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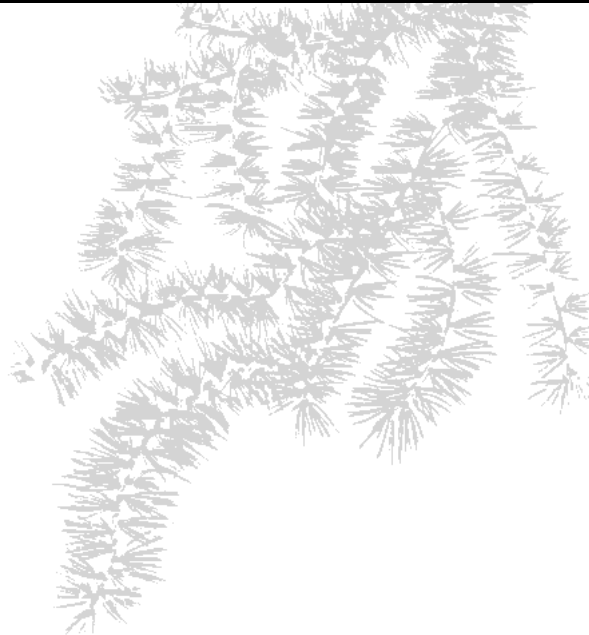
August / September / October 2011

# Nexus



Girl Guides of Canada Guides du Canada

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## Cookies

Here are some reminders for upcoming cookie sales:

- cookie delivery time is fast approaching and you will receive a confirmation email of exact dates in your Districts
- make sure that all cookie receivers check the number of cases, condition of shipment and sign for and get a copy of the delivery waybill
- cookies are stored in a cool, dry place free of rodents, exhaust fumes, etc
- distribution of cases of cookies are recorded and everyone signs a cookie sign out sheet
- money is accounted for each case
- forms are available at <http://forms.girlguides.ca> under Cookie Forms



A new online tool has been implemented to help Members sell more cookies. An interactive cookie finder map lets Members tell potential customers where and when they will be selling their cookies. And members of the public can search for cookie selling events by postal code or community.

Make sure your Members know they can add their cookie selling events to the map <http://www.girlguides.ca/cookie drive/add-event> and their listings will automatically be removed once their event is over.

There are also a lot of cookie resources on Alberta's website under Cookies > Cookie Resources.

**Pat Klann**  
**Tamarac Product Marketing**

a means of connection;  
a link or tie

**OUR LINK WITH GUIDING  
IN TAMARAC AREA**

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Tamarac Area Council



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# Welcome or Welcome Back to Tamarac Area

Welcome to, or welcome back to Girl Guides of Canada, Tamarac Area. I hope everyone managed to have a relaxing summer despite the less than stellar weather that encompassed our Area over the last few months. Between the rain and the mosquitoes, I was almost (but not quite) praying for winter just to escape the bugs! For those of you who know me, know that this is not a statement that I make lightly since I really dislike being cold!

It has been somewhat of a busy summer in relation to recruiting. On Canada Day, Melanie Reichle, Jennifer Duggan and I went up to Lac La Biche and celebrated our Nation's birthday with the residents there. As many of you may know, Guiding has not been available in that area for a number of years. We compiled a bunch of miscellaneous craft supplies and set up a booth for kids of all ages to come and create! While the young ones were busy we took the opportunity to talk to the many moms about the benefits of volunteering to become Guiders. The day was very successful and plans are now in the works to start a couple of units this fall. We have also had a couple of enquires from ladies in Smith and Swan Hills so if all goes well we might be starting up in these communities as well.



Our Guiding display at Lac La Biche Canada Day.

Your Area Council has undergone a few changes over the summer. I would like to take this opportunity to welcome our new International Adviser, Heather Gardiner, Membership Adviser, Kathleen Whyte, Awards Adviser, Pat Lafleur, Pembina Trail Co-Commissioner, Elizabeth Hollingsworth and Spruce Grove District Commissioner, Pam Jagpal. I hope you all remember that these ladies, along with the rest of the Advisers and District Commissioners, are here to help you in your Guiding adventures. Their contact information is located on page 2, and I urge you to contact them with



Kathy helping some potential Sparks with a craft.

questions, ideas etc. Guiding, as you all know, is the largest organization for girls in the world, so it is important to remember that you are never alone.

With the ever changing procedures that Guiding undertakes every year, whether it be a new Safe Guide document, new forms, or new procedures, it is very important to have a good working understanding of them, not only to make your life a little easier, but for the safety and concerns of our girls. So when you have that 'really cool idea', please remember to refer to the most up-to-date publications, forms etc. If you are unsure, contact your District Commissioner, or one of the Area Advisers. Chances are there is an answer already for whatever question you may have, so please remember to 'use your resources wisely' and utilize the ladies of Tamarac Area Council...it is what we are here for.

As I have mentioned before, one of the best things about the job of Area Commissioner is having the opportunity to get out and meet the girls and guiders in our Area. As such, I hope you will consider inviting me out to the various events that you have on the go over the course of the year. Whether it is a District enrolment, District meeting, or camp, I will make every effort to attend.

As we begin our Guiding year, whether you are new to our organization, or if you are a returning member, I wish you every success in whatever role you currently hold. If ever you have questions or concerns, I am but a phone call or email away.

Have a GREAT GUIDING YEAR!

**Kathy Batty**  
**Tamarac Area Commissioner**



# 2011 Tamarac Area Awards Ceremony

## Save the Date



Girl Guides of Canada  
Guides du Canada



Recognizing the achievements of our girls for the following awards:

Lady Baden-Powell Award  
Canada Cord



Chief Commissioner's Bronze, Silver and Gold Awards  
Commonwealth Award

Duke of Edinburgh Bronze, Silver and Gold Awards



October 16, 2011

Hosted By

The Districts of St. Albert



St. Albert Parish  
7 St. Vital Avenue  
St. Albert, Alberta



All members of Tamarac Area (Adults and Girls) are invited and encouraged to attend.

**RSVP before October 2, 2011 to: Jennifer Duggan at [spacecanada@yahoo.ca](mailto:spacecanada@yahoo.ca) or 780-460-0810.**

# Girl Guides Visit Cambridge Bay, Nunavut

Having taken girls to other parts of Canada such as Ontario, Quebec, British Columbia, Saskatchewan, and Northwest Territories; the idea was created to visit a part of Canada with a significantly different culture thus the trip to Cambridge Bay, Nunavut came to life.

Girls from Pembina Trail District which includes Barrhead and Westlock were asked to write letters in application to answer why they would even want to travel to the Arctic.

What stood out the most was the friendly, welcoming and accepting nature of all the people of the Hamlet of Cambridge Bay. It's situated in the Kitikmeot Region of Nunavut which is situated on the southeast coast of Victoria Island and is a transportation hub to other Arctic communities. It has roots as an RCMP and Hudson's Bay outpost and in 1947 saw construction of the LORAN (Long Range Navigation) tower for radio navigation. In 1955 it became part of the Distance Early Warning (DEW) Line. About 1500 people call Cambridge Bay home. They have an elementary and high school which also houses the local library and museum operated by the Kitikmeot Heritage Society. The community is also the regional centre for the Kitikmeot Campus of Nunavut Arctic College who oversee the Cambridge Bay Community Learning Centre. There is a local Co-op Store, Ikaluktutiak Co-operative, part of the Arctic Co-operatives Limited and a Northern Store which both carry groceries and dry goods. There is a Pizza Hut and KFC as part of the Northern Store and a branch of the Royal Bank as well as Canada Post. The Arctic Closet is a small novelty shop selling the latest trinkets that children and teenagers love as well as souvenirs of the area. There is a taxi company to transport you around town although everything is well within walking distance. A taxi would be handy for trips to the airport which is about 2 miles out of the Hamlet. Everyone lives in town but several folks have cabins 'out on the land' as they call it, on the shores of inland lakes. In contrast to our areas, these cabins are accessible and used in the winter for ice fishing and camping.

