



ALBERTA LONES NEWSLETTER

Fall 2010

Alberta Council Girl Guides of Canada



Hi from your new Lones Adviser

Let me introduce myself. I am Kim Rezazadeh, your new Lones Adviser. I am excited about taking on this new role, but I have a lot of learning to do. I hope to keep all of the Lone Girls and Guides updated on news regarding our great organization. I have been involved with Guiding for the last 6 years as a Spark and Brownie Guider. As a girl I was a Brownie for one year – back in the day when uniforms were brown.

I have 2 daughters, a third year Guide and a first year Guide. They both love the camps and activities that Guiding brings them.

I am a teacher in Calgary at Chinook Learning Services where I teach English to new immigrants. I consider myself an armchair traveler because of this. However, I have travelled to Iran and France and look forward to one day taking a group of Pathfinders to Our Cabana in Mexico.

I hope this year in Guiding you will be able to work on new skills with your Lones Guider and attend camps with other units.

Pathfinder and Ranger Lones – keep a watch out for application to the Alberta Girls Parliament in Edmonton in the new year. You can apply for a Lones Campership scholarship. Talk to your Lones Guider about this.

Until the next issue.....

Yours in Guiding,

Kim Rezazadeh
Albertalones@hotmail.com



Don't forget to check out the website: www.girlguides.ca

Guide Talk

Being Healthy – FEELING GOOD

With autumn approaching and the nights becoming longer it's a good time to take a look at ways to keep ourselves healthy physically and mentally. Sometimes we feel under a lot of pressure to get our homework done on time and balance it with our outside activities, family and friends plus Guiding commitments.

Often weather plays an important factor in our lives as we can not always get outside to burn off the excess energy so we start to feel sad. One of the parts of your Guiding program –

Feeling Good is designed to help you feel better during those times. The purpose is to help you feel good when you're feeling stressed. What types of things stress you out? What can you do to manage the stress in your life?

Complete six of these eight activities to earn this badge:

1. Find a container and decorate it so that it looks bright and attractive. A chocolate box or tin with a lid works great. Stock it with things that will make you laugh, dream, calm down and relax. You could include a poem, story, cartoons, photographs, music, bath gels, and lotions. How does each of these items help you feel good? Use your kit when you need to de-stress.
2. Keep a journal about your everyday life. Write down your feelings when you are stressed. Write down how you feel and describe your moods when you are in stressful situations. If you are not into writing a journal; write a letter and seal it up putting all your negative thoughts down. This works well if you are really angry at someone too, rather than fighting or yelling at each other write the bad feeling down then put aside for a couple of days. When you open it up later often those feelings have calmed down so you can destroy the letter and have avoided a heated conflict or argument.

3. Make a list of activities you like to do and participate in one of them when you are feeling stressed. You will probably feel better if you are doing something you enjoy. This can help you forget about your source of stress for a while. Try reading a novel, listening to music, walking or biking in the outdoors, even meditating in a quiet room. Take some alone time for yourself or with a close friend.

4. Write an article about dealing with stress and offer your favourite tips and activities others can use to feel better. Consider interviewing some friends to get ideas from them to include in your article.

5. Find out about meditation and deep breathing exercises you can do to help you relax. Once you have learned a few, prepare a small presentation, and teach them to others in your unit or patrol.

6. Plan a spa night together with a friend or family. Decide on activities that might be a fun way to forget about stress. A pedicure, manicure or facials are relaxing activities to do even when it's miserable weather outside. Try a new nail polish on your toes.

7. Choose an activity of your choice that will help you learn more about stress management.

8. Take a Yoga class if available in your area or take a long walk or go swimming.

9. Explore career options that deal with stress management. Do any of these careers interest you? Create a log of your findings that you can refer to.

Most of all – have fun!!!!



Pathfinder Place

As a Pathfinder you start to take a more active role in planning your program and deciding what you want to do and accomplish over the year. As Lones Pathfinders it is your job to decide the road you want to take and your Contact Guider will help you as your mentor by providing you with support, knowledge and advice to help meet your goal.

How Can I Decide My Program?

Start by brainstorming some ideas that you want to do after reading your program book and write them down on a piece of paper. Brainstorming means that there are no wrong suggestions and nothing is silly.

- What would you like to do for the year? Make a list of program sections, service projects, etc.
- Make a year-at-a-glance calendar and put your ideas in the month that you want to do them in.
- Let your Contact Guider know what you have chosen early in the year that way she can offer suggestions or help and if she doesn't have the answers she can steer you to someone who does.
- Don't forget about seasonal activities, camps and special Guiding events like World Thinking Day that you can attend in your home district or area.
- It is important to keep contact with your Guider either by phone, mail or email – monthly or at least once every second month so you don't miss out on opportunities that are available to you.

New Pathfinder Citizenship Certificate

There is a newly revised “*Be a Model Citizen*” module and Citizenship certificate!

These program activities were created by a girl task group with the assistance of Equal Voice Experiences. Your Pathfinder contact Guiders have the materials to share with you. These documents are also available on Member Zone in both French and English.



The Brownie Ring

Brownies do lots of cool things to earn their “keys;”. One cool idea is a Marvelous Mask. This is a project in the Key to the Arts.

Think About: Why do people wear masks and how can you make your own mask?

Try This:

1. Look up different kinds of masks on the internet or in a book
2. Decide what kind of mask you'll make.
3. Draw a pattern.
4. Gather the materials for your mask.
5. Make your mask.
6. Use your mask in a play or have a costume party and wear it. Later, you can hang it on your wall as a wall decoration.

