



Bravo! □ Great work! □ You are spectacular! □ Hip! Hip! Hooray! □ Outstanding!

Great job! □ Nice work! □ Way to go! □ I applaud you

Saying Thank You

Saying “thank you” is so important. Hand-written thank you notes are always very special as well as a flower from your garden; a pat on the back; a photo of the happening; a home-made certificate; and a big smile and a hug. Be sure that you specify what it is that you appreciate to personalize the “thank you”.

Here are a few “thrifty” ideas I have seen used. Visit your frugal shop of choice (or your junk drawer) and come up with your own ideas... but be sure to share them with us!

- **Toy lantern** – for “lighting” our way
- **Apple** – for being a “polished” leader and/or a person with great appeal
- **Bag of marbles** – for doing a “marble-ous” job
- **Spark plug** – for putting the “spark” in our meetings
- **Play money** – for being “one in a million”
- **Burnt toast** – for a job “well done”
- **Toy whale** – for a “whale” of a job
- **Box of KC, candle & match** – for a “candlelit” dinner
- **Thumb tacks** – a really “tacky” award for a job well done
- **Cupcake** – because you “take the cake”
- **Fan** – for doing a “fan-tastic” job
- **Egg** – for doing an “egg-cellent” job
- **Decorated rock** – for being “rock solid”
- **Candle** – because “no one holds a candle to you”
- **Thyme seeds** – for all the “time” you give
- **Clock with 13 hours** – because you “always find the time”

You are so creative. □ Right on! □ You're a treasure!

You made my day! □ Dynamite! □ You're super! □ You are a team player!

Mark Your Calendars!!!	2012	2013	2014
MultiFaceted	Mar 16-18, Harvard Park		
Trainers Workshop	<i>No workshop this year See WRTC</i>		
Adult Arts Weekend			
Commissioners Workshop	November 2-4		
Standing Committee WS			
Western Region Training Conference (WRTC)	September 27-30 Radisson Hotel, Calgary		



Who's Who on our Alberta TRAINING COMMITTEE

Alberta Training Adviser: Donna Leonard (acting)

Secretary/Treasurer: Laureen Bowman

Advisers/Administrators

Trainer Program Support: Vicki Mark
Training Activities: Jan McCaghren
Trainer Development: Donna Leonard
Admin -Trainer Records: Laureen Bowman
Admin- Trainer Communications: Bev Wahl
Area Training Adviser Rep: Tanya Watts

Area Training Advisers

Calgary: Jan McCaghren
Chinook: Deborah Colley
Cypress Hills: Charlene Nunemaker
Edmonton: Tanya Watts
Michener: Michelle Smutt
NT: Deleigh Rausch
Parkland: Hazel Snyder
Peace River: Lorene Rose (acting)
Prairie Rose: Amy Wiens
Tamarac: Roberta Fehr
Woodsmoke: Nicole Dargis (acting)
Yukon: Natalie Taylor

Looking for a golden opportunity??

The Provincial Training Committee...
needs you!

The Team:

Mary Adams, Dianne Almond, Ellen Archibald, Meribeth Barclay, Elizabeth Barter, Michelle Berndtsson, Maryanne Beyersbergen, Nadine Beyersbergen Weiting, Judith Bober, Dorothy Boras, Terri Bouvier, Laureen Bowman, Beverly Burton, Christine Burton, Tracy Burton, Kathleen Cawthorpe, Carrie Charron, Deborah Colley, Shauna Daren, Nicole Dargis, Anne Denman, Roberta Fehr, Sue Fortunka, Janelle Godzisz, Faye Greenslade, Mae Hadley, Maryanne Hall, Rosemary Halldorson, Trudy Haughland, Christine Haydon, Marilyn Helmle, Leanne Hemphill, Faye Henderson, Eileen Hendry, Leslie Horton, Enidd Isaac, Patricia Istead, Eileen Johansen, Denise Kerr, Judith Kopp, Tamara Krebs, Donna Leonard, Karen MacDonald, Kristin MacLaren, Vicki Mark, Nyna Marr, Jolaine Martin, Jan McCaghren, Dixie McIlvrive, Pauline McLaughlin, Pat McWilliams, Dawn Nowicki, Charlene Nunemaker, Bernadette O'Connor, Shelly Oldford, Stephanie Ragot, Deleigh Rausch, Melanie Reichle, Marion Rex, Lorene Rose, Joan Schellenberger, Jacqueline Schnider, Betty Slater, Michelle Smut, Hazel Snyder, Natalie Taylor, Margaret Utgoff, Bev Wahl, Brenda Wallace, Rose Ward, Kathy Watson, Tanya Watts, Diane Wereley, Tori White, Amy Wiens, Beverley Witham

