



Remember your sisters...

girls worldwide say 
 “empowering girls will
 change our world”

- In **GHANA** - an Ananse Guide promises to make good use of her time.
- In **ITALY** - a ladybird promises to love and respect nature.
- In **MADAGASCAR** - a Little Wing promises to do all she can to create peace around her.
- In **SPAIN** - a Pioneer promises to get to know the place she is living and be involved in its improvement.
- In **GREECE** - a Star promises to be reliable and conscientious in her work.
- In **INDIA** - a Ranger promises to be brave and smile under all difficulties.
- In **GEORGIA** - a Firefly promises to face challenges and learn from her experiences.
- In **IVORY COAST** - a Lark promises to help others without getting tired.
- In **LIECHTENSTEI** - a Little Bee promises to seek and convey joy.
- In **HONG KONG** - a Ranger promises to be true to herself and respect the opinion of others.
- In **GERMANY** - a Caravelle promises to share and be grateful.
- In **CYPRUS** - a Butterfly promises to be calm, optimistic, and joyful.
- In **AUSTRIA** - a Brownie promises to pay attention to all human beings and seek to understand them.
- In the **USA** - a Daisy promises to be courageous and strong...

World Thinking Day Resources

- Find resources and activities available to celebrate World Thinking Day at www.worldthinkingday.org
- Buy the WAGGGS 2010 World Thinking Day badge at www.waggs-shop.org
- 2011 our National Service Project will be themed on “Empowering Girls”.
- World Thinking Day instant meetings developed by Guiders across the country are now available for each branch

Mark Your Calendars!!!	2011	2012	2013
MultiFaceted	Cancelled	Mar 16-18, Harvard Park	
Trainers & Camp Advisers WS	April 8-10, Harvard Park See page 6		
Adult Arts Weekend	October 28-30 Camp Jubilee, Cochrane		
Commissioners Workshop	November 4-6	November 2-4	
Standing Committee WS	September 23-25 Camp He Ho Ha		
Western Region Training Conference (WRTC)		September 27-30 Radisson Hotel, Calgary	



Who's Who on our Alberta TRAINING COMMITTEE

Alberta Training Adviser: Sue Fortunka
Secretary/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: Deborah Colley
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 9 NOW**

The Team:

Mary Adams, Dianne Almond, Ellen Archibald, Meribeth Barclay, Elizabeth Barter, Michelle Berndtsson, Maryanne Beyersbergen, Nadine Weiting Beyersbergen Weiting, Judith Bober, Dorothy Boras, Laureen Bowman, Beverly Burton, Christine Burton, Tracy Burton, Kathleen Cawthorpe, Shauna Daren, Anne Denman, Roberta Fehr, Sue Fortunka, Faye Greenslade, Mae Hadley, Maryanne Hall, Rosemary Halldorson, Trudy Haughland, Christine Haydon, Marilyn Helmle, Leanne Hemphill, Faye Henderson, Eileen Hendry, Leslie Horton, Brenda Inman, Enidd Isaac, Patricia Istead, Eileen Johansen, Denise Kerr, Judith Kopp, Tamara Krebs, Donna Leonard, Emma MacCormack, Karen MacDonald, Kirstin MacLaren, Nyna Marr, Jolaine Martin, Janelle Martin, Jan McCaghren, Pauline McLaughlin, Pat McWilliams, Dixie McIlvrive, Dawn Nowicki, Charlene Nunemaker, Bernadette O'Connor, Shelly Oldford, Stephanie Ragot, Deleigh Rausch, Melanie Reichle, Marion Rex, Kirsten Richard, Dooreen Rousseau, Katey Sasges, Joan Schellenberger, Jacqueline Schnider, Betty Slater, Michelle Smutt, Hazel Snyder, Natalie Taylor, 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???

Remember your sisters	page 1	Planning a ceremony	page 5
World Thinking Day Resources	page 1	ERTC and WRTC	page 5
Update your calendar	Page 1	Trainers & CA Workshop TREAT	page 6
THE Committee	page 2	Ideas from Sue - our fearless leader	page 6
Index	page 2	Ideas to keep your trainings moving	page 7
In-box/In-tray Training Technique	page 3	Activity for disability awareness	page 8
Spaced Learning	page 4	Join the training committee	page 8
Game - Dinosaurs	page 4	The past - a resource or a brick?	Page 9
Today ...	page 5	How you can publish in <i>Signals</i>	page 9



In:Box/In:Tray Training Technique

The Inbox/In-Tray technique is a great development and training tool especially for commissioners and administrators. Use it to coach team members how to prioritize and problem-solve while giving them a hands-on experience. Their differences in priorities and actions will lead to a lot of discussions, sharing and fun.

We all know participants usually learn as much from each other as they do from the facilitator! This technique also allows them to hone their communication skills and the potential to deal with team conflict.