Brownie Trivia:

Would you believe that there are brownies in 144 countries around the world! We're all members of WAGGGS. WAGGGS stands for the World Association of Girl Guides and Girl Scouts.

Lone Rangers

What's Next: Transitioning Rangers to Link and Adult Membership

The Lones Ranger program is designed to help all those girls ages 16-18+ who are unable to commit to the meeting schedule of an active Unit due to various reasons. But for those who graduated this past year, we want to remind you that Guiding does not end after Rangers. There are several benefits to continuing your involvement even after you graduate by providing you with an opportunity to network and remain involved with Guiding and this can be done either as a Link member, a Unit Guider, or any another way that fits into your interests and availability. Remember - Guiding provides: career awareness, leadership training, problem solving, time management and goal-setting skills plus it also addresses the challenges of today's girls and allows you to travel to many WAGGGS countries. We are glad you joined us and wish you all the best in the future.

Guider Reports

From Craft:

All my Lones are working on the activities in the 100th birthday for GGC lap book that an ON Guider and myself put together last year for them.

In Jan we sent out the lap book made of 3 or 4 file folders. Each month we send them more info minibooks and activity minibooks, etc to do along with a newsletter that is also often got added activities etc. We have covered several 100th birthday challenge badges from National, Provinces - ON, BC and AB - and a couple from the UK.

Chyanne is working all over the map - first aid badge, fire safety badge, endangered animal badge, discovering you responsibility, citizenship, be prepared kit and smart goals, - beyond you environment > exploring nature and one other we haven't decided on yet, Lady BP > finish up her community service with some handmade or computer made cards, community activity finish up with perhaps a birthday bag like Amanda in Rangers is doing, and something for her guiding experience - - all of which finishes up her Lady BP award - - she does bits and pieces and eventually they all come together. She also has just a bit left to finish off her boat/canoe safety badges. We are still working on the national hunger/poverty challenge to complete it - she's done the other 2 in this set of 3 anniversary challenges.

Alyssa is working on her Guide enrollment Your in Guiding - Promise and Law - I've sent her all the activities she needs.

Michaela & Jen are working on their Canada Cord but so far haven't asked for any help or told me what they're doing I just get emails from them with work they've done.

From Heather:

I have heard from all the Rangers and they are all doing different and interesting things.

Two of the Girls are working on their Ranger program. Idel has completed her Silver and Bronze Chief Commissioners award as well as the Ranger Service Project. Amanda has completed her Bronze Chief Commissioners award, and her Ranger Service Project. Both Amanda and Idel are working on their D of E. Amanda has also started a project for the food bank in St Albert called the Birthday Bags for Kids in Need program. She is collecting items to put in birthday gift bags that a child would need to have a birthday party (cake mix, icing, candles etc). This is a new concept to the food bank in St Albert and has really taken off - it's been very exciting to watch!

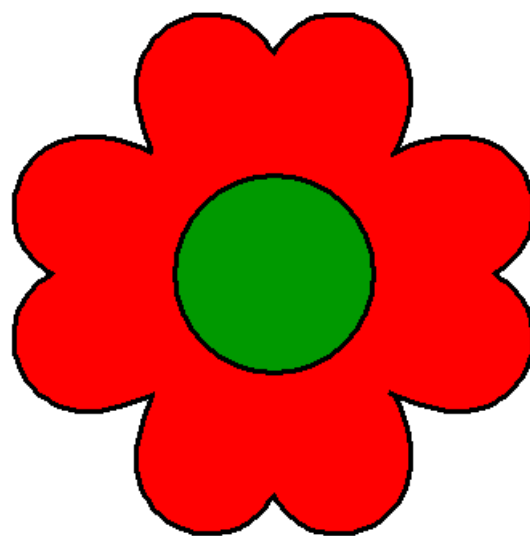
Kayla and Tracey are both working as Jr. Leaders, and are focusing most of their Guiding energy on being leaders. Kayla is about 1/2 finished her Bronze Chief Commissioners Award.

Remembrance Day Word Search

E R T S H N E X S W B K I Y P Y
L V E O A G A O O R W N Y R A R
R I N B A C L R E E F R F E T O
Y O B R M D R L E A X O L V R T
R P U E I E T I N T G L A A I C
R O P E R T M T F H E A N R O I
C A R O A T R E U I M V D B T V
C T W B P Y Y F R E C A E P U T
R E B M E V O N O A H E R O A H
F R E E D O M T R O O P S S O L

battle
bravery
courage
flanders
freedom
hero
honor
infantry
liberty
loss
November
patriot

peace
poppy
remember
sacrifice
soldier
troops
valor
veteran
victory
war
wreath



In Flanders Fields

By: Lieutenant Colonel John McCrae

In Flanders Fields the poppies blow
Between the crosses, row on row,
That mark our place; and in the sky
The larks, still bravely singing, fly
Scarce heard amid the guns below.

We are the Dead. Short days ago
We lived, felt dawn, saw sunset glow,
Loved, and were loved, and now we lie
In Flanders fields.

Take up our quarrel with the foe:
To you from failing hands we throw
The torch, be yours to hold it high.
If ye break faith with us who die
We shall not sleep, though poppies grow
In Flanders fields.



MY SPACE!

Fill this space!

– email Kim at

albertalones@hotmail.com

with news, pictures,

drawings, of you in Guiding.

Be inspired!!