We arrived for Omingmak Frolics which is the local spring festival featuring ice fishing, snowmobile races, children's carnival and other cultural events. Omingmak (o ming muck) is Inuit for musk ox. We arrived on Friday afternoon in time for the parade. In addition to candies being tossed out to parade watchers, one local hardware store threw out fish hooks with the symbol of Nunavut. That evening we were treated to a community dinner sponsored by the Commissioner of Nunavut who holds office similar to lieutenant governors of the provinces. We were treated to arctic char chowder, musk ox soup and roast musk ox as well as salads and baked



Skinning Musk Ox hides.

treats. The local delicacy was frozen arctic char eaten raw right off the skin. All of our girls and leaders tried it and some were surprised at its pleasant taste, not fishy as they had expected.

On Saturday we ventured down to the sea ice to watch a bit of the snowmobile races and have a hamburger in support of a Breast Cancer fundraiser. Our barbeque chefs huddled behind a wind guard in order to get the meat patties cooked. The buns were slightly frozen by the time our burgers were cooked but it was an adventure none the less.

In the afternoon we supplied manpower for the children's carnival. About 200-250 children of all ages came to participate in various carnival games to win coupons which they could then trade in for some great prizes. The games were similar to ours however the bean bag toss was into a kayak and another game had you try to thread a hollow caribou bone onto another long straight one. Another game had you match footprints to animals and included wolverine, musk ox, caribou, and polar bear. We were busy for a solid two hours as the school gym was a buzz of activity. Later our girls were busy playing outside with many local girls who had befriended our group. It was interesting to set a curfew not related to darkness as the sun set only briefly about midnight and rose again by 2:30am so it was never dark.

Sunday saw us at the Elks Hall for Pancake Brunch. One note is the community does not come to life until well after 10am. The local Elks Club served 450 plates of pancakes, ham, scrambled eggs and fruit cocktail. They also passed out toques to all the children and youth. After lunch we joined the local children for a show with Ventriloquist Dave Crocker from Hamilton, Ontario. We

then helped set up the gym for the Talent show which happened later. We were treated to singing, dancing and even throat singing by local Inuit women.

On Monday we headed back down to the sea ice to watch the musk ox fleshing contest where local women (and one brave man) raced to clean the hides of recently butchered musk ox of remnants of fat and flesh so they can be sent for tanning. They use the ulu knife and must carefully scrape the hide since although we think it must be tough like cowhide, it is actually very thin and is easily pierced to the fluffy wool layer underneath. After the fleshing is done locally, the hides are sent out for processing. The long hair is removed down to the woolly fibres which are spun into the softest threads you can imagine.

After a free afternoon with the girls socializing with their new found friends, we attended the closing ceremonies of the Omingmak Frolics including the final competition of the Last Ikaluktutiakmiut (Inuit for Cambridge Bay) Standing. The challenge began with four men and four women with one eliminated each day performing “fear factor” like challenges with a northern twist. We watched participants do the “poop snoot” with rabbit droppings put into a nostril and then blown out as far as possible. Next they rolled the dice to determine how many goose droppings they needed to crumble on their plate of whipped cream to eat down to the bubble gum and then blow a bubble. The final night they had to make a cocktail using meal worms, milk, vinegar and a raw egg. Luckily the female finalist rolled a “one” for the meal worm so it went down easily and she was declared winner.

Tuesday we joined the local grade 5 and 6 classes on a field trip “to the land.” We were loaded on komatik’s which are Arctic sleds pulled behind snowmobiles, padded with animal skins and crisscrossed with elastic rope tie downs and we sat sardine style hanging on for dear life for a 45 minute trip inland to a fresh water lake where we took a turn at ice fishing for trout. Local elders came along and pitched canvas tents and made us fried Klic luncheon meat sandwiches or hotdogs. We had tea made with lake water and freshly made bannock. Unfortunately we were skunked at fishing however an elder had some fresh caribou meat and made us a delicious stew for supper. After supper we hosted a Girl Guide Rally with about 30 local girls joining us for games, crafts and campfire. Currently there are only Scouts in the community and it was our hope to generate some interest in Girl Guides.

On Wednesday morning we had a bit of time for last minute shopping. Kitikmeot Supplies is a local meat plant and we purchased musk ox roasts and arctic char fillets and steaks to take home. The owner of the Arctic Closet was the sponsor of the Children’s Carnival and she presented each girl with a stuffed musk ox thank



Here we are at Coppermine.

you for helping at the carnival. Adults were given an ulu knife. By noon we were at the airport for our journey back home via Coppermine, Yellowknife and Edmonton. We had raccoon sunburns like all the locals and came away with many fond memories of our time in Cambridge Bay.

When asked what the girls found surprising, they said the constant daylight and the more relaxed pace of folks doing what they do at random times of the day. Another girl was surprised that the locals were so interested in knowing why we had come to Cambridge Bay and that it was actually slushy weather most afternoons when we were there. Another surprising fact is that the sea ice melts by early July and comes back by mid August so there is a very short window of time that barges can bring supplies to the community. The high cost of transportation is the major reason food prices are so much higher as we paid \$7 for 2 litres of milk. Everyone agreed that the folks from Cambridge Bay were the friendliest, most welcoming and accepting of any they had ever met. Hugs were the standard greeting and it didn’t take long for our girls to be included. Many tearful hugs were given as we said goodbye to our new found friends.

Memorable events included singing at the talent show, making friends with local girls, standing in the centre of a frozen lake and seeing only snow and sky for miles and miles, marveling at how musk ox and caribou can survive on such a barren landscape and manning carnival games with a local flavor such as bean bag toss into a kayak. Also to have 24 hour daylight and to hear children playing and snowmobiles roaring at 2am.

To sum it up, it was an awesome trip with many new experiences creating a wonder that will unfold for a long time.

**Rita Lyster, Contact Guider  
Cambridge Bay Travel Group  
May 19-25, 2011**

# 2nd St. Albert Rangers Explore Jasper

The last weekend in May saw the Rangers travel to Jasper for a weekend of hiking. The last time we were there was in February and our drive out was through a snow storm; what a difference it was this time! Long summer days are wonderful when it takes four hours to get to your destination. We were able to leave after school and still get to our accommodations in time to make supper and have a quick hike on one of the trails that start in the townsite. Planning for this trip was an interesting process as we were not sure what sort of weather we would encounter, would the trails be clear of snow, what about the lakes - an important consideration as one of the things on our wish list was to canoe on Pyramid Lake.