What's in it for you???

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Websites

From Lauren Bowman, Prairie Rose Area:

Need some new ideas to share with Guiders?

Have a look at these websites for suggestions for planning unit activities.

- gameskidsplay.net Free site with rules for games, jump-rope and clapping rhymes, ball games, international games, etc.
- thekidzpage.com Free site with games, puzzles, activities, colouring pages, clip art – for rainy day fun
- michaels.com Sign up for hands-on activities for a nominal fee. This site also offers instructions for projects categorized by age, season, length of time, etc.
- homedepot.ca/workshops Workshops for kids – build birdhouses, bat houses, tulip planters and lowes.ca
- humanesociety.com/shelters Learn how you can volunteer to help animals at a shelter in your area
- pickyourown.org Visit a U-Pick farm near you – website is updated daily listing fruits and vegetables available to pick.
- geocaching.com This high-tech treasure-hunting game is a great activity for groups. Site includes a guide for the game and ability to search for geo caches all over the world.
- Tctrail.ca/tlocator Hike or bike the TransCanada Trail nearest you.
- Virtualtourist.com Whether planning a trip away or exploring your own hometown and area, this site offers travel guides, tips and reviews.
- artistshelpingchildren.org has craft projects, how to draw, paper folding, more art stuff, coloring pages, murals how to and recycle crafts. also have a travel games section.
- dragon.sleepdeprived.ca which is Becky's Resource Centre, geared to Guiding. It has games, songs, all sorts of things

A great site from Judi Wheatley, Michener Area:

www.topsinswaps.com Try it! You'll like it!

Why I am a Girl Guide?

I went late to a provincial meeting. I got up early (yuk) and drove 1½ hours to get there before 8 am (ugh). I arrived tired and grouchy. *But* the meeting was very productive. I had time with old friends and met new ones. I was welcomed by all and enjoyed the closing ceremonies. I ate well, had fun – a typical Guiding event.

When I grabbed my jacket to leave... someone had filled my pocket with rocks.

... and that's why I am a Girl Guide

Aging gives a whole new meaning to twist and shout.



Activities From Roberta Fehr:

Outdoors: Something Like Me

This activity gives everyone a chance to go outside for a short walk and provides a good reason to notice all the things that are out there. Finding something on the walk that in some way reminds you of something about yourself, keeps you alert to what's out there.

Age Group: 9 and up.

Time: 15 – 20 minutes

Supplies: A place to take a walk such as large backyard, field, school yard, etc.
Everyone dressed for the weather.
A whistle.

What to do: Tell the group that they're going to go on a walk to find something. Explain that they're to look for something that reminds them of themselves in some way. It may be a flower; for example a daisy because "daisies are cheerful looking, and I think I'm cheerful". Or "they grow in bunches and I like other people". Or maybe a stick because "I'm slim like this stick, but I'm strong too, like it is". Or "it has a bump on one end and that's like my head". Whatever it is they are looking for, only they will know it. Find something and bring it back to share with other group members. Ask them to go in pairs. If there is an odd number go along yourself. Give them about 10 minutes for the walk. You can signal with a whistle, when it is time to come back.

For discussion: when everyone is back, ask each person to describe what they brought back and how is it like the person? What does it mean to that person? Encourage group response to what is shared.

Indoors: The Tree Me

It helps when sharing something about yourself with a group, to have a framework for the sharing. This activity uses a tree as a focus and asks the group to describe themselves and their qualities as compared to the tree of their choice.

