

2010
Alberta
Provincial
Challenge
Supplement

Celebrating 100 Years of Guiding in Canada

Guide/Pathfinder/Ranger September 2009

Original Girl Guide Cookie Recipe

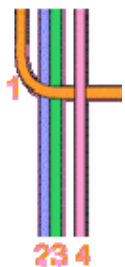
Christina Riespman's 1927 Girl Guide Cookies

1 cup butter
1 cup sugar
3 eggs
2 tablespoons cream
pinch of salt
1 teaspoon baking soda
2 teaspoon baking powder
1/2 teaspoon ground cardamom
3 or more cups flour to make
a soft dough

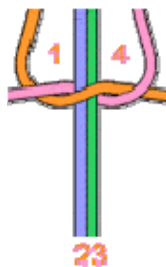
- Cream butter and sugar.
- Beat in eggs and cream.
- Combine salt, baking soda, baking powder, cardamom and flour.
- Sift dry into wet ingredients and mix into dough.
- Roll and cut, using a small floured glass or cookie cutter.
- Sprinkle with sugar then bake at moderate heat, until done.

Making a Hemp Necklace

Making the knots:



Cross strand 1 over strands 2 & 3 and under strand 4.



Bring strand 4 under strands 2 & 3, then up through the loop created by strand 1. Tighten.



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From <http://www.makingfriends.com/jewelry/macrame.htm>

The Flag Game



The Union Flag – used up until 1965.



The Canadian Flag – used since 1965.

Guide Games

Crows and Cranes

Divide the girls into 2 groups, one group the cranes and one the crows. Have them line up in two lines facing each other. When a coin is flipped, if it is heads then the crows run to their safe area and try not to get caught by the cranes and the reverse is for tails and the cranes run to their safe area and try not to get caught by the crows.

Log Tree Bridge

The girls are divided into at least 2 groups for a relay game. The first person runs out to a designated spot and lays down to become a log. The next person runs up and jumps over the log and then to a designated spot, puts her arms up in the air and becomes a tree. The next person jumps over the log, runs around the tree and then goes to a designated spot to become half a bridge with the next person being the other half. Then the rest of the group will run the relay in turn by jumping over the log, around the tree and under the bridge and back to the start. The first group done is the winner.

Ships Ahoy

One person is the caller for this game. One side is starboard, the other is port, one side is the bridge and the other is the bow. The caller calls out different signals and the girls either run to that area or do the specified action called out.

Captain's coming – salute.

Captain's daughter – twirl hair.

Penguin's sighted – penguin walk.

Captain's cook – kneel and stir pot.

Man over board – 2 hook arms together

Submarine – lie down and leg in air

Bomb's away – crouch and cover head

Smogs Jewels

Someone is in the middle and they have a treasure around them (candy, shoes, anything) that they are protecting, but they are blindfolded. The girls try to silently sneak up to steal the treasure. If the person in the middle hears them and points at them, then they have to go back to the starting area.

Bedrolls

To Rope a Camp Bedroll

Your camp bedroll can be done up much like any other parcel. It must be firmly packed, well tied, and protected from the outside. To rope a camp bedroll, do these things:

1. When the bed is made, start rolling the blankets from the foot to the top as tightly as possible.
2. Wrap in a ground sheet, making sure there are not ends sticking out.
3. Tie around the middle with a sturdy piece of rope, using a slip knot, preferably the packer's.
4. Finish with half hitches.

If you are making the bedroll with a sleeping bag, roll the bag tightly and wrap it inside the ground sheet exactly the same way as you would with blankets.

For carrying the bedroll, have a handle to attach to the rope.

Buddy Burners

Tin Can Fire

You can make a good cooking stove from a No. 10 tin can:

1. Cut a door in the can, and with a nail or spike, punch holes in the opposite side for draught.
2. Start with a small fire of kindling. Have a good supply ready and small sticks no bigger than your thumb. Keep feeding the fire with the small sticks and when it is burning, place the can over it.
3. When the top of the can is warm, wipe and grease it and use it for frying.

This works best if one person gives her whole attention to the fire and other does the cooking.