Emily Sigvaldson (adult member), Jillian Saunders and Heather Kuehn at Maligne Canyon

This trip had a two-fold purpose, one girl used the weekend to fulfill the requirements for the Journey portion of her Bronze Duke of Edinburgh program and others of us fulfilled a wish we had made the last time we had visited - to hike some of the same trails in multiple seasons. Two seasons down, two more to go! On arriving in Jasper one of our first stops was at the tourist information centre to pick up more maps and find out about the local conditions. There we found out that one of the hikes we had planned for Sunday on our way home had not yet opened for the season. We had wanted to hike the Sulphur Summit trail, this is a short hike with a large elevation change that takes you to the top of the mountain with incredible views of the surrounding countryside. Unfortunately, due to our late spring and the piles of snow we had this winter, there was still too much snow for the park to have opened it yet. Luckily there are any number of other trails that we could chose from instead. The visitors centre did provide ideas for our next trip though, there is a huge zip line.

Saturday morning saw us driving down the Parkway to our first major hike, the Valley of the Five Lakes. The last time we had broken trail through fresh snow, this time there were more roots and rocks to trip over! The first part of this hike is through the forest and there were masses of Calypso orchids in bloom. The girls all laughed at me as I stretched out on the ground to try to get some good shots of these tiny beauties. It turns out



Medicine Lake

that taking photos while wearing progressive lenses is more of a challenge than I had anticipated - oh the trials and tribulations of getting older; the eyes, the hair, but not the legs it seems. The leaders out walked all of the girls on this first hike. Once out of the forest the trail crosses a stream on a long wooden bridge where we saw the first of the many animals of the weekend - a squirrel sunning himself on the logs. Over the bridge the trail divides and we took the same route as on our last trip, this time when we finally dropped down into the next valley we did not make the miss turn down the next stream bed that we had made the time before. It was much easier hiking without having to wade through fresh snow and we made such good time that we were



Heather, Jillian, Emily, Pam Sigvaldason (Ranger Leader) at Valley of the 5 Lakes.

able to do the long loop this time and see all five lakes, including one with a dead elk in the middle of it - more wildlife!

After getting back to the van we headed back towards Jasper to have a ride on the Tramway. As we crossed over the river there were a couple of groups getting ready to go rafting on the river so we pulled over at the next point so we could watch their progress; at least the leaders got out of the van and the girls rested up. After watching them navigate the bend in the river and the rapids we took off for the Tramway. What an experience! Not only a massive elevation change, but it was a lot colder on the top than at the bottom. Parts of the wooden boardwalk were still covered in deep piles of snow. Although we had been advised that a grizzly bear had been seen on the slopes near the top, we didn't even get a glimpse of him; but we did get to see a couple of Mountain Sheep, very cool. As always, I read all the interpretive signs and learnt that many of the mountain peaks around Jasper are named for Victoria Cross recipients, what an incredible way to honour incredible people.

Back down the Tramway and into Jasper again, we stopped to wander around the town and pick up souvenirs and fudge for those so inclined. I stopped at the local art gallery that is housed in an old fire house and brought home a fantastic black and white photo of the forest and a painting too. We met up with the girls at the local wool and quilting store - a must visit location as the girls have all been working on making a quilt for their Service Project. No purchases here, but lots of oohing and aahing over wool and fabric.

Sunday morning saw us packing up and climbing back into the van for our return to Edmonton, but first a couple more hikes were in order. The first was Maligne Canyon, the girls and I were dropped off at the sixth bridge and our other leader drove the van up to the teahouse at the top of the trail. Once again the first part

of the hike is through the forest and even when you cannot see the river you can hear it rushing down the valley. No wonder there is so much water in the river, there are numerous little creeks that run into it that appear out of the rocks and carve their own paths down the valley until they join up and meet the river itself. Pretty soon we were out of the forest and scrambling up the rocks as we climbed high above the water course - thank goodness for hand rails and safety barriers! There was still some ice in shaded areas and once we got up to where it really turns into a canyon there was lots more. The ice waterfall was still intact as was the river ice at the bottom of it, looking down on it from the top was a totally different experience from gazing up at it from the bottom. After a quick break at the teahouse we were off to Maligne Lake. On the way you pass by Medicine Lake, the conditions were just right that the lake was like a mirror reflecting the surrounding mountains with amazing clarity. At Maligne Lake we tackled the Mary Schaffer Loop, one of the easier hikes and it was here that the girls took off ahead of us and beat us back to the van, we arrived back to find them



Ice waterfall.

all resting their sore muscles and chowing down on snack foods. After all what is a Girl Guide trip without lots of food!

What an incredible weekend we all had, I can hardly wait until we return again and see this wonderful area in another season.

**Melanie Reichle**  
**2nd St. Albert Ranger Leader**

# 1st Athabasca Pathfinders and Rangers visit Calgary & Drumheller

We started our adventure on June 25th at 8 o'clock in the morning. We were all excited for our trip, but we knew it was going to be a long car ride there. Luckily, we found ways of entertaining ourselves by singing songs, reading, listening to music and taking pictures. With some patience, good attitude and some help from Helga (our GPS) we finally made it to Drumheller. Our first stop in Drumheller was Reptile World which has tons of... reptiles! There were snakes, skinks, toads. We even got to see one snake eat a mouse! That was cool. At Reptile world there is one snake that you are allowed to hold, her name is Brittany. Most of our group was adventurous enough to either hold her or touch her. It was sure funny to see our leader's faces when they were touching her, neither of them like snakes.

After this we went to the Royal Tyrell Museum. They have lots of wonderful dinosaur bones and fossils there. It all really makes me glad that we still do not have them on Earth, they are HUGE. I really liked seeing all the built dinosaurs, they are such a neat thing to see. Once we had finished inside the building there was a walking path you could take to enjoy the view. Since it was such a nice day we decided to do that. It was then time to pile back into the vehicles. It was only a short drive to IGA. We went there to buy supper and breakfast. We then took our supper out and had a picnic with the world's largest dinosaur. Once we finished eating we went up to the top of the dinosaur and looked at the world through his mouth. On the way up there were dinosaurs and bones painted on the walls. I think everyone enjoyed hanging out with the world's largest dinosaur. Now that we had seen something HUGE we wanted to see something SMALL. We went to see the world's smallest church. There we had a pretend wedding. We packed that all into one day, so we were a little tired and it was time to head to camp.

We decided to stay in teepees. The campground had ones that you could rent out; they even had beds in them. They were little but cute and after a fun filled day



Emily, Jenny, Kaitlin, Alyssa, Mikala and Lydia holding Brittany the snake at Reptile World.



Teepees that we slept in at Drumheller.

it was nice to be able to camp, but not have to set up tents. It was something new that none of us had tried before.

The next day was our day at the Calgary Zoo! Everyone was excited to see their favorite animals! So we planned out our day so we could see shows that interested us. We were walking towards the elephant show that was starting soon and saw a peacock just wandering around. They let them roam free and he even opened up his tail feathers! They are beautiful. We watched the elephant



Calgary Zoo.

show and learned some neat facts about each of the zoo's elephants. We went looking around at the different animals until it was time for the gorilla show. We went and saw tigers, plants and a whole room of butterflies. We also saw wonderful birds, lemurs and snakes. It was then time for the gorilla show. The gorillas were too shy to come out of their inside cage to see the large group but we got lots of information in the show. That was the last show we watched so then we got to go and see as many more animals that we could. We saw a baby giraffe and its mamma, huge hippos, zebras and we heard a lion talking. After some more hours looking around it was time to go and have supper. We ate at Boston Pizza at Innisfail. It was sure nice to sit down and rest our feet. Our next stop was a hotel. We spent the night there and then had a wonderful breakfast there too. Our last stop before home was the Innisfail Discovery Park.