Age Group: 9 and up

Time: 30 minutes.

Supplies: Drawing paper.
Pencils, crayons, coloured markers

What to do: Ask the group to close their eyes and sit quietly. Tell them to relax all over: their feet and their legs, their body, their arms and their head. Have them breathe slowly for a minute or two.

Then say, "Now, imagine that you are a tree. Let the picture of the tree come into your mind. What kind of tree are you? Are you growing in a city park or in a yard or perhaps high in the mountains? Are there other trees near you? Look around you and see the scene as clearly as you can." Give them a few minutes to continue imagining the scene and then tell them to open their eyes. Ask them to draw the scene that they saw.

For discussion: Have the group members share their drawings with the group by describing the kind of tree they are, where it is and so on. Look for opportunities to confirm their sharing: "You are tall like your tree. "Or "A tree like that would be strong."



HOW TO MAKE A BEAUTIFUL LIFE

Love yourself.

MAKE PEACE with who YOU are and where you are at this moment in time ...

Listen to YOUR heart if you can't hear what it's saying in this noisy world,
MAKE TIME FOR YOURSELF. ENJOY YOUR OWN COMPANY. Let your mind
wander among the stars ...

TRY ... TAKE CHANCES! Make mistakes. Life CAN be messy and confusing at times,
but it's ALSO FULL of surprises. The next rock in your path might be a STEPPING
STONE.

BE HAPPY! When you don't have what you want, WANT WHAT YOU HAVE. MAKE
DO. That's a well-kept secret of CONTENTMENT.

There aren't any shortcuts to tomorrow. YOU have to MAKE YOUR OWN WAY. To
know where you're going is only part of it. You NEED to know where you've BEEN,
too. AND if you EVER get lost, DON'T WORRY!!!

The people who LOVE YOU, will find you. COUNT ON IT.

Life isn't days and years ... it's what you DO with time and with all the goodness and
grace that's inside YOU.

MAKE A BEAUTIFUL LIFE.

The kind of LIFE you deserve ...

FOUR PEOPLE

This is a story about four people named Everybody, Somebody, Anybody, and Nobody.

*There was an important job to be done and Everybody was asked to do it.
Everybody was sure Somebody would do it. Anybody could have done it, but Nobody
did it. Somebody got angry about that, because it was Everybody's job. Everybody
thought Anybody could do it but Nobody realized that Everybody wouldn't do it. It
ended up that Everybody blamed Somebody when Nobody did what Anybody could
have done.*



ANY

**Western Region Training Conference (WRTC) 2012
September 27-30, 2012 - Calgary**

*We can ... learn to train **ANY** thing
to **ANY** one
at **ANY** time
ANY where
in **ANY** way!*

The planning committee has selected lots of exciting sessions. Details of the time, location, cost and session choices was sent to all trainers, trainer candidates and ATA's in December. I hope that you have been discussing funding with your area training committees and/or area councils. I hope to see you there!

Submitted by Jan McCaghren
WRTC 2012 Planning Committee

Openers from *Roberta Fehr*

Puzzles # 1

Equipment: Paper & pencils for each player

Preparation: Print the following at top of each page or print on poster:

DNROYENOLW

Directions: Have individuals "arrange the letters into only one word."

Answer: ONLY ONE WORD

Puzzles # 2

Equipment: Paper & pencils for each player

Preparation: Print the following at top of each page or print on poster:

Directions: Have individuals "List the names of at least 10 parts of the body that are spelled with only three letters."

Answer: Eye, ear, toe, ear, lip, hip, arm, rib, gum, jaw, fat, gut (there may be others)

Did you know ...

https://memberzone.girlguides.ca/policies_and_procedures/merchandise_guidelines/Shared%20Documents/Awards_List_and_Insignia.pdf

- you can download a complete list of awards and insignia
- includes: a picture; the price; and recipient/description



Get Acquainted Activity

Shared by Deleigh Rausch



I'M THE ONE WHO...

