and then sits on it. The girls say "Squeak piggy squeak". The girl whose lap has been sat on must squeak and the IT tries to guess who it is.
 3. They switch spots if she gets it right. Otherwise she tries one more time with a new lap. On the 2nd try, the girls switch spots regardless.
- 1960s: Streets and Alleys
 1. All the girls except two stand in several parallel lines, making ranks and files with four or more players in each. These lines should be far enough apart so that the girls in one can clasp hands with their neighbours in the next one in either direction.
 2. The two extra girls act as thief and policeman. The girls join hands across the ranks, forming streets. The thief runs and the policeman tries to catch her.
 3. When the Guider says, "Right Face" the girls face right and join hands along the file, forming alleys at right angles to the streets. The command to change from street to alley should be given often to keep the game lively. The thief and policeman must keep to the streets and alleys and are not permitted to break through the joined hands nor to go under them.
 4. When the policeman catches the thief, two other girls take their places and the former thief and policeman step into the spaces left vacant.
 - Source: *Hints for Guiders of New Companies*, published 1960.
- 1970s: Kick the Can
 1. Place a hoola hoop, or a rope in a circular shape, in an open area (this is the jail). Nearby place 1-3 big cans with a small can inside each. One girl is selected as IT. She closes her eyes and counts to 50 as the rest of the girls hide.
 2. IT catches girls by calling out their names when she sees them and they have to go to the jail. If someone is able to sneak up to the cans without being caught, she kicks the cans and all the prisoners are freed.
 3. The girl who kicked the cans can be IT next.
- 1980s: Skipping
 1. Play some skipping games. For the older girls use double ropes.
 2. The Brownie test for skipping is as follows: Skip 30 times without a break turning the rope backwards. Skip 2 of the following steps: a) feet crossing b) pointing toes forward c) turning rope quickly "pepper" d) hopping with knees raising
- 1990s and 2000s - use your favourite games (try to incorporate footprints)

Active Crafts

We've tried to give you a number of ideas for crafts that allow the girls to be creative without a lot of specific instructions or a picture of the 'perfect example'. Most of the examples below are to make something and then use it to continue the theme of active!

- Box Car
 - Make a car out of a shoebox. Place them in a line at one end of the room, and each girl pushes her car with a stick to the other end of the room.
 - Make a car out of a box the girl can fit over her head. Hang the boxcar on the girl with straps around her shoulders. Have a race around the meeting space.
- Boat
 - Make a small boat (about 3" long) using a variety of materials - cardboard boxes, plastic sheets, wax paper, etc. Once the girls have finished their boats, arrange them in heats of how many boats you can accommodate in a tub or large plastic container of water at a time. The girls move their boat by blowing at it through a straw.
- Kite
 - Make kite in the shape of a foot, see if you can fly it.
- Pinwheel
 - For each girl you will need 1 sheet of paper with the pattern on it (maybe use coloured or shiny paper), a pencil with an eraser tip, and a thumbtack.
 - Cut off the rectangle at the bottom of the page. The girls can colour or add stickers to their pinwheel.
 - Cut along the four dotted lines. Do not cut all the way into the centre
 - Bend the left side of each corner where the star is into the centre of the square (where the other star is). Push a thumbtack through the four corners and the centre and into the eraser of the pencil.
- Bird box
 - Make and decorate bird boxes and place in community parks. (Don't forget to put our logo on them!).
- Ribbon Stick
 - Make a rainbow ribbon stick. Attach several streamers or ribbon of 1-1.5m length with tape to one end of a stick or dowel.
 - Dance in celebration of the centennial.
 - Bring in a resource person to teach a folk dance, or the maypole dance.
- Invention
 - Invent a great new thing using a variety of materials found in your kitchen or craft cupboard and demonstrate how it works.
- Cow pie toss
 - Cow pies are essentially rubbery pancakes. Buy cheapest pancake mix, mix according to directions, and add cocoa powder to get the desired colour. Each pie will probably only last for 3 or 4 tosses so make lots.

- Set up a hoola hoop or a bucket to aim for and give each girl 2 tries to hit it with the cow pie.
- Camp hat crafts
 - Simple crafts for camp hats involving feet (for example, cut feet out of fun foam, glue on pompoms, ribbons, sparkles as desired. Attach to hat with safety pin)
 - Have the girls draw out the tartan using markers on sturdy paper (the cardboard inserts on nylon packages for example) or paint on white cloth.
- Puppets or Masks
 - Make puppets or masks and use to actively demonstrate the history of Alberta (see next section for drama ideas).