So here is how it works:

You recreate e-mails, faxes, letters, phone messages, memos, complaints, conflicts in scheduling etc., the participants may have to deal with fulfilling their position in Guiding. Fill their “in-box” with lots of correspondence (perhaps they have been away?) Make sure the correspondence is all different with varying expectations and due dates. (They may even have been sent stuff that isn’t even part of their position.) Don’t make it too easy.



Each group gets the same set of correspondence. They will have to sift through the information and decide the course of action for each item. This technique gives them “a day in the life” of their position but ... with the support of working as a team.

Decisions your teams have to make:

- Does this concern your position?
- Should you handle this or do you delegate it?
- Is there a deadline?
- Does someone else need this information?
- Do you need permission to continue with this?
- Does the decision have to be made now?
- Can you make this decision or does it have to go to your council?
- What is the best way to respond to this?
- Who does the follow-up?

How important is time?

Planning to use this technique does take time but it can be used again and again. The session is basically allowing sufficient time for the groups to empty and take care of their “in-boxes”. Reporting back to all can be done in many ways. One I like using is to have each group make a time line of handling their in-box. Besides having fun, the participants will learn to:

- Prioritize
- Analyze
- Delegate
- Solve problems
- Organize
- Plan
- Communicate
- Make decisions

Three gems from Will Rogers:

- *Never miss a good chance to shut up.*
- *If you find yourself in a hole, stop digging.*
- *Good judgment comes from experience, and a lot of that comes from bad judgment.*



Spaced Learning

What?

Apparently, short 8 minute sessions interspersed with ten minutes of an entirely different activity (usually physical) and then repeated are proving far more effective to improve peoples' concentration, than full sessions. It is claimed that during the 8 minute session, people listen, watch and focus on all the information gets stored in your long-term memory.



Where?

This cutting-edge concept was created at a high school in the UK.

Why?

According to studies carried out at the National Institute for Child Health and Development in the United States, connections between developing brain cells form most effectively when the brain is given regular breaks. Really seems to motivate the learner. Stop the old "talk and chalk" method some of us grew up with. Participants seem to gain confidence and are more relaxed as they progress because "coming back" each time seems more familiar. Participants even seem to set their goals higher.

Really?

Remember, one-size-fits-all no longer works. So try a combination of styles and techniques. Remember that the old model of education wasn't built around the best way people can learn, but the best way to organize learning or the easiest way for the facilitator.

How?

Try it - no more sitting for more than eight minutes for your participants at a time. Break with games and activities they can use in their Units. It is a win-win situation. Participants will have more fun while their retention is higher. Don't forget to praise!

Report

Let us know how it works for. I will publish all evaluations of this method in the next *Signals*.

Dinosaurs!

Can the funny dinosaur make all the plants giggle?



To play this game you will need as many hula hoops as there are girls.

If you don't have hula hoops, you could chalk large circles on the ground.

- Set the hoops out on the floor, randomly placed. All but one Rainbow stands in a hoop. They are the plants and must stand on one leg.
- The remaining Rainbow is the dinosaur. She must walk up to the plants and try to make them laugh and lose their balance. She can do this by making silly noises, pulling funny faces or by doing a ridiculous walk – but she can't physically touch the plants.
- If a plant puts her foot down, she changes places with the dinosaur. Keep playing so that lots of girls get the chance to be the dinosaur.

Top tip: If you have a lot of girls, have more than one dinosaur to make the plants laugh.

Source: Guiding UK Magazine, September 2002

Submitted by Michelle Berndtsson



Today...

We wish you a day of ordinary miracles.

A fresh pot of coffee you didn't have to make yourself.

An unexpected phone call from an old friend.

Green traffic lights on your way to work or shop.

We wish you a day of little things to rejoice in

The fastest line at the grocery store.

A good sing-along song on the radio.

Your keys right where you look.

We wish you a day of happiness because you are someone special and rare.

We wish you a day of peace, happiness and joy.

From Vulcan's weekly
"Good Morning" publication

Planning a ceremony

"Does someone have a ceremony for ...?"

Here is a worksheet for the girls to help them plan their own ceremonies. Give each girl a copy and see what develops!

- Name of ceremony
- Purpose or theme
- Date of ceremony
- Time
- Place of ceremony
- Length
- Who will attend?
- Who will be invited? How?
- How will the ceremony begin?
- What songs, poems, quotations will be included?
- What activities will be included in the main part of the ceremony?
- Will people speak?
- Will badges or other awards be given?
- How will the ceremony end?
- Who will do each part?
- What decorations or props are needed?
- Who will bring the items?
- What refreshments will be served?
- Who will bring them?
- What will refreshments cost?
- Who will pay for them?
- Do we need a rehearsal?
- What do we need from our Guiders?