Materials Needed

- Markers
- Paper Bags

Activity

- Give out small slips of paper.
- Tell everyone to write on the paper, "I'm the one who" (have them fill in the blank with something about themselves). For example "I'm the one who loves to travel to the Caribbean." (need to be specific because someone else might possibly put that they love to travel.)
- Fold up slips of paper and throw into a pile in the middle of the floor.
- Everyone then picks a slip of paper that is not their own and mingles around whispering "are you the one who ...?" (whatever is written on the slip of paper they chose).
- When they find the owner of the slip of paper, link arms. Keep going until everyone has linked arms.

SIGN MY ARM

Materials Needed

- Markers
- Paper Bags

Activity

- Give all of your guests a marker, and have everyone at the party put a paper bag over their signing hand (arm).
- When the host/hostess says, "Go," then everyone in the room must obtain as many signatures as they can.
- It isn't as easy as it sounds though, because each person has to keep the paper bag on his or her signing hand (so they must sign with the opposite hand). At the end of 5 minutes, the person with the most signatures is the winner!

SURPRISE 'KINDER EGG' ROUND

Materials Needed

- Kinder egg per participant

Activity

- Each participant receives a Kinder egg.
- They are collectively opened and eaten.
- Following this is a 'swap' round trying to find an object that ties to your personality.
- Each participant says a few things about themselves and the object from the egg should be tied in to their own personality (e.g., Airplane - I like travelling/or I am scared of flying).



Activity to divide a group:

Equipment: Coloured candies covered in small piece of foil or small containers of Kool Aid, one colour for each group

Preparation: If using Kool Aid mix with a little bit of sugar. Candies or Kool Aid should not be identifiable. Use one colour for each group and have one for number in each group.

Directions: Given each person a candy or Kool Aid telling them not to reveal what kind (colour) it is.

Tell players they are to put it into their mouth and let it dissolve, and then have them get into groups according to the colour of their tongue.

Good and Bad Games

There are many books on games and not much time for playing them, so before adding them to your games files, you and the participants should evaluate them from the following points of view:

- Was it fun all the time? Or was much time taken up with organising, correcting answers, etc?
- Was there a long wait for your turn? If so, did you keep interested?
- Was it fun for everyone?
- Were the rules always fair?

Games of Skill:

- what practice did those who need it most get?
- Would you play this game without an adult?
- What variations could be made?

Adapted from *An ABC of Guiding* by A.M. Maynard

The Provincial
Training Committee...
needs you!

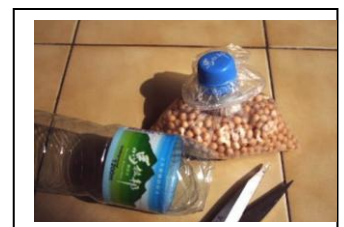
<http://chartsbin.com/view/554>

A map showing **flags of every country** in the world. Flag description is produced from actual flags or the best information available at the time the entry was written. The flags of independent states are used by their dependencies unless there is an officially recognized local flag. Some disputed and other areas do not have flags.

Great new idea... USE OF BOTTLE TOPS TO SEAL A BAG.....

All you need to do is cut off the top of the bottle and take off the cap. Push the bag through the bottle neck, fold it over the edges, and twist the cap back on.

Now, your bag has an air and water tight seal, and you didn't have to waste the bag.



Games From Guiding in New Zealand:

Dragon Tag

You Will Need: a soft ball (so it doesn't hurt when people get hit!!!)

3 people make a chain one behind the other with their hands on waists. The other players stand in a circle around them. The aim is for the people in the circle to throw the ball tagging the last person in the dragon chain with it. That person, when tagged, drops off the chain and back into the circle. The person who threw the ball that tagged them joins the front of the chain and so on. The players quickly learn to throw the ball fast in order to catch the dragon off guard - the ball can move faster than the chain! You can make the chain up of 5 people if you have a large group.

Lighthouse

You Will Need: a blindfold

One person is a ship, another is a lighthouse. The ship is blindfolded. The lighthouse stands at the far end of the hall from the ship and emits a beeping noise to guide the ship safely into harbour. The other players are all rocks who make swishing noises if the ship gets too close and is going to crash into them. The ship has to reach the lighthouse without crashing against the rocks by listening to the beeping and the swishing carefully.