Here they have movie bears. There is a lady there who trains bears and then they go and act in movies. It is really cool. We got to go on a behind the scenes tour so we could see their tricks. We even got our picture taken with one. But there are not just bears there; there are also bison, deer, tigers, panthers, beavers, porcupines and monkeys. There was actually a baby monkey there too, it was really cute. We sat and watched the monkeys for an hour. They were a treat to watch.

Finally it was time to grab some lunch and head home. Everyone had a blast on our trip! We sure packed a lot in a few days. Our trip was filled with dinosaurs, animals and smiles.

**Alyssa Day**  
**2nd Year Ranger**

## Area Calendar

Aug	31	Mass Cancellation of Girl and Youth Members in iMIS
Sept	23-25	Standing Committee Conference
Oct	1	Tamarac Area Training
	16	Area Awards Ceremony, St. Albert
	29	Tamarac Area Meeting
Nov	4-6	Commissioner's Workshop, Red Deer
	11	Remembrance Day

## Have you ever thought??

You think that Guiding is a great organization...

You have experience that you could share with others...

You enjoy meeting new guiders and share their enthusiasm...

You like to expand your experience and enjoy a challenge...

Then think about becoming a Trainer or Guider mentor.

Talk to your Training adviser today!

**Reserve this date:**  
**October 1, 2011**

Tamarac Area is having a great day of training!

Watch for details coming early September.

**Roberta Febr,**  
**Area Training Adviser -**

**contact me at:**  
**[robfehr@telusplanet.net](mailto:robfehr@telusplanet.net)**



# Colour Your World Camp

I was privileged to be on staff of this great Provincial event held the first week of August. The event was open to girls completing their third year of Guides and designed to encourage them to go on to Pathfinders and to apply for International Events. The theme was the five regions of WAGGGS.

Three girls from Tamarac Area attended – from Boyle, St. Albert and Three Sisters District. They and 15 other girls had a marvellous time. They attended the Edmonton Heritage Festival, tackled the Edmonton transit system, including the High Level Bridge street car, went to an authentic Japanese restaurant and did an Amazing Race at the Ukrainian Village. In between they learned African drumming, tinikling, maori sticks, went swimming, played soccer and other games, visited City Hall and the Legislature, and learned international crafts. Oh! and did I say, had ice cream at the Marble Slab.

The girls all want to come back next year, but as it will



be for the same age group, this will not be possible. However, the staff are already evaluating and improving on the plan and I hope that all Guide Guiders will encourage their girls to attend, as the only disappointment about the camp is that only three Tamarac girls attended.

*Janet Allcock*  
**Public Relations Adviser**

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## International Day of the Girl

In March 2011, Canadian Parliament passed a motion, supported by all political parties, declaring that Canada will lead the effort and propose a United Nations Resolution that will proclaim September 22 the International Day of the Girl. Your letter will help Plan Canada to build momentum in encouraging the Canadian Government to make good on the intention to support the International Day of the Girl at the UN General Assembly this fall.

To ensure our Members of Parliament know how much Canadians care about girls' rights around the world, we also welcome you to write your local MP.

Writing a letter is important because your MP is your direct link to Parliament and decision-makers across government.

We have made it really easy for you to further advocate for girls by providing a letter and access to finding your local MP on our website.

- You don't even need a stamp! Just simply:
1. Visit our website ([www.becauseiamagirl.ca](http://www.becauseiamagirl.ca))
  2. Print & sign the letter
  3. Address & seal the envelope
  4. Drop it in the nearest mailbox



A small action that will truly drive a big change! We appreciate your support and look forward to sharing in the celebration of achieving an International Day of the Girl!

Please contact us with any questions at [contactus@becauseiamagirl.ca](mailto:contactus@becauseiamagirl.ca).

# ScareCROW

Suitable for Guides and up or Brownies with extra adult help.

## Supplies:

- 3 chopsticks
- ribbon
- 1 or 1 1/2" Styrofoam ball
- 9" square of black felt
- Raffia
- 2 google eyes
- Leather or orange foam for beak
- Fabric scraps - 5" square cut in half diagonally makes 2 bandanas
- Straw craft hat or end of fuzzy sock for hat
- Glue - white and or hot

## Directions:

1. Insert narrow end of one chopstick into the Styrofoam ball (not all the way through).
2. Take about 5 strings of 3 feet long raffia and drape over styrofoam ball and tie with ribbon. Repeat going the other way so that 'head' is covered.
3. Position felt over the ball, centering the head in the middle with points going out to the sides for arms and tie the neck with ribbon.



4. Arrange raffia up for arms and tie ribbon or raffia for waist. Insert one chopstick on each end for arms - should stay on their own.
5. Tie bandana around the neck.
6. Glue straw hat on head or make toque out of toe end or cuff of fuzzy sock and secure to head.
7. Glue google eyes to head and cut diamond shape from leather or orange fun foam shape for beak, glue.
8. Step back and look at your funky scarecrow.

## Helpful Internet Web Sites



### OFFICIAL GGC BLOG

<http://girlguidescanblog.ca> is the official Girl Guides of Canada blog and the hub of our social marketing strategy.

### LEADER LOBBY

<http://www.leaderlobby.net/index.htm>  
U.S. based but a site that helps you in your role as youth leader with activities, games and service ideas.

### HALLOWEEN IDEAS

<http://www.pasterywiz.com/cakes/halloween.htm> - Halloween cake decorating ideas  
<http://www.billybear4kids.com/holidays/haloven/haloven.htm>  
<http://www.enchantedlearning.com/crafts/halloween/>

### GROSS RECIPES FOR KIDS

<http://www.teachervision.com/lesson-plans/lesson-3314.html>  
<http://www.thefamilycorner.com/family/kids/recipes/halloweenparty.shtml>

### I LOVE DUCT TAPE!!

For lots of duct tape activities and crafts, check out:  
<http://www.duckbrand.com/Duck%20Tape%20Club/ducktivities.aspx>  
<http://www.wikihow.com/Category:Duct-Tape-Crafts>  
[http://familycrafts.about.com/od/ducttapecrafts/Duct\\_Tape\\_Crafts.htm](http://familycrafts.about.com/od/ducttapecrafts/Duct_Tape_Crafts.htm)  
[http://www.associatedcontent.com/topic/88779/duct\\_tape\\_craft.html](http://www.associatedcontent.com/topic/88779/duct_tape_craft.html)  
[http://www.ehow.com/way\\_5290620\\_duct-tape-crafts.html](http://www.ehow.com/way_5290620_duct-tape-crafts.html)  
<http://www.monkeysee.com/play/14637-how-to-make-duct-tape-crafts>

# Membership

I enjoyed doing membership very much and hope I was able to offer some assistance. I would like to welcome Kathleen Whyte into her new role as Tamarac Membership Adviser and in talking with her she is very excited to take on this position and sounds like she has many terrific ideas to help increase membership so please ask her questions any time.

Inquiries have been coming in and I know many have been on holidays but please get to them as soon as possible. I have even sent out a few of our welcome binders during the summer break.

Again I will miss this position but I will still be on council as I will now be Rainbow District Commissioner so you haven't got rid of me yet!!! I look forward to working with Kathleen.

