



Procrastination is something best put off until tomorrow. ~Gerald Vaughan

Procrastination is the art of keeping up with yesterday.

~Don Marquis

It is an undoubted truth, that the less one has to do, the less time one finds to do it in.

~Earl of Chesterfield

One of the greatest labor-saving inventions of today is tomorrow.

~Vincent T. Foss

To think too long about doing a thing often becomes its undoing. ~Eva Young

The sooner I fall behind, the more time I have to catch up.

~Author Unknown

Only Robinson Crusoe had everything done by Friday.

~Author Unknown

If it weren't for the last minute, I wouldn't get anything done.

~Author Unknown

You may delay, but time will not.

~Benjamin Franklin

Someday is not a day of the week. ~Author Unknown

Nothing is so fatiguing as the eternal hanging on of an uncompleted task.

~William James

What may be done at any time will be done at no time. ~Scottish Proverb

I do my work at the same time each day - the last minute.

~Author Unknown

Tomorrow is often the busiest day of the week.

~Spanish Proverb

If you want to make an easy job seem mighty hard, just keep putting off doing it. ~Olin Miller

Anyone can do any amount of work, provided it isn't the work he is supposed to be doing at that moment. ~Robert Benchley

Never put off until tomorrow what you can do the day after tomorrow. ~Mark Twain

Tomorrow is the day when idlers work, and fools reform. ~Edward Young

One of these days is none of these days.

Mark Your Calendars!!!	2010	2011	2012
MultiFaceted		Mar 18-20, Harvard Park	Mar 16-18, Harvard Park
Trainers & Camp Advisers WS		April 8-10, Harvard Park	
Commissioners Workshop		November 4-6	November 2-4
Standing Committee WS		September 23-25 Camp He Ho Ha	
Western Regional Training Conference (WRTC)			September 27-30 Radisson Hotel, Calgary



Who's Who on our Alberta TRAINING COMMITTEE

Alberta Training Adviser: Sue Fortunka

Secretary: Diane Longmire (LOA)

Acting Secretary: Laureen Bowman

Treasurer: Laureen Bowman

Advisers/Administrators

Training Program Support: Vacant
Training Activities: Jan McCaghren
Training Development: Donna Leonard
(acting)Admin -Trainer Records: Donna Leonard
Admin- Trainer Communications: Bev Wahl
Area Training Adviser Rep: Tanya Watts

Area Training Advisers

Calgary: Pat McWilliams
Chinook: Judie Kopp
Cypress Hills: Charlene Nunemaker
Edmonton: Tanya Watts
Michener: Michelle Smutt
NT: Deleigh Rausch
Parkland: Kirsten Richard
Peace River: Sandra Shepherd
Prairie Rose: Amy Wiens
Tamarac: Roberta Fehr
Woodsmoke: Emma MacCormack
Yukon: Natalie Taylor

A Great Opportunity!

Do you have a lot of program ideas or know who to contact for almost anything? If this sounds like you the Training Committee needs you! **See page 6 NOW**

The Team:

Mary Adams, M. Dianne Almond, Ellen Archibald, Marybeth Barclay, Elizabeth Barter Peggy Lynn Beauvoir, Michelle Berndtsson, Judith Bober, Reta Boechler, Dorothy Boras, Terri Bouvier, Laureen Bowman, Beverly Burton, Christine Burton, Tracy Burton, Geraldine Carbery, Kathleen Cawthorpe, Carrie Charron, Edna Dach, Anne Denman, Tirian Eynon, Roberta Fehr, Carmel Fenniak, Sue Fortunka, Faye Greenslade, Mae Hadley, Maryanne Hall, Rosemary Halldorson, Trudy Haughland, Christine Haydon, Marilyn Helmle, Marguerite Helps, Leanne Hemphill, Faye Henderson, Eileen Hendry, Leslie Horton, Brenda Inman, Enidd Isaac, Patricia Istead, Eileen Johansen, Denise Kerr, Judith Kopp, May Korobko, Tamara Krebs, Kim LaFleur, Donna Leonard, Diane Longmire, Karen MacDonald, Kirstin MacLaren, Nyna Marr, Jolaine Martin, Janelle Martin, Jan McCaghren, Pauline McLaughlin, Pat McWilliams, Mary Murray, Dawn Nowicki, Charlene Nunemaker, Bernadette O'Connor, Shelly Oldford, Stephanie Ragot, Deleigh Rausch, Melanie Reichle, Marion Rex, Dooreen Rousseau, Katey Sasges, Joan Schellenberger, Jacqueline Schnider, Betty Slater, Hazel Snyder, Ann Stark, Margaret Utgoff, Beverley Wahl, Rose Ward, Kathy Watson, Melva Watt, Tanya Watts, Diane Wereley, Tori White, Amy Wiens, Beverley Witham

What's in it for you???