This is a great game for co-operating and developing children's senses.

Spread the Net

Two girls form a "net" by holding both hands. The rest are "fish". The net must be dropped over a fish's head to catch it - once caught that girl becomes part of the net. Last two fish caught become the next net.

For a fishing theme meeting; to introduce an international meeting featuring a country where fishing is an important part of life; at the beach after a fishing expedition.

It's important to have a *twinkle* in your wrinkle!!!

FYI ...As you know, driving is one of the highest risk activities individuals undertake.

As an organization our position on car pools is the following:

- ❑ Driving arrangements need to be made outside the GGC organization – meaning that the GGC does not endorse nor actively arrange for carpooling. We do not monitor individuals' drivers' insurance or whether their licence is current or whether their car is in good repair.
- ❑ Trainers should discourage car pools arranged by Members. If parents want their daughter to do the activity; the parents will need to organize the car pool. Guiders can suggest that parents/guardians share contact information to make transportation arrangements.
- ❑ An individual Guider can make a private arrangement with the parent of a girl. However, putting several girls in Guiders' vehicles is not appropriate. When Guiders drive girls, it is strictly an accommodation that the Guider is personally offering.
- ❑ The risk in driving cannot be transferred back to parents even with permission forms. If there is an accident and depending on the Provincial auto regulations with respect to a "no fault" or "tort" structure, the primary insurance that will respond is the vehicle's insurance policy.



The new *New Guider* training - posted on the [trainer page](#) of Member Zone (MZ)

A quick overview ... this training consists of the documents listed below. The Welcome and Wrap-up sections are included in the facilitator's guide:

- Because of the Girl – Tips for new Guiders (read by participants before the training). This document is also available on the new [Guider Resource page](#). It can be accessed by Members without an MZ login
- Facilitator's Guide
- Participant Handout for Building Unit Guider Skills and All About Your Branch
- Building Unit Guider Skills module (includes training activities and a PP format)
- All About Your Branch module (also PP format)
- All About Your Branch – Program Quick Reference (reference for trainers or optional handout for participants)
- Safe Guide – use the Safe Guide training materials

The key points and some of the training activities are somewhat generic for all branches. You may need to adjust them to make them more relevant to the branch of the Guiders in your session.

SMART COOKIE WORD SEARCH

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

PARENT
 BOTH WAYS
 MONEY
 BUDDY
 CARS
 CROSSWALK
 DARK
 EMERGENCY
 FIRST NAME
 HOUSE
 MALL
 RUN
 TELL
 FUNDRAISE
 YUMMY
 RUN

How cold is it???

- *It is so cold that the Flames are hugging the Oilers*
- *It is so cold that my nose just keeps running but my car won't start*
- *It is so cold that we had to chop up the piano for firewood - but we only got two chords*
- *It is so cold that when we milked the cows, we got ice cream*



Did you know...

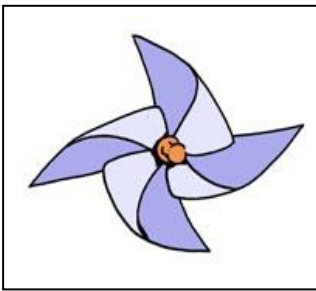
The theme for World Thinking Day 2012 is “*we can save our planet*”, pretty heavy duty for 5 year olds but you will find an activity pack for all branches at <http://www.worldthinkingday.org> Following are a few ideas taken from this site.

- ☒ Encourage everyone to turn off the lights when you leave a room. Design and make “switch me off” notes to display next to taps, light switches and plug sockets at home, school and your meeting place.
- ☒ Try making toys that use sustainable energy sources, such as pinwheel turbines

YOU WILL NEED:

- A square of paper, such as 20cm x 20cm
- A pen/pencil
- Materials to decorate your pinwheel turbine
- A pin
- A stick/similar for the handle