**Cauleen Farrants**  
**Outgoing Tamarac Area Membership Adviser**

Hi Sisters,

I am new and really excited to join your team in Tamarac Area! I am looking forward to membergizing your Membership!

Make the guiding spirit grow!

1. – Find a location

Send posters home with girls on 1st day of school announcing – New Group to Open! Set a date and have experienced Guiders come with a craft and a game for girls to do while you welcome the Moms to join the fun.

Be honest – Ask if they can commit 10 hours a week for their daughter and her friends. Explain we will help with training and introduce them to the Commissioner.

2. Recruit girls at the Mall – they love to shop. Make a great display and set up at the end of August when everyone is doing their back to school shopping.

3. Bring a friend to a Guiding night or bring a friend to camp – Watch out, your numbers could double!

If I can come and help your District or share some ideas with you on recruiting Leaders and lassies, please call to arrange...

Thanking you in advance. Yours in Guiding.

**Kathleen Whyte**  
**Incoming Tamarac Area Membership Adviser**

# Friendly Financial Reminders

Kicking off the new year is a great time to ensure our financial matters are in order. Here are some tips and reminders to help you out:

- if your books have changed hands over the summer and a new treasurer will be looking after your records in the fall, you must have a full financial review done by someone who is familiar with our Standard Financial Policies and Reporting but who is not a signing authority on the account or related to a signing authority

- all cheques must have at least two signatures meaning you need at least two signing authorities on every account; at least one signing authority must be from the next level of Guiding: someone from District Council must be a signing authority on ALL unit accounts and someone from Area Council must be a signing authority on ALL district accounts

- all treasurers must sign a Statement of Financial Responsibility Form (TAM.6)

- all unit Guiders must also sign a Statement of Financial Responsibility Form (TAM.7)

- all forms can be found on the Tamarac Area Website, URL is at the bottom of each page of Nexus

With registration and cookies just around the corner don't forget that issuing receipts and tracking funds isn't just a line in the policy manual. Signing for the receipt of funds and issuing receipts protects you just as much as it ensures the financial integrity of Guiding.

**Julie Perras**  
**Tamarac Area Treasurer**



# Our very own Rita Lyster - Barrhead's Volunteer of the year!

**Nominee**

**Rita's Story**

Rita Lyster is a woman who wears many hats in the community. She has truly been a community developer, and that's the reason she has been nominated for the Rosemary Empey Volunteer of the Year Award. Her volunteer activities include, but are not limited to, the Cecile Martin Memorial Development Committee, a founding member of the Barrhead Recycling Action Committee, Girl Guide volunteer, main organizer for the 100th anniversary celebration on May 15, 2010, and the Friends for Habitat for Humanity Edmonton. She is also a mentor for pharmacy students, and co-ordinated Pharmacy Awareness Week in the communities of Barrhead, Athabasca and Westlock. These activities barely begin to scratch the surface in terms of how many organizations with which Rita is involved. The results of her work continue to make the community of Barrhead an excellent place to live, work and play. Rita has demonstrated leadership and team work in her volunteer activities, and she is a very deserving nominee for this award.

**2010 Rosemary Empey Award**

*Candidates for this award have shown personal commitment and dedication and have made outstanding contributions to our community through their efforts!*

**Rita Lyster**

**VOLUNTEERS: PASSION, ACTION, IMPACT!** Volunteer Appreciation & Awards Night April 20, 2011

**Apr 26, 2011 | Arron Pickard | Barrhead Leader**

Volunteers continue to be the lifeblood that drives the success of many organizations.

Barrhead has a strong volunteer base, and the work they do to ensure a better life for all residents was recognized last week when Family and Community Support Services played host to its annual volunteer awards evening. All 550 tickets were sold for the event, which named the winners of three categories: the Rosemary Empey Volunteer of the Year award, the Youth Volunteer of the Year award and the Longstanding Service award.

Rita Lyster garnered the Volunteer of the Year award.

Rita Lyster joked that with three-quarters of the nominations under her belt for the Volunteer of the Year

award, her chances of winning were pretty good. In all seriousness, though, she said it is nice to be recognized for her work, and she is humbled to be in the company of those who were honoured before her. She said volunteering is her calling, and she has been blessed with the talent of organization and leadership.

"I want to thank my teammate Steve for his love and support, and our two daughters," Lyster said, and added another thank you to all of the other volunteers in Barrhead who responded to their own call of volunteerism.

*Editor's note: In addition to being nominated as Volunteer of the Year, Rita and her husband Steve were also nominated for their Habitat project as part of the Habitat team. That is why she referred to getting 3/4 of the nominations.*

# 1st Graminia/Clymont Pathfinder Travel Report – Europe 2011

On July 7th our group of four 3rd year Pathfinders and two Guiders began our Europe 2011 travel. We arrived in London mid afternoon and after a quick check-in at our hotel to freshen up we had dinner and went on a Jack the Ripper walk appropriately named “Blood & Tears.” Our guide was animated and well versed on the darkest histories of London.



On the second day in London we hit the ground running. We visited the Tower of London, the Tower Bridge Exhibition, and the London Bridge & Tombs Experience. The latter had actors’ role playing characters as they tell the history of London that included the London Fire and how the London Bridge was used to punish criminals. It was an interactive experience enjoyed by all. The London Tombs was more of a



haunted house experience that scared the pants off of most of the group! As we were touring the Tower Bridge we noticed many Rainbows, Brownies & Guides in the area as well. The Guiders we spoke to informed us that we happened upon the London Bridges Day where four thousand members participated in a challenge to tour eight of the bridges in London. We learned about Guiding in the area, specifically London and South East England, and some of the challenges that Guiders there are faced with. No surprise that these issues are much the same as we have here in Canada.

We then took a canal boat trip that travelled through Regent’s Park offering one of the best views of London Zoo. The tour ended in London’s Camden Lock, site of the famous weekend market. We spent some time shopping the Camden Markets before heading to the Victoria Theatre to enjoy the musical “Wicked.” Everyone enjoyed this entertaining show that featured outstanding singing in an amusing story.

On our third day we headed to Windsor Castle. Windsor Castle is the oldest and largest occupied castle in the world, and it’s the official residence of her majesty the Queen. It was built over 900 years ago. The castle is surrounded by beautiful gardens and picturesque English countryside. We explored the surrounding shops and headed back to London in the afternoon for some sightseeing and shopping. That evening we went to a Medieval banquet with entertainment that featured minstrels, troupers, and fighting knights.



On our final morning in London we were up bright and early to check out and head for the London Eye. What an amazing view at 135 meters above the city! We then

hopped on the train and travelled through the Chunnel to Paris.

We arrived in Paris in the late afternoon and after the challenge of figuring out the Metro and RER system we arrived at our bed and breakfast just in time to drop off our luggage and head out to the Eiffel Tower. The view from the top of the Tower was beautiful.

On the second day in Paris, after a nutritious breakfast of freshly baked chocolate cake and croissants that our host prepared, we were off to the Catacombes. It was a long wait but well worth it to experience the history in these underground quarries that house the bones from mass graves & cemeteries. Next we visited the Grevin Wax Museum that featured a majority of French celebrities, politicians and historical figures but also included many that we recognized from North America. Then we toured the Cathedral of Notre Dame and finished the day with a visit to one of the most famous (and expensive) department stores, Lafayette.