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Cypress Hills Area "Take 5" Training day

On Saturday, March 20th, 11 Guiders from Cypress Hills Area attended a "Take 5" training day. By attending 5 different enrichment modules the participants earned their yellow TEAM pin.

Choices of sessions were offered between

- Effective Communication & Time Management
- Leading Active Games & Event Planning
- Dramatic Arts & Building Strong Teams
- Communicating with Girls & Guiding
- Promise & Law

All participants took a session on the Cookie Program (I am also the Area Cookie Adviser). I extend a huge thank you to my fellow trainer, Stephanie Ragot, for a very busy, informative training day.

Charlene Nunemaker
Cypress Hills Area Training Adviser

To Girl Guide Trainers in Alberta North West Territories and the Yukon

Ladies

Three years ago all trainers went through transition to the new trainer qualifications under TEAM. In our province a renewal date of 1st January 2011 was entered into iMIS. As per National policy, all trainers who went through transition now need to be recertified or lose their trainer status. If you have become a trainer in the last three years your recertification will be on the third anniversary of your appointment.

At the present time we have had a number of trainers complete this process but there are many of you who have not. If you have not yet received notification of your reappointment but have sent all your forms in please contact your ATA who will follow up with Donna Leonard, Trainer Development Adviser. If you have not sent in your forms or know that you have not met the requirements for re-appointment but still wish to continue as a trainer we need you to take action immediately.

Please send any missing forms or a letter stating that you wish to continue as a trainer to your ATA who will forward this information to the Trainer Development Adviser. Trainers who have not met all the requirements will be asked to undertake certain actions and be given a short extension of time in which to complete them.

Any trainer who has not sent in their forms or communicated their desire to continue as a trainer will be removed from the trainer list in iMIS in January, 2011.

If you have any questions about the national re-appointment process, please contact your ATA. You can also check the Training Committee section of the Provincial Website where the re-certification criteria are listed.

Sue Fortunka
Provincial Training Adviser

Warning!! New E-mail Virus! Symptoms:

Causes you to send e-mail to the wrong person; Causes you to forget to attach the attachment; Causes you to hit "SEND" before you've finished; and/or Causes you to hit "DELETE" instead of "SEND"
IT IS CALLED THE "C-NILE VIRUS"





Trainer's Trunk

What items do you bring with you to every training?
Do you have a case you keep it all in?
I would love to hear ideas of what other trainers are doing.
Here's what I do:

I have a plastic hanging file case that I carry my "paper" supplies in. I keep an updated copy of Safe Guide, Guiding Essentials, Orientation to Guiding, recent copies of Canadian Guider, Blueprint and Signals as well as any of the handouts I will need for the training that I am giving. In this case I also have a 3-hole punch and a stapler.

In a separate bag (I use a square lunch bag), I have a supply of pens, pencils, highlighters, tape, glue sticks, index cards, scissors, paper clips, poster tack and elastics. This case has come in handy at more-than-one training when I have needed a certain item.

In a large Costco shopping bag I bring my laptop, projector and printer. So far this has worked for me but I would love ideas on how to streamline my entry and exit from trainings!! **Any ideas???**

Charlene Nunemaker
Cypress Hills Area Training Adviser

Please do not annoy, torment, pester, molest, worry, badger, harry, harass, hackle, persecute, irk, rag, vex, bother, tease, nettle, tantalise or ruffle the trainer.

Owls and More

Hi trainers!

Came across this super website.
Julie used to be with the Castlegar Guides and was one of the first brilliant resource sites on the net when using the internet as a resource was still new to many.

This activity has the girls making a cardstock Owl as an activity to teach the Promise. There is a template to download and also a sheet with the promise already printed out.

A good share! Cheers!
Tiger Rousseau

http://guidingjewels.ca/index.php?option=com_content&view=article&id=328:cra



Using PDFs

Have you ever tried to open a document sent to you, only to find it was either in a format your computer didn't support or formatting is all messed up?