PINWHEEL TURBINE



1. Working clockwise, number the corners of your square of paper one, two, three and four
 2. Draw a dotted line between corners one and three, and corners two and four
 3. Where the lines cross (in the middle of your square) measure a short equal distance along each line and make the line solid, so there is an 'X' in the middle of your square
 4. Decorate the blank side of your paper as you wish
 5. Cut along the dotted lines, leaving the 'X' to hold the square together
 6. Take corner one and hold it to the middle of the 'X'
 7. Holding corner one in place, put corner two on top of corner one, corner three on top of corner two and corner four on top of corner three
 8. Push a pin through all the corners and into the top of your stick. Don't make it too tight
 9. Hold your pinwheel turbine against the wind and
- ☒ List your favourite games and activities that require electricity or fuel. Remember that even making products, like paper or pens, uses energy. What could you do instead that does not need any resources? Can you think of games that just need you and a few friends to play them? Try some out.
 - ☒ Experiment with growing plants in recycled containers. You could plant herbs in tin cans, grow cress in old eggshells or salads in empty milk cartons.
 - ☒ Do not toss your clothes in the wash after one wearing. Hang them up so they air and wrinkles disappear
 - ☒ Explore your local area then identify environmental gold stars (such as clean community water source, public garden) and bad spots (such as litter dumping spots, neglected footpaths, bad air quality). Try to think of creative ways to promote and protect your gold stars and see what you can do to improve the bad spots.

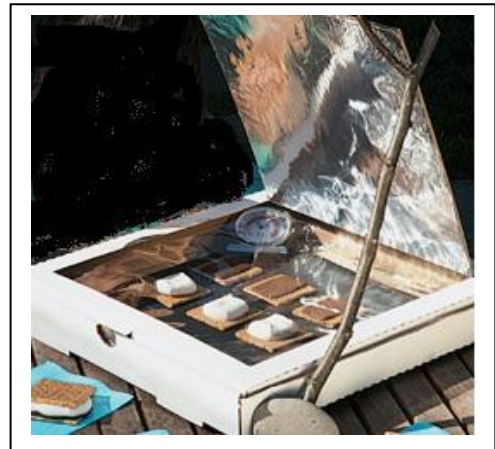


- ☒ Design a poster showing one way you can “save the planet”
- ☒ Design a poster giving your top ten tips for saving energy

Make your own solar s'mores

- ☒ Try making s'mores using only the power of the sun. You will need:
 pizza box/similar shallow cardboard box,
 aluminum foil and a thick sheet of clear plastic
 scissors/craft knife, glue, black paper, sticky tape
 a stick to hold the lid up.

1. Measure three centimetres in from the edge of the box lid all the way round and draw a square.
2. Cut the top and sides of the square to make a flap, fold upwards along the uncut side.
3. Glue aluminium foil, shiny side out, to the bottom side of the flap, smoothing out any wrinkles
4. Glue another piece of foil inside the bottom of the box and up the sides
5. Tape black paper on top of the foil
6. Tape the clear plastic to the underneath of the lid to seal the hole made by the flap
7. Put your crackers inside the box and top half with a square of chocolate, half with a marshmallow
8. Put your mini oven in direct sunlight, shut the clear lid tightly and use the stick to prop the flap open toward the sun
9. Leave in the sun until the chocolate is melted and the marshmallows are gooey.
10. Scoop out the sticky treat, sandwich between two sweet crackers and enjoy!



- ☒ When you're working on environmental issues, the big picture really matters. What if you have to drive 10 miles to recycle an aluminum can? Or your local food picnic creates three bags of rubbish, most of which can't be recycled? Everything we do has a knock-on effect, and it's possible when organizing your activities that you could accidentally do something which cancels out the positive steps you've taken. Perhaps you start turning off your lights more but then spend the money you've saved on products that cost lots of energy to make. Sustainable behaviour change is all about seeing that big picture. Every time you plan an activity, take five minutes to think how your choices in every area of your life add up. Watch out for the knock-on effects your actions might have and check the changes you make keep adding up to a greener planet.

Signals is published three times per year by the provincial training committee and is distributed to all provincially registered trainers, trainer candidates and area training advisers. Training articles, methods, ideas, letters to the editor, comments and suggestions regarding resources, articles, training aids, etc., are welcomed and encouraged and should be sent to the Administrator – Trainer Communications

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