On our third day in Paris we travelled to Versailles and toured the massive estate and gardens. We then climbed the Arc de Triumph and were treated to yet another wonderful view of the city from the top. Our evening was completed with a river cruise that was the highlight for the group. We had crepes from a vendor near the base of the Eiffel Tower and watched the Tower light up. What a fitting finish for our visit!

The next day we were up early and on a train to Switzerland to stay at Our Chalet, one of the four World Centres that welcome Girl Guides and Girl Scouts from around the world. After a scenic rail trip we arrived in Adelboden and climbed the hill to Our Chalet. The first of many long uphill that we would encounter in the next week. After getting settled, we had an orientation

to the facilities and a history of Our Chalet. There were groups of Girl Scouts from the United States, a unit from Edmonton Area and a very large group of Irish Girl Guides all participating in the week long program. Our first full day was spent getting acquainted with team building activities. Day two took us to an adventure park where we participated in zip-line, high ropes, rappelling from a bridge, and a pendulum swing (where the participant jumps from a platform on a bridge with a harness on the waist to swing like a pendulum over the river.) All were excellent opportunities for the girls to challenge their limits. Then we moved to rock climbing



where everyone was able to try climbing on a natural rock wall and take a turn at belaying for a climber. Our instructor was a 68 year old man who has been rock climbing in Switzerland for 45 years and proved his skills by climbing to the top of our rock wall with the agility of a man half his age. What an inspiration for all!



Our longest hike took place on a day that saw a heavy downpour from beginning to end. However, weather does not interrupt the activities at Our Chalet. There were varying lengths of hikes from 2 to 4 hours. Our group climbed part way up Elsigenalp, rode a gondola to the next point and then hiked to a lake that was completely glacier fed. For those who wanted to participate in the most challenging hike there was a climb to the highest point of 1964 m. Most who took part in this were testing their fitness to do an overnight hike in a more challenging climb later in the week.

The third day included an outing to Interlaken that featured a visit to a chocolatier which was very



informative and tasty. Then, depending if the girls were 16 and over they could go white water rafting. The rest visited Trümmelbach Falls where a series of ten glacier-waterfalls inside the mountain made accessible by tunnel-lift.

The fourth day was a free day and groups could do what they like. Some took the train to Bern for the day. We opted for relaxation and visited the nearby village of Adelboden.

The next day we went to the Niesenbahn funicular railway that is 100 years old. The Niesen funicular runs on steep metal rails, but there are no cogs. A metal cable running around two wheels, joins two separate wagons together. The 3499 meter ascent is divided in two sections. The stairway alongside to the Niesen funicular has 11,674 steps. According to the Guinness Book of Records this is the longest stairway in the world. In the afternoon we were off to visit the Oberhofen Castle on the shore of Lake Thun. The castle dates back to the early 13th century and houses a large museum. The castle was like a fairytale castle and the gardens were breathtaking.



On our final full day in Switzerland we hiked to a woodcarver and watched him at his craft. There were beautiful carvings to see in the shop and garden and we brought a few keepsakes home. Then we were off to abseil in the Choleren Gorge. The gorge is 100 meters long and with an impressive waterfall, watermills and smooth rocks.

There were evening programs each night of our stay as well. International Night gave each group an opportunity to share songs and skits, Swiss night offered entertainment, there was a Murder Mystery night, a games night and on the final evening a closing ceremony and campfire. It was a fantastic week that will be remembered by all for a long time to come.

Our visit to Our Chalet also gave the girls an opportunity to get to know the many volunteers that deliver the program, do the housekeeping, and cooking. There were volunteers from Denmark, Finland, England, Australia, Dominican Republic, United States and even one from Canada. These young women give the participants a glimpse of the opportunities that Guiding offers as a young adult. They also shared their experiences of many service projects around the world that they have either taken part in already or are looking forward to. What amazing role models these well-rounded enthusiastic women are for our youth! It is no coincidence that some of the Pathfinders are talking about staying in Rangers as a result.



We said goodbye the next day and boarded a train to Brussels for the final days of our trip. This lull in activity gave the girls an opportunity to relax and reflect after a very busy week. Our bed and breakfast in Brussels was another jewel and our host most accommodating.

In the morning we headed to Bruges, about an hour from Brussels. Efforts have been made to preserve the medieval-looking image of the city and it is a very special place to explore. We visited the St. Janshuis windmill that dates back to 1770 and had a picnic lunch. Then we went to the Frites Museum to learn the history of French fries which were actually created in Belgium. After that we went to the Choc Story museum to learn about, and taste Belgium chocolate, another favourite food that Belgium is famous for. After some souvenir shopping and exploring we headed back to Brussels.

Our final day was spent in Brussels, walking, along with a bus tour we learned about the monuments, palace, and other historical sites in the city. A stop at Mini Europe featured reproductions of the most attractive monuments in the European Union on show, at a scale of 1:25. About 80 cities and 350 buildings are represented. A wonderful booklet filled with facts and figures came with the admission and guided us through the displays.

And then our incredible trip came to an end. It was the journey of a lifetime and we tried to create lasting memories of every wonderful destination. Our unit is very thankful for the opportunity that Guiding has given us and we look forward to letting other members know what amazing experiences international travel offers.

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## Things I Learned / What I Might Do Differently:

**PLANNING/RESOURCES** - The planning for this trip was extensive and time consuming but it is so much more personal than a tour so there is a huge reward for the effort. I love Trip Advisor for reviews and information. All three accommodations I went with were winners. We were fortunate with a small group to be able to enjoy B&B's. We were able to interact with residents and get valuable first-hand information and suggestions for activities.

**ITINERARY** - From the information I found and what the girls had I gave the girls a list of activities for each destination to review and rate. We had more choices than we could possibly fit in each day but having the info on hours, price, discounts, transport to and general info for each event our daily itinerary allowed us to be flexible in our choices depending on the crowds, weather, fatigue, hunger, etc.

**LUGGAGE** - Our group only took carry-ons for the trip. We didn't want to spend any precious time tracking lost luggage. We packed enough for a week and washed everything once a week. I did up a packing list then packed a carry-on to prove it could be done. (Packing this way was still no easy task given the kit list for the Our Chalet program. I took an empty duffel bag to put all of the hiking items in as we still had a few days after Switzerland. We checked this one on the way home. This gave everyone more room for souvenirs.

**RAIL TRAVEL** - When budgeting, if using rail passes, allow for the cost of reserving seats on trains if you need to be somewhere by a certain time as we did

travelling from Paris to Our Chalet. \$12 per seat per train can add up quickly. Also, don't assume a train on a long journey will have a dining car or snacks. Pack enough water and snacks for your entire trip.

**PASSES** - Before purchasing passes for attractions plan the entire itinerary then figure out which one is most cost effective. In France most museums are free for students so purchasing a travel card was the only thing we needed for them. Travel cards often come with discounts on popular attractions as well.

**DINING** - As with your own children when travelling with girls start looking for a place to eat before everyone is hungry or have one picked out with the info on the itinerary. Reservations are so easy online and you can look at menus before you even leave on the trip.

**EVERY CITY VISITED** - Find out what the busiest attractions are and visit them first thing in the mornings. In our case we prioritized Windsor Castle and the London Eye in London and Versailles and the Catacombes in Paris. Get there well before the attractions open and you could be in and out before the lines get long.

