

2010
Alberta
Provincial
Challenge
Supplement

Celebrating 100
Years of Guiding in
Canada

Original Recipe for Girl Guide Cookies

**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.

A Guiding Story – 1960s

Japanese Wishes

Kiyo Katsuta was petite, pretty, shy, incredibly polite, and astonishingly determined. She was a Girl Scout from Japan, attending the National Heritage Camp on the St. Lawrence. The year was 1967, and the camp was part of the celebrations for Canada's Centennial.

Before leaving home to come to Canada, a land so broad and expansive she could hardly believe her eyes, Kiyo had made a list of things she wanted to see and do. And when she learned she would be visiting Alberta on her way home, she added a few things to the list.

Her Guide hostess in Edmonton also had a list, but Kiyo firmly, and politely stuck to her guns, ultimately convincing everyone with her dark, flashing eyes and determined, but courteous manner.

Her list included: to meet the Guide leader in charge at Edmonton, to see real Indian people, to buy some truly native crafts, to see Alberta's Rocky Mountains, and last, but not least, to eat Canadian ice cream.

All of Kiyo's requests were filled, and as she left for home, her hostess family commented, "A visitor from Japan came; Kiyo, our friend, left."

The Flag Game



The Union Flag – used up until 1965.



The Canadian Flag – used since 1965.

Weaving Napkin Rings

Woven napkin rings

You will need:

Thick cardboard

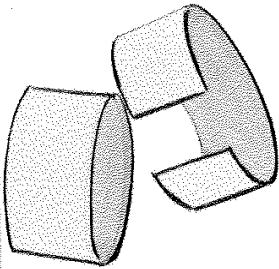
Glue

Scraps of wool

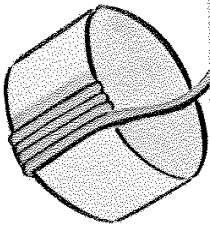
Darning needle

How to make the rings:

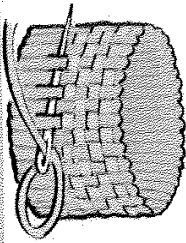
1. Cut the card into strips 15x4 cm. Put glue on the short ends and stick them together to make rings.



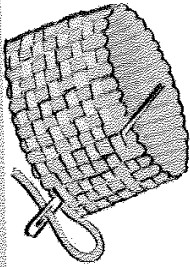
2. Wind wool round and round the rings, keeping the strands close together. Thread the end of the wool onto the needle and slip it through the strands to secure it.



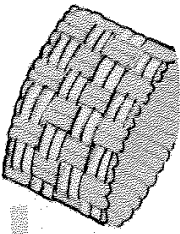
3. Thread the needle with a contrasting colour wool and, starting at the edge, weave in and out of the vertical strands, keeping the rows close together.



4. When you have completed the weaving, thread the loose ends behind the weaving to finish. Cut off any surplus wool.



5. Weave each ring in a different colour. Try weaving some using a double thickness of wool and taking it over and under two of the vertical threads at a time.



Teddy Bear Crafts

Teddy Bear Pony Beads

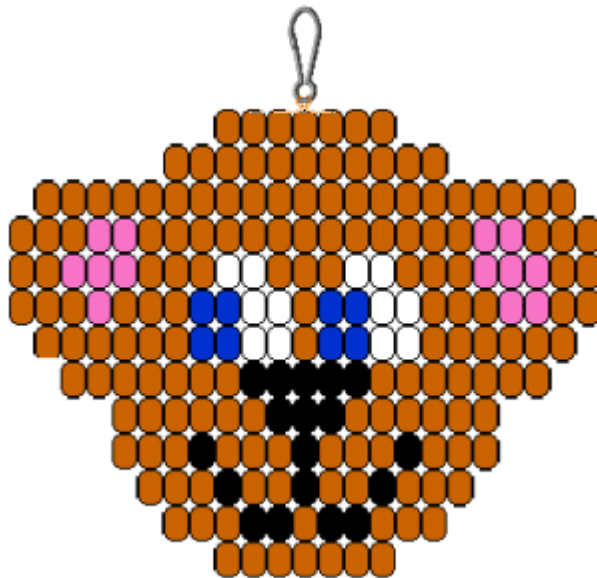
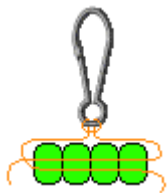
Supplies:

Hook
Bead Wire
Scissors (to cut the wire)
Brown Pony Beads
Blue Pony Beads

Black Pony Beads
Pink Pony Beads
White Pony Beads
Flat working surface

Cut one very long piece of wire. Fold your wire in half and loop it through the hook. Start with the top row of beads... look at the pattern below as you add your beads. Take the wire on the left side and string the beads onto the wire. Lay the beads flat, then take the wire on the right and string them through the beads as shown in the picture here to the left. Continue to do this until your Teddy Bear is finished.