If you are using later versions of Microsoft Office (2007/10) you can send your attachment as a pdf so that nearly everyone will be able to open it and view it just the way they do.

To do this, with your document open, click on the windows button in the top left corner. Select "Send" and "Email as pdf attachment". It works a treat! You can also use the "Save as" option to save the document as a pdf.



The Sole of TEAM

Four years ago, we received a fabulous shipment from the national learning and development department; TEAM was marched out! We all got *Keen* on delivering the shoes (modules) to our Members.

Each year, new shoes have been added. What a wonderful variety of choices to support the feats of our Guiders in all kinds of terrain.

Like a good pair of shoes, each module provides the learner with the support she needs to do her job in Guiding. Each module has clearly defined **learning objectives**... the sole of our TEAM shoes!

The shoes can be delivered as is - readymade (each module tells us exactly what to say and do) or tailored and redesigned to fit the needs of our audience. Either way, they hit the *Target!*

As long as the SOLES - the LEARNING OBJECTIVES - are met, participants receive credit for taking that module and most importantly, will have the resources they need to do their roles in Guiding more effectively and efficiently.

At the trainer's workshop last spring, 16 ladies spent the weekend trying on the Trainer Stream Module shoe line. The learning objectives for 6 modules were presented in an integrated fashion and each participant completed the entire trainer stream. We're thrilled that many have stepped forward to become trainer candidates! This integrated approach to module delivery is planned for this year's Commissioners Workshop- Making the Moose-st of it as well.

Sue, our PTA, has graciously provided us with the soles (learning objectives) for the DC, Guider, and OAL stream modules. The rest can be found in the modules themselves.

Imagine the variety of crocs, stilettos, flip-flops, and hiking boots we can create as we take these SOLES and build the shoes to fit our audience, the occasion and the theme of an event!

Isn't Guiding grand! Who would have thought we could add COBBLER to our resume!

Happy designing, creating and facilitating sessions that fit!



Q: Why don't penguins like rock music?

A: They only like sole.



Whoo-Hoo!



ATTENTION ALL TRAINERS!

Western Region Training Conference-WRTC

- coming to Alberta in 2012!
- September 27-30, 2012
- In Calgary at the Radisson Hotel
- lots of exciting sessions offered along
- chance to meet and network with trainers from all across Canada.
- only held every three years
- won't be in Alberta again until 2024!
- Offering both a 3 day and a 2 day option

Mark your calendars today!
Stay tuned for more information



It is the **VETERAN** , not the preacher,
Who has given us freedom of religion.

It is the **VETERAN** , not the reporter,
Who has given us freedom of the press.

It is the **VETERAN** , not the poet,
Who has given us freedom of speech.

It is the **VETERAN** , not the campus organizer,
Who has given us freedom to assemble.

It is the **VETERAN** , not the lawyer,
Who has given us the right to a fair trial..

It is the **VETERAN** , not the politician,
Who has given us the right to vote.

It is the **VETERAN** ,
Who salutes the Flag,

It is the **VETERAN** ,
Who serves under the Flag
LEST WE FORGET

A Great Opportunity!

The Training Committee needs you!

We are looking for a person to join the team who would be a point of contact for our trainers when

they need ideas or help with the program content of a session.

You don't need to have all the answers and would probably have lots of contacts who you could call upon for help.



As well as responding to requests you would contribute ideas and information to Signals and the training section of the Provincial website.

Still interested? Check out the training committee section of the Provincial web site for the job description and application form.

If you have question email Sue at training@albertagirlguides.com

All I Need to Know in Life I Learned from a COW

- Wake up in a happy MOOOOOD
- Honour thy FODDER and Mother and all your UDDER relatives
- Never take any BULL from anyone
- Seize every opportunity and MILK it for all it's worth
- Sometimes it's better to follow your own path than that of the HERD, the better grass grows where the path isn't as trodden down



- Don't forget to COWNT your blessings every day
- BLACK & WHITE is always an appropriate fashion statement
- Turn the UDDER cheek and MOOOOVE on
- Always let them know who's the BOSSY





GIRL PROTECTION



Girl Guides of Canada-Guides du Canada is proud to claim a safe and supportive environment where girls and women can feel accepted, valued and respected. As members of Girl Guides of Canada-Guides du Canada, we make a commitment to the girls and young women in our organization to create an environment where we work together to accomplish our Vision, Mission and Values. To do this, we establish an atmosphere where each person feels accepted, valued and respected. We have fun together. People feel comfortable and friendships grow. In these situations, a girl may disclose information to an adult member that gives her reason to suspect child abuse, both from an outsider and by an adult Member of GGC.