**PARIS** - Try to get a handle on the transportation system before arriving. The Metro & RER are two separate systems that work together to get you where you want to go.

**BRUSSELS** - I would suggest staying in Bruges instead of Brussels. Brussels didn't offer much that we were looking for tourism, it was more like just a big city. Bruges offered enough unique flavour to be worth the extra time exploring.

## Our Chalet

I really hope that after reading my trip report some of you will get the travel bug and look at taking your unit to Our Chalet! I haven't visited or taken part in other World Center programs but Our Chalet offers the experience of a lifetime. There are physical challenges if you choose to take them. You can choose the hikes that suit your fitness level. It still felt like a holiday! Yes, travel and the program are expensive but the program has excellent value for the money, the activities are unique, the food and accommodations are first rate. Most important in my opinion is the value of retaining our older youth members by offering these types of International opportunities. Let them see what can be in store for them as young adult members! I have noted a few tips from our recent experience and hope that they will help you to plan and budget for a visit to Our Chalet:

The past year has seen the Swiss Franc (CHF) increase significantly and who knows where it will go from here. As with any currency budget something for this and watch the exchange rate closely. It is also expensive in Switzerland for everything we encountered. I am used to the costs in London but Switzerland was significant as well. When budgeting, whether for the group or estimating spending money for participants, add in the cost for extras like:

- 1) If doing the week long program - Pendulum Swing – 20 CHF, the Bunderspitz Hike – 16 CHF for overnight & hot chocolate.
- 2) Internet is 3 CHF for one hour/5 CHF for 3 hours/10 CHF for 24 hours. (Once you log in the time starts counting down. You can't log out and go back on.
- 3) Laundry is 3 CHF per load for each wash & dry. (It rains a lot and muddy clothes may be an expense you didn't count on.
- 4) They have a store on site where you can purchase badges and other Our Chalet items.
- 5) Free Day – If you go into Adelboden or anywhere budget for meals if you are not eating at Our Chalet.
- 6) Woodcarver – You can purchase items. They can be expensive because they are hand crafted. There is a café where you can purchase hot chocolate & cake if you have to wait for another group to finish.
- 7) There are also outings where you have time to shop in towns.

- The bus to and from Adelboden from the rail station is not cheap. 10 CHF one way for over 16 years. 5 CHF for 16 & under. It was 40 CHF each way for our group of six.

- When asking parents to outfit a girl for the program clothing can add up and get costly. The actual hiking kit list arrived a month or so before our visit and this is not what is on the website with the program info. If you are planning the trip a year or so before, ask specifically for this list so parents can try to borrow what's needed, find a good deal or budget for them. You may not be able to participate if you aren't equipped. Items can be borrowed there but that depends on sizing and availability. (There were almost 100 participants the week we were there.) These are some of the mandatory items on the hiking list:

- 1) Waterproof outer wear. Coat and pants. Not water resistant, **WATERPROOF**. You will need it and an emergency poncho won't suffice.
- 2) Hiking pants. Staff won't let you wear jeans on hikes or activities that are physical. A good pair of hiking pants are the best option for breathability & some water resistance. I wish I had packed two pair.
- 3) Proper hiking boots. Not runners (or trainers as they call them). You need a good grip for wet surfaces. The more waterproof the better. If taking the Bunderspitz hike they want you to have boots with ankle support.
- 4) Headlamp. This is a nice extra to have. It gets pretty dark on the Bunderspitz hike or the alternate twilight hike. You can see the cows better too.

Did I mention it rains a lot? We had two clear days with rain at least part of or for the entire day the rest of the trip. Activities do not get postponed or cancelled due to weather. It is still great fun but be prepared. Take at least two warm sweaters as well. Take a warm hat & gloves. You may find yourself damp and cold if you aren't dressed properly. (Yes, we went in July). If you have a waterproof cover for your backpack you will be extra happy and envied.

Take LOTS of swaps. They go like hotcakes!

The volunteers love items or treats, new or that they haven't had for a while. These young women do so much with so much enthusiasm you will want to be able to leave something like a box of cookies or some licorice.

Do brush up on your favorite action song (or two) as a group. For the very first night program you get to show off your stuff for everyone. And again on the final night for campfire you may want to have an extra one up your sleeves.

The food at Our Chalet is AWESOME!

***Happy Travels!!!***

***Cindy Jackson***

***1st Graminia/Clymont Pathfinder Leader***

# International News & Information

Here is a brief review of Tamarac's International activities this past year and a few new tidbits:

## CWFF Challenge

Alberta International Committees CWFF Challenge was very successful! Tamarac Area's contributions to CWFF increased again and many Districts sent in enough to earn crests for their members. Wouldn't it be great if every District contributed next year! Maybe that should be a Tamarac Area Challenge...

	Total Contributed
Athabasca/Boyle	210.00
Fireside District	352.43
Forest Waters	593.40
Morinville	
Muskotehk	
Pembina Trail	605.79
Pinedale District	
Rainbow District	50.00
Spruce Grove	980.60
Three Sisters	898.67
BOGGGS	65.50
Area	441.00
<b>Totals:</b>	<b>\$4222.39</b>

## International Challenge

Don't forget the new Provincial International Challenge coming out. The crest is awesome! Be sure to leave room in your program planning for it. It probably has some great activities that can be used to raise funds for CWFF.

## World Guiding Goes Tartan

If your memory is as short term as mine you could probably use a reminder about this great WAGGGS resource. Current information about WAGGGS and great activities for many things International! [https://www.girlguiding.org.uk/pdf/1422\\_WorldGoesTartanNEW.pdf](https://www.girlguiding.org.uk/pdf/1422_WorldGoesTartanNEW.pdf)

## SANGHAM Opportunity

Sangam has extended the deadline to September 1, 2011 to apply to the Sangam Community Programme for the January – March 2012 term. This opportunity is available for young women age 18 and over. Go to [www.sangamworldcentre.org](http://www.sangamworldcentre.org) for information. You can

also email your new International Adviser Heather Gardiner at [ablones\\_heather@hotmail.com](mailto:ablones_heather@hotmail.com)

## WAGGGS Olympia Badge

With 2012 being an Olympic Year, WAGGGS has created the Olympia Badge. If you are looking for ideas on an Olympic or Active living themed meeting or event check this link out:

[http://www.wagggsworld.org/en/take\\_action/activities/olmpia](http://www.wagggsworld.org/en/take_action/activities/olmpia)

## Olave Award

This award is presented to local Girl Guide or Girls Scout groups in recognition of their outstanding community service work. Check out the information at: <http://www.wagggsworld.org/en/about/About/awards/olaveaward>

## Ghana Girl Guides Centenary Camp

If you haven't received the brochure for the Ghana Girl Guides Centenary Camp in August 2012 from your District Commissioner it is available from your International Adviser - Heather Gardiner at [ablones\\_heather@hotmail.com](mailto:ablones_heather@hotmail.com) or email [ghanaguides@yahoo.com](mailto:ghanaguides@yahoo.com) for more details. Now this looks like a unique International Guiding experience!

## Colour Your World

We had three third year Guides from Tamarac Area (Boyle, St. Albert and Three Sisters) attend this camp in Edmonton during the summer. It sounds like it was a huge success and that means another one to look forward to! More on that will be coming after the Standing Committee Workshop in September.