Teddy Bear Pony Bead Pattern



Teddy Bear Scrap Bean Bag

MATERIALS you will need...

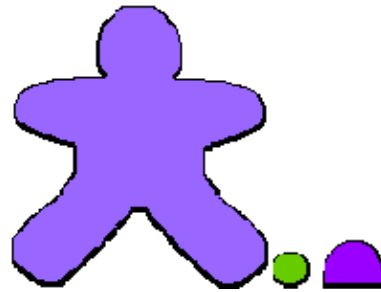
SCRAP MATERIAL

FELT or 5 **BUTTONS**

THREAD

NEEDLE

RICE or **DRIED BEANS**



Fold your material in half. Pin the Teddy Bear Pattern on the fold of your material. Cut out the pattern, for a total of 2 pieces. Pin the ear to a piece of felt, and cut a total of 2 ears out. The circle pattern is for the eyes, nose, and buttons for your bear. Pin the circle to your piece of felt and cut a total of 5 circles.



Lay the 2 pieces of material (good sides of material together). Pin the ears in place, making sure that the ears are in between the 2 pieces of material. Then sew around the bear as shown in the picture. (The stitches need to be close together so the rice or dried beans don't fall out.) Leave a large enough opening for the rice or dried beans. Once the sewing is done, fold the bear right-side out. Fill with rice or dried beans. Next stitch the opening closed.



Next glue on the eyes, nose and buttons. If you'd like, instead of using felt, you can use real buttons - just sew them on! There now you have a Cute looking Teddy Bear Bean Bag.

Teddy Bear Pattern ...

This Pattern can be enlarged for a bigger Bean Bag Bear.



Bear Pair Teddy Bears

This pattern is for charitable use
and donation only

Copyright © 2000 A.B. (not Bev's pattern! I cannot give permission for you to make and sell these. They are NOT to be sold...)



Bears are often needed for [Children's Hospitals](#), Police programs, [Shelters](#), [LDS Humanitarian](#) and more! This little guy is a sweetie.

Materials for different sizes

Baby yarn and #2 needles for TEENY BEAR

Sports Yarn and #5 Needles

Baby Yarn-3 ply and #6 Needles (Makes a sweet small bear like the blue one below - he's 7.5" tall)

Worsted Weight soft 4 ply yarn and #8 Needles Bear is 9.5" tall

Cotton batting or polyester fiberfill to stuff bears
(use Garter stitch throughout = knit every row)

Leg #1:

Cast on 8 stitches

Garter stitch 16 rows

Leave tail and cut yarn

Leg #2:

Same as #1

Body:

Knit across both legs (16 stitches)

Garter stitch for 16 rows

Arms:

Cast on 8 stitches at the beginning of each side (32 stitches)

Garter stitch for 8 rows

Cast off 8 stitches at the beginning of the next two rows (16 stitches)

Head:

Garter stitch for 7 rows

Eyes:

K5, K1 in contrast color (eye), K4, K1 in contrast color, K5

Repeat for a 2nd row

Continue working until a total of 38 rows total from start of head, are done

Repeat arms as above



Repeat body as above

Legs:

Knit 8 stitches as leg instructions above and bind off (put other 8 stitches on holder)

Pick up stitches from holder and work as above

Finishing:

Fold bear in half and sew seam starting at the bottom of one foot, go up and around leaving between legs open for stuffing. Turn bear right side out, stuff starting at head, arms, then body, and legs. Neatly stitch leg opening closed. Draw up neck with yarn and tie in a triple knot - add bow and sew securely.

EARS: they are just part of the head and need to be stitched in with yarn. You just stitch across like a corner, to form a triangle, on each side of the head and pull it a little bit to make the ears.