In addition, all children are entitled to be free of the fear of bullying. Every Member of Girl Guides of Canada is entitled to feel that she is a valued and accepted member of the group. The goal of all Guiders working with girls must be to create an environment that discourages bullying and minimizes opportunities for it to occur.

National procedures have been developed to help a Member know what to do in these instances. Each Member has a responsibility to:

- Handle herself in a manner that is not open to interpretation of abuse
- Provide programming that helps girls develop the skills to avoid being abused
- Report to the appropriate child protection agency or police service when there are reasonable grounds to suspect that a girl is in need of protective intervention
- Keep in strictest confidence any information received from any girl member
- Inform the National office of these incidents using the GP.01, GP.02 and GP.03 forms, which will be kept in strict confidence

Girl Protection Reports are filled out in suspected cases of child abuse. GP.01 is used whenever you report suspicion or knowledge of child abuse to a Child Protection Agency or the police. Members are also permitted to make their own personal notes and use them as reference should they be called to testify in court. These notes must be kept by the member in a secure location.

GP.02 is used to report any incident involving violation of the GGC standards or code of conduct. This would include, but not limited to, incidents involving use of alcohol or other illicit drugs, inappropriate behaviour of a member towards another member, suspicion of abusive behavior of an adult member to a girl.

GP.03 has been developed for dealing with an extraordinary bullying situation and the removal of a girl from her unit activity. All forms are on the National website.

Every province and territory has someone designated to be the **Girl Protection Adviser** to provide information, support and training programs around issues related to child abuse protection. In Alberta, Northwest Territories and the Yukon, the Girl Protection Adviser is:

**Donna Leonard dleonard@shaw.ca
403.280.9467**

Please contact me if you have any doubts or concerns about how to proceed in the case of suspected abuse of a girl Member.



Partners/Doubles Game - For all ages

Icebreaker, Gathering Activity, Task Group

Trainers can use this activity to encourage two people to introduce each other, or have two people discussing an idea or working on a task. Guiders in the Unit can use this activity to pair up the girls for a variety of situations, such as camp buddies, or game partners. Further groupings can be made by colour coding them so all the greens can gather together, and so on.

Themes can be used for larger groupings (i.e., movie characters, storybook friends). For younger girls who can't read, you can use pictures (e.g., food groups – milk and cereal, toast and jam) or perhaps sounds or noises, and for older girls you can use more obscure pairings or use challenging codes. Opposites work well, too!

Type or write out the pairings separately on slips of paper. Have the girls choose a slip of paper and when the activity begins, they are to mill around and find their match. A great gathering activity for any age!

Some ideas of pairing:

Oil and Water	Fire and Ice	Shrek and Fiona	Beauty and The Beast
Bart and Homer	Batman and Robin	Itchy and Scratchy	Mad Hatter and White Rabbit
Sponge Bob and Patrick	Popeye and Olive	Wendy and Peter Pan	Dungeons and Dragons
Cinderella & Prince Charming	Yogi and Boo Boo	Adam and Eve	Harry Potter and Ron Weasley
Bugs Bunny & Elmer Fudd	Good and Evil	Spit and Vinegar	Alice and Wonderland
Mickey and Minnie	Tic & Toc -clock noises	Pete and Repeat	Sam and Ella (Salmonella)
Spaghetti and Meatballs	James & the Giant Peach	Tarzan and Jane	Guiding and FUN

**F
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Q: When forms require a signature.... can we accept the forms as "signed" if the person puts their iMIS number on the signature line and the form comes from their computer??? This would make it much easier on all submitting forms as it can be done all on their computer.... and some don't have scanners etc.... Safe Guide forms are accepted this way so there has been a precedent set by GGC on this.

Thanks. Pat Mc :)

A: Yes

- ✓ The mind is like a parachute it works best when it is opened.
- ✓ If you leave your mind sufficiently open, someone will probably throw a lot of garbage in it.
- ✓ The computer says that I have to upgrade my brain to be compatible with the new software.

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 – Training Communications - Bev Wahl, bbwahl@telus.net or 10647 Brackenridge Rd SW, Calgary AB T2W 1A2 403.253.9048.

Deadline for Winter edition: December 31, 2010