MY LIFE BROKEN DOWN INTO SEGMENTS



Eastern Regional Training Conference

- November 18-20, 2011
- Rothesay, New Brunswick
- We will not be subsidizing any representatives from our province

However

- If you would like to participate independently, please e-mail Sue at training@albertagirlguides.com

Western Region Training Conference

WRTC

- September 27-30, 2012
- Calgary at the Radisson Hotel
- Offering both a 3 day and a 2 day option

Mark your calendars today!
Stay tuned for more information



This spring, we are all in for a **TREAT**

The Provincial Training Committee has engaged **Hugh Phillips** from HP Training Works Inc, a firm that specializes in helping people achieve exceptional results through training and professional development. He will facilitate a tailor-made workshop for all trainers and trainer candidates on the Saturday of our **Trainers and Camp Advisers Workshop April 8-10, 2011**.

Our workshop, **UNDERSTANDING SELF AND OTHERS** will sharpen our interpersonal abilities and build winning, working relationships that will enhance technical skills and improve training delivery.

Mark your calendar now! You won't want to miss this fabulous, exciting opportunity for personal insight and growth!

Please join us as we work together to advance our leadership abilities in working with, and training, others! Watch for workshop details and registration information in your inbox in February.



Ideas From Sue

Traffic lights - A running game

- Each girl has a piece of card (or button, or toy brick etc.) in one of three colours: red, green or orange. You will need spare pieces of card in each colour.
- The chasers, two or more depending on the number of players try to catch players as normal.
- If caught the player gives her piece of card to the chaser. The player can then go to the leader for another card.
- The winner is the chaser who gets one of each colour, forming a traffic light.

Did you know where it came from - Pot luck?

In the days of the settler when visitors were invited to dinner, they shared what was in the pot over the fire and hoped for the best.

Today it is a large meal where all the guests bring food to share.

New Guiders

Ever thought of having a new Guider shower?

"Please may I have..." A getting-to-know-you activity

- Each Guider has a bag of beads all the same colour and one thread or piece of string.
- Guiders go to another person and after introducing themselves ask "politely" for one of their beads.
- Eventually Guiders will have met everyone and have a necklace to remind them of their new friends.

Instead of beads you could use small stickers or any other object with different colours or shapes.



Ideas to Keep Your Trainings Moving!

<p style="text-align: center;">Getting Started</p> <p>Picture Prompt Show a picture without any explanation and let the participants explain the meaning.</p> <p>Personal Story Share how you relate to this session</p>	<p style="text-align: center;">Evaluation – can be used throughout</p> <p>Hand Held Response Cards</p> <ul style="list-style-type: none"> • One side yes – one side says no • Green for true – red for false • A, B, C, D for multiple choice <p>Physical responses</p> <ul style="list-style-type: none"> • Thumb up or thumb down • Stand up or sit down • Stamp your feet or remain still <p>Press Conference</p> <ul style="list-style-type: none"> • Ask 2-3 participants to be the “expert” team • Ask the rest of the participants to role-play as investigative reporters asking questions on the topic. <p>That was the answer so what was the question?</p> <ul style="list-style-type: none"> • A slight variation on an actual test. Give each participant one or two cards. They write a question on each card that might be included in such a test or quiz. Groups can either ask the questions of each other or do the quiz as whole. <p>Minute Paper Shuffle</p> <ul style="list-style-type: none"> • Give the participants one minute to write a relevant question about the material, and collect them all. Shuffle and re-distribute, asking each student to answer his new question. <p>Summarize</p> <ul style="list-style-type: none"> • What was new to you? • So what now? <p>Practical</p> <ul style="list-style-type: none"> • What will you use in your Unit, district, committee? • How will you use it?
<p style="text-align: center;">Along the way</p> <p>Bumper Sticker</p> <ul style="list-style-type: none"> • Write a bumper sticker to explain this <p>Imaginary Show and Tell</p> <ul style="list-style-type: none"> • Demonstrate what you have learned by using an pretend object you brought <p>Dice Replies</p> <ul style="list-style-type: none"> • When getting ideas or feedback from trainees (group) each team rolls a dice to see how many responses they will give. <p>When creative juices are needed</p> <ul style="list-style-type: none"> • Get your tools together. <ul style="list-style-type: none"> ✓ You'll need bold marker pens, ✓ big sheets of paper, and ✓ tape or pins to fix the ideas you generate to the walls or easels • Get some toys. <ul style="list-style-type: none"> ✓ bring a box of masks and drums ✓ have them put on the masks and play the drums <p>Question & Answer cards</p> <ul style="list-style-type: none"> • Make index cards for every student in the class; half with questions; half with the right answers. • Have to find appropriate partner by comparing questions and answers on their own cards. <p>Mime</p> <ul style="list-style-type: none"> • At the end of a section, have a participant mime one thing that was important to them. • First person to guess, mimes next 	

A serious question for all trainers: Do we really ever grow up or do we really just learn how to act in public?