## National Trips

Alyssa Day of Athabasca was selected as an alternate for the trip to Switzerland this year. Stay tuned for the 2012 Nationally Sponsored Events as well as Provincial International Travel opportunities for Girls & Guiders. These will be posted on Provincial website and of course you will be notified as soon as there is more information. It is not too early to take a look at the application package and get a head start on it. Get those references lined up too! Deadline is the beginning of December. Go to <http://forms.girlguides.ca/SitePages/Home.aspx>.

## Independent Trips

Tamarac Area Units have two trips in the works for 2012, one for 2013, and one for 2014. All have filed a Travel Pre-Authorization (SG.8) Wow! Let's get more girls travelling, it is the experience of a lifetime and a great membership retention tool.

1st Graminia/Clymont Pathfinders travelled this summer to Europe and spent a week at Our Chalet. I have it from a very reliable source that the trip was amazing! Our travel report is also in the Nexus, give it a read. On that note if anyone has questions about our

planning, the Our Chalet summer program, or itinerary in general just ask me jackcyn@telus.net

Thank you everyone for your support in my term as Area International Adviser. I'll miss participating at the Area level. However, I think Heather is going to kick it into high gear for you as your new International Adviser. She is also your expert on all things WAGGS related!

*Respectfully submitted,  
Cindy Jackson  
Outgoing Tamarac Area International Adviser*

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# Public Relations

## Latest on GGC Blogging

GirlGuidesCANblog -

<http://girlguidescanblog.ca> is the official Girl Guides of Canada blog and the hub of our social marketing strategy. Since its launch on World Thinking Day, the blog is proving to be a tremendously successful marketing tool. It allows us to feed content for our newsletters, direct people to our website and to social media platforms such as

**FACEBOOK**<<http://ggc.informz.ca/z/cjUucD9taT0xMTEwOTQmcD0xJnU9OTAxMzQ2OTI2JmxpPTMyNzE4MA/index.html>>,

**TWITTER**<<http://ggc.informz.ca/z/cjUucD9taT0xMTEwOTQmcD0xJnU9OTAxMzQ2OTI2JmxpPTMyNzE4MQ/index.html>>,

**YOUTUBE**<<http://ggc.informz.ca/z/cjUucD9taT0xMTEwOTQmcD0xJnU9OTAxMzQ2OTI2JmxpPTMyNzE4Mg/index.html>>,

**FLICKR**<<http://ggc.informz.ca/z/cjUucD9taT0xMTEwOTQmcD0xJnU9OTAxMzQ2OTI2JmxpPTMyNzE4Mw/index.html>>

**DIGG**<<http://ggc.informz.ca/z/cjUucD9taT0xMTEwOTQmcD0xJnU9OTAxMzQ2OTI2JmxpPTMyNzE4NA/index.html>> and get people talking about Guiding.

National welcomes the participation of the provinces in providing content suggestions, ideas or posting information as guest bloggers. Suggestions for blog posts should be emailed to Janet Allcock [allcogj@telusplanet.net](mailto:allcogj@telusplanet.net)

## "Guiding Matters"

National will be launching a new externally directed electronic newsletter. This will play a key role in building public awareness and driving new partnerships for GGC. "Guiding Matters" will contain news and information about what is happening at GGC across the country with the goal of driving partners, donors and parents to the GGC website; expanding cross-marketing opportunities; and maintaining connections with our donors and partners. As a digital, personalized, communication vehicle, content will include links to videos, social media channels, photos, information about partner engagement with GGC and external news sites.

### HOW YOU CAN HELP:

It is important that "Guiding Matters" reflects what's happening in Guiding across Canada. Please submit story ideas about unique Guiding activities, milestone events, associations with partners, or outstanding Members that could be profiled to Janet Allcock, [allcogj@telusplanet.net](mailto:allcogj@telusplanet.net)

## Cookie Finder Map

A new online tool has been implemented to help Members sell more cookies. An interactive cookie finder map lets Members tell potential customers where and when they will be selling their cookies. And, members of the public can search for cookie selling events by postal code or community.

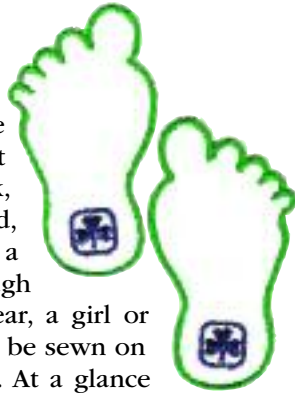
### HOW YOU CAN HELP:

Make sure your Members know they can add their cookie selling events to the map <http://www.girlguides.ca/cookie-drive/add-event> and their listings will automatically be removed once their event is over.

*Janet Allcock ([allcogj@telusplanet.net](mailto:allcogj@telusplanet.net))  
Tamarac Area Public Relations Adviser*

# Feet Crests

Spruce Grove District had the idea of creating 'feet' crests, a left foot and a right foot in pink, orange, royal blue, green, red, yellow and dark blue to signify a girls or adults journey through Guiding. At the end of each year, a girl or adult will receive a foot that can be sewn on a camp blanket or other article. At a glance you could see a girl's or adult's journey through Guiding from the amount of coloured foot steps. The feet measure 3.75" high by 1.75" wide and cost \$1.00 each including GST. Shipping is an extra \$3.50 if mailed. All cheques can be made out to Girl Guides of Canada. For more information or to order, contact Kristin Marsh at (780) 571-2491 or email at [kmarsh.guides@shaw.ca](mailto:kmarsh.guides@shaw.ca). The crests can also be ordered and picked up at the Area meeting.



# Crests for Fall

Lori St. Martin, a Guiding member formerly of Spruce Grove, hosts a web site that offers fun activity embroidered patches in both single and collectible 'sets'. Here's a few ideas for fall. You can order through the web site or contact Lori directly at (403) 864-4825 or email [lori@e-patchesandcrests.com](mailto:lori@e-patchesandcrests.com).



# Stores

## Area Crest

The Tamarac Area crest design took into consideration our geographic location and our namesake, the Tamarack tree. If you pre-order they will be available at Area meetings or by contacting Pat Klann at the address below.



Tamarac Area has the following items available for purchase:

- CRESTS:
- Tamarac Area . . . . . **\$1.20**
  - Tamarac Area Camping Crest . . . . . **\$1.00**
  - Community Service Recognition (lg) . . . . **\$1.50**
  - Community Service Recognition (sm) . . . **\$0.35**
  - FIRST YEAR OF GUIDING PIN . . . . . **\$1.50**

## Tamarac Community Service Recognition Crest



Girls of all branches, can earn these \$0.35 crests by offering service to the community in the following general areas:

- NEIGHBOURHOOD (yellow triangle)
- ENVIRONMENTAL (green triangle)
- THINKING DAY (purple triangle)
- SENIOR CITIZENS (purple triangle)
- ANY HOLIDAY (red triangle)

There are two crest sizes. The large crest is awarded for the first project completed in any category. Subsequent projects in any category will be awarded the small crest, prices are above.

All items may be ordered through: **PAT KLANN** at 780-968-6935, Site 104 Cmpt 29 RR1, Stony Plain, AB T7Z 1X1 or email [patdk@canadasurfs.ca](mailto:patdk@canadasurfs.ca). Please add \$3.00 for postage. GST included. If pre-ordered, items can be picked up by your District Commissioner at Area meetings.