Active History of Alberta

In 1881, the Governor General (Marquis of Lorne) and Princess Louise visited Canada's North-West Territories, which had been ceded to Canada by the Hudson's Bay Company in 1870. In 1882, the North-West Territories was divided into four districts: Assiniboia, Athabasca, Saskatchewan and Alberta. The District of Alberta was named by the Marquis of Lorne, after his wife, Princess Louise Caroline Alberta (the fourth daughter of Queen Victoria). The inspiration for the name is found in a verse the Marquis dedicated to his wife.

"In token for the love which thou has Shown
For this wild land of freedom, I have Named
A Province vast, and for its beauty Famed,
By thy dear name to be hereafter Known.
Alberta shall it be!"

- Symbols of Alberta. Have the girls each pick a symbol and create a play (they can pretend they are all being presented to the Queen on a Royal visit). Put the names of the symbols on index cards cut into footprint shapes, or use the attached template. Hide the cards around your meeting place. Have each patrol or team find as many cards as they can. They then should create a short skit incorporating all the words
 - http://www.cd.gov.ab.ca/all_about_us/emblems/Emblems_of_Alberta.pdf
 - Tree: Lodgepole Pine
 - Fish: Bull Trout
 - Bird: Great Horned Owl
 - Flower: Wild Rose
 - Stone: Petrified Wood
 - Mammal: Rocky Mountain Bighorn Sheep
 - Grass: Rough Fescue
 - Motto: *Fortis et Liber* which means Strong and Free
- In 2003, we celebrated the 90th anniversary of Guiding in Alberta with the *Lady Rodney Challenge*. On the Alberta Guiding webpage, you can find the Sergeant Preston action story which takes you on a trip around Alberta, and a board game that covers Alberta and Guiding history.

- Famous Canadian relay game (adapted from a game called Fruit Salad) – put the girls into teams of 5. As a group, select 5 famous Canadians. Each of the five girls on each team becomes a famous Canadian from the selected 5. The leader calls out a name in random order and the corresponding girl on each team runs to the end of the room and back. The leader calls out a different name, etc, until all the girls have had several turns. If the leader calls “Famous Canadians”, all the girls run. For older girls, you can make this more difficult by having the write down something about their Canadian when they reach the far end of the room – singer, female, married, aged 45, etc.
- Lively Legends – The Leader selects a story about a famous Canadian and she will select a word that occurs frequently in the story. A girl is chosen to start, and she reads the story to the group. When the selected word is said, all the girls jump up and do three jumping jacks. The girl to the left of the reader becomes the reader and she continues reading until the selected word is read. The girls do three jumping jacks and the girl next to the reader becomes the new reader, and so on. Source: Active Living Toolbox for the Guide Program
- Birthday Party. Tell the girls that it is Alberta's Birthday and that presents are being brought to the party by (use as many characters as you need for your patrol size): The Queen, The King, the King's old mother, the Lord High Chamberlain (who is a very haughty man), the Prince and the little Princess. The patrols go to their corners and decide who will play each part and what present each will bring. In turns, each patrol acts their scene without speaking and the others guess the characters and the presents.
- Historical Skits. Put some of the historical events on index cards and let the girls create skits to act them out.
- Cartoon Strip. The girls can make a cartoon strip of an historic event by drawing 5-10 boxes. Source: Helen Perry, Calgary
- Active Story. Read a story about something historic that describes the actions of the characters and have the girls act it out as you are reading it.

Resources for information on historical events:

- The girls and Guider manuals have some information. In 1935 Lord and Lady Baden-Powell visited Alberta and this will be a great event to re-enact.
- Check out the Alberta Government webpage and the Alberta Guiding Webpage.
- In 1988, we celebrated the 75th Anniversary of Guiding in Alberta. The Pioneer Division of Calgary Area produced a colouring book full of stories written by their commissioner, Janet Fehr (source: LANDMARKS, by Barbara Villy Cormack), of events in Alberta during the 75 years and the girls of the Division drew pictures to go with the stories. It is available on the Alberta Guiding webpage.

Service Projects

Research your area for service projects that are useful and relevant to your community.