An activity to use as part of disability awareness. You can also make "swap" noses out of red pom-poms - just add a safety pin. Submitted by TIGER ROUSSEAU

Written by Margaret Paschal, Program Resource Center Coordinator, Girl Scouts of Greater Atlanta

IT'S RUDOLPH THE RED-NOSE REINDEER!

You'll need: red paper circles, about 2 inches in diameter for older campers,
3 or 4 inches for younger campers;
Dark markers with fine tip

- Invite everyone to join you in singing "Rudolph the Red Nose" then asks: "How do you think poor Rudolph got his shiny red nose?" (Reveal the secret: he's allergic to snow!)
- Ask: "Have you ever been picked on, teased, or called names because of something that wasn't your fault? Then you probably know how Rudolph felt." Did he - or you - feel sad? Angry? Embarrassed? Scared? Vengeful?
- Ask: "Did you ever wonder how Rudolph felt when the other reindeer suddenly loved him and cheered for him?" [Was he happy? Excited? Proud? Angry because they hadn't liked him before? Confused, because he hadn't changed - they had?]
- Ask: "If you hurt someone's feelings, what can you do to make things better?" [Apologize; do something nice for that person...]
- "Did you know? We ALL have 'red noses'! We all have things that make us special, unique, and individual." Hand out 'noses' (circles of red paper) and markers or pens.
- Say: "On one side of your 'red nose' I want you write down at least one thing - it can be more - that makes you, YOU! What makes you a special, one-of-a kind, no one else exactly like you person? Your friends would know it's you because of..." [give girls a chance to write]
- Say: "On the other side of your 'nose,' I want you to write down at least one skill or talent or ability you have. What are you really good at? What do other people ask you to do because you do it so well? Or maybe it's a secret talent that no one else knows you have!"
- "Everybody hold up your noses! We're a Unit of Rudolphs - how lucky is that? I like being me, so I'd like to share my "red nose": [share]
- Invite anyone else who would like to, to read either or both sides of their "nose".
- Say: "Isn't it great? We all alike enough to get along and have fun together, but different enough to have all kinds of skills and abilities to share.
- Put your noses with your other camp keepsakes so you can remember how great it is to be uniquely YOU!"
- Say: "Let's close with a *friendship circle*...In Girl Scouts, we to do our best to be friendly and helpful, considerate and caring, and to respect ourselves and others. We don't laugh or call people names because they are different from us. We invite them to join in our games. As I start the *friendship squeeze*, think about ways you can help girls who are different from you be part of your circle of friendship."

Never make the same
mistake twice
or you'll never get
around to all of them.

The main thing is
keeping the main thing
the main thing.
- German Proverb

The past is a
guidepost, not a
hitching post.
-Thomas Holcroft



The Provincial Training Committee needs you!

Project Co-ordinator -Training by Phone

Term of appointment:

- One year. May be renewed depending on the continuation and direction of the project.

Reports to:

- Provincial Training Adviser

Time Commitment:

- The time required will depend on the number of events in the program.
- The work can be scheduled to fit in with the co-ordinator's own schedule but will require regular access to e-mail.

Duties:

- Plan the program of trainings by phone for 2011 in consultation with the provincial training executive committee
- Publicize the trainings using *Blue-Print*, *ANY_Guide News*, provincial website and the training network etc., with the support of the Administrator - Trainer Communications.
- Identify, support and brief trainers who are training by phone.
- Liaise with the provincial office regarding bookings and finance.
- Work within the project budget with the support of the committee's treasurer.
- Prepare a report for each meeting of the provincial training committee and provincial training executive committee.
- Make recommendations regarding the future of the project.

If you are interested – or wish more information, contact Sue

training@albertagirlguides.com

The Past - a resource or a brick?

Being part of Guiding for more years than I care to remember can be a blessing or a curse depending how you use your experiences.

We must have all, sadly, come across the leader who will not take on board a new program or way of working. She is determined to carry on running (and note I don't say guiding) her unit just as she has for years despite the fact that the girls, and the world in which they live, have changed.

Hopefully as trainers we can avoid this trap and adapt our experiences and knowledge to the current world - it can actually be fun to bring back ideas from our past!

As a youngster I learnt to sew, knit and crochet but for many years it wasn't fashionable to do any of these. Now you only have to take a look in Michael's or other craft stores to see how popular they have become again. Cooking is another skill that took a beating with the advent of fast food but once again it is becoming fashionable, and healthier, to prepare meals from 'scratch'.

In Guiding many of the activities the girls enjoyed in the past are making a comeback too. So don't be ashamed of your past experience, look at those activities you and your girls enjoyed and if they meet today's objectives, dust them off and include them in your trainings. Remember many of our trainees are new to Guiding so they will be new and fresh to them!

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 Spring edition: April 20, 2011