(Note: I made a bow using 2 yarns, and I made a chain of 45. I also added the little face above with a black nose-- The eyes and nose are just stitched on with black yarn using a yarn needle. I think I went back and forth 2 or 3 times for the eyes, 4 times for nose, and the mouth is just 1 stitch down from nose and then one stitch to the left, and one to the right. I pulled the yarn through to the back of the neck and did 3 little stitches, or you could tie a knot. The bow will cover it. The ears I just did a couple of gathering stitches where the ears are, using the same color yarn.)



Kate and Becky; Brownies in the 1990's
Written by Deborah Chiumento

Kate and Becky were best friends and they were both Brownies. Their Brownie unit was working on two special activities; they were setting up recycling and conservation programs and special get fit programs. Kate and Becky were very excited to get started. Kate loved the environment and Becky loved playing soccer so they had a lot of ideas.

For the recycling and conservation program, all the girls set up recycling stations at their meeting place and recycled all of the scraps from crafts to use for other crafts or to take to the recycle depot. They also set up recycling stations at home and kept records of what and how much they recycled with their family.

Next, a conservationist came in to talk to the unit about conservation, why it is important to save energy and water and to protect our environment. They gave the girls some ideas on how to do this, like turning off lights, not leaving water running, not littering and not dumping toxins and garbage in our waterways. The girls tried the ideas and also kept a record of their efforts. At home, the girls in the unit taught their families about conservation.

Kate and Becky were so excited about these activities that they decide to talk to their teachers at school and see if they could set up some programs there too. Their teachers were also excited about the ideas the girls had and they got to talk to the whole school. Soon, all the Brownies and all the kids at school were busy recycling, conserving water and energy and taking care of their environment.

For their "Get Fit" program, Becky suggested that they could play soccer with other units in the area and everyone agreed. The unit held skipping contests between patrols, played a lot of active games like "red rover", "octopus", and "tag". They all signed a contract where they promised to keep active at home and all the time. After a while, all the girls said they felt good and most of them got their families involved too.

Kate and Becky were very proud that they were Brownies and were able to get involved with these fun and exciting programs.

Today, in 2010, we recycle, practice conservation, and keep active like Kate and Becky did in the 1990's but maybe, if we try real hard, we can think of other things we can do for our world and for our health. Brownies and Guiding can reach far into our communities and have a positive influence on our local youth so let's keep it going forward. YOU GO GIRLS!

Tied Shirt Instructions

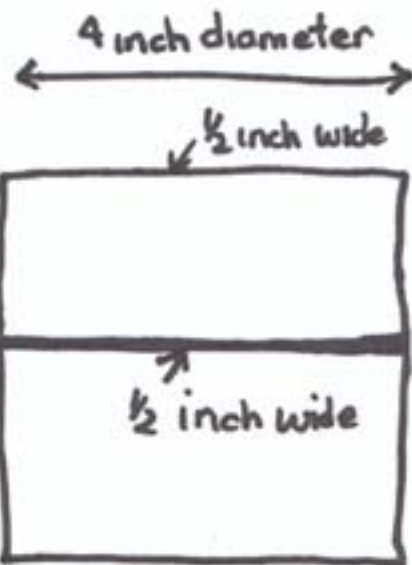
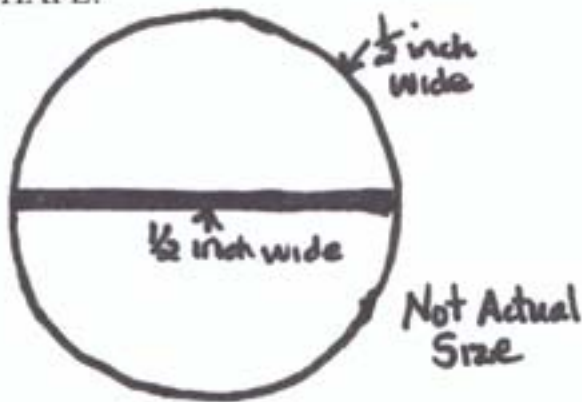
Decade 1990 - 2000

#2 III

Instructional Diagrams

T-Shirt Tie

SHAPE:



HOW TO USE YOUR T-SHIRT TIE:



Pull the carrier of your T-shirt under and through your tie.