Some ideas are:

- painting squares for baby quilts (use non-toxic paint)
- painting park equipment
- making dolls or crafts for a children's wing of the hospital
- knit teddy bears to give away
- making care packages for the women's shelter
- collect food donations

'100' Theme activities

As a group or individually:

- ◆ Find 100 pennies and donate them to the Canadian World Friendship Fund
- ◆ Discover 100 great things about Alberta
- ◆ Walk or run or bike 100 km
- ◆ Buy 100 more cookies per girl to sell in the next campaign
- ◆ Do 100 hours of good deeds and service work
- ◆ Have a scavenger hunt with 100 items

Alberta Tartan



The Alberta Tartan was designed by the Edmonton Rehabilitation Society for the Handicapped, and was recognized by an Act of Legislature in 1961. The colours represent:

- Green - Alberta's forests
- Gold - Alberta's wheat fields
- Blue - Alberta's clear skies and sparkling lakes
- Pink - Alberta's wild rose
- Black - Alberta's coal and petroleum

Visit www.assembly.ab.ca/pub/gdbook/Part5/page17.htm to see the colours of the Alberta Tartan and the Alberta Dress Tartan.

See if the girls can guess what the colours stand for. Play a game to see if they can recreate the tartan. Use a green sheet of paper for the background and strips of paper in pink, black, gold, and blue. Place the girls in teams and see if they can work together to make the tartan without looking at it again. Then do it as a relay, where the girls take turns each adding on feature to the green sheet until they get it right.

Ideas For Fun While Participating In Your Community's Parade Or Rally

The Alberta Government has set up a website with many great ideas for celebrating the centennial and they are maintaining a calendar of community events as well. Visit <http://albertacentennial.ca/> for information on the Ambassadors' Program and Alberta History.

There will be a Royal Visit in May, 2005, by Her Majesty The Queen and His Royal Highness The Duke of Edinburgh. Watch the Alberta webpage for more information.

- ◆ Decorate pennants (colour them, attach streamers or stickers or glitter) ahead of time, attach to a stick or straw and wave proudly.
- ◆ Make a pinwheel to display at the public event – don't forget the logo!
- ◆ Try to have some type of handout with our 1-800 number (ask your Area PR Adviser for some resources like the bright bookmarks, brochures, or accordion pamphlets.)
- ◆ Have a family picnic.
- ◆ Try to have the girls visible, and in uniform, showing the fun of Guiding! Sing some guiding songs, do some yells, play some games.
- ◆ Some song ideas:
 1. Auntie Monica
 2. Swimming Hole
 3. Golden Prairie Land
 4. Alberta Hiking Song
 5. Guide Law Song
 6. Something to Sing About
 7. Happy Wanderer
 8. The Rover
 9. Guide Marching Song
 10. The Cuckoo

Contact any of your Area Advisers for great ideas for celebrating "100 Footsteps in Time"! Thank-you to Laureen Bowman, Deputy Provincial Commissioner, for her guidance and support for this initiative.

Your Provincial Directors are:

Pat McWilliams, PR: "Have a great time being visible in the community ... why not take this opportunity to sell your cookies and show the world the fun faces of Guiding!"

Enidd Isaac, International: "Celebrate the rich heritage of Alberta by celebrating the mosaic of cultures and traditions that arrive with all new Albertans."

Terri Bouvier, Membership: "Use this opportunity to enjoy the greatness of Guiding and bring a friend to share the fun with you."

Chris Haydon, Camping: "An old-fashioned camp would be perfect for celebrating Alberta's 100th birthday."

Gail Armstrong, Training: "What a great opportunity to have a trainer out to your meeting to inspire you with new program delivery ideas or arts training for the girls."

Terri Funk, Program: "Have fun with the program activities and thanks to the Program Committee, particularly Helen Perry and Susan Heather, for their great ideas."

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EVALUATION / SHARING SHEET

We'd like your feedback! Can you please take a few minutes to fill in this form and then send it to the Provincial Office? Or download it from the webpage (www.albertagirguides.com) and email it to us (addresses are at the bottom)

We need to know how this initiative worked or didn't work for you! Also, we would like to be able to share your stories with other Guiders in Alberta!

1. Do you feel that the package had value for you and your unit?

Loved it Pretty Useful Some Value No use

Comments:

2. What was the most useful item in the package?

pennant crest pinwheel footprints document

Comments:

3. Are there any items in the package that you didn't use?

pennant crest pinwheel footprints document

Comments:

4. How did you choose to celebrate the Centennial with your unit?

Community Event Unit Event District Event Service Project

Please describe the events