(See diagram below)

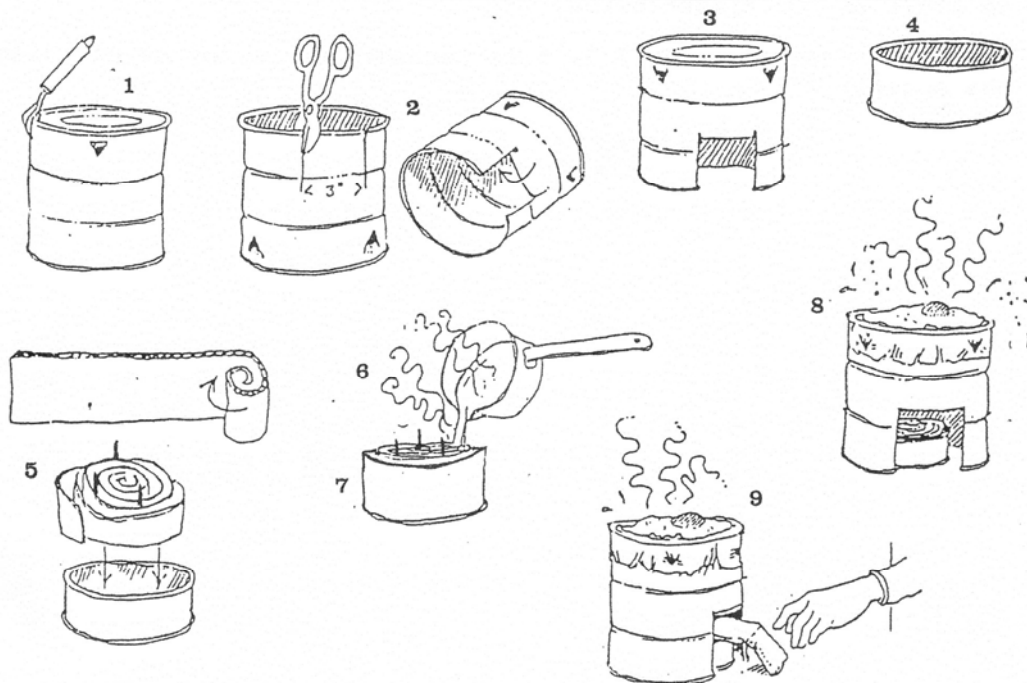
TIN CAN STOVE & BUDDY BURNER*

Materials

- Large coffee can (number 10 size or 925g or equivalent)
- Short salmon or tuna can
- 2 m strip of corrugated cardboard, as wide as the salmon/tuna can is deep
- a few candle wicks (or old birthday candles)
- two cakes of paraffin wax
- tin snips and a can opener
- a strip of tin foil

1. Cut our one end of the large can with a can opener.
2. On the side and at the same end, cut an opening slightly larger than the salmon/tuna tin and bend in the cut tab.
3. Punch two smoke hole near the sealed end of the larger can
4. Cut one end out of the salmon/tuna can
5. To make the fuel cartridge, roll the corrugated cardboard and fit it snugly into the salmon/tuna can. Trim the cardboard flush with the top of the tin and insert a few candle wicks.
6. Melt the wax in a double boiler (do not melt the wax over direct heat, as it is flammable)
7. Carefully fill the salmon/tuna can with hot wax and wait until the cardboard has soaked up much of it. Then refill the tin to just below the top and leave it to cool.
8. To use the above stove, set the open end of the large can on the ground, light the fuel cartridge and slide it under the larger can. The wax and cardboard fuel will burn for about 90 minutes. For easier clean up, put a piece of tin foil over the top and cook on it. A pot holder is extremely useful.
9. A strip of foil is useful as a damper as it allows you to control the heat of your stove.

FIRE can be used as a heat source for you tin can stove. Collect tinder and kindling sticks only – small twigs are all you will need. Place tinder under your can and light, feed it carefully with thin twigs. The fire can be lit first and the can placed over top.



*From 'Let's Go Camping' by Calgary Area Camping Advisers – no longer in print