



# Alberta Lones

## Happy New Year Alberta Lones!

Wow! It has been a long time since I have been able to produce a newsletter for the Lones. I am hoping this is something I will be able to get out regularly to keep all of you in touch and feeling that you are part of a larger group (not just out there alone!).

I guess a little about me would be a good place to start—and maybe in the future we can get a profile of the Lone Guiders out there too!

I have been in Guiding since I was 6. I started as a

Brownie and have kept going, this will be my 27th year of Guiding. I have volunteered at Our Chalet and Pax Lodge and had a chance to visit Our Cabana too! I guess one day I will need to visit Sangam so that I will have seen all four world centers.

I currently live in St. Albert (just outside of Edmonton) This year I have taken up cross country skiing again and discovered how much I enjoy being outside—even when it is so cold it hurts to breathe!

I am looking forward to this year and hearing all the exciting things that the Lones get up to in 2009.

Heather aka Alpine



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### Special points of interest:

☺ Thinking Day 2009 is coming up! Do you have any plans? Have you checked out the Website for your area to see if there are any events you can join?

## About our Units

You may not realize it but there are more Lones out there. This year we have Lone Brownies, Lone Guides, a Lone Pathfinder and several Lone Rangers too.

What have the Units been up to?

The Lone Brownies and Guides sold fall cookies at Sears in November and they are looking forward to doing it again.

Our Lone Pathfinder is trying to connect with Pathfinders in neighbouring

communities (not sure if she has had any luck yet!) and the Lone Rangers are busy working on their programs. We are a busy group!

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## World Thinking Day

Most of you know about Thinking Day—every February 22nd Girl Guides, Girl Scouts and Boy Scouts all celebrate the birthdays of Lord and Lady Baden Powell.

Did you know that every year WAGGGS (World Association of Girl Guides and Girl Scouts) put out a special world wide challenge?

This year the challenge is all about preventing the spread of communicable diseases.

Your Guiders have copies of the activities and fact sheets that they can share with you (and maybe already have!). You can also find the informa-

tion yourself on the World Thinking Day website:  
worldthinkingday.org

Here is a sample of the type of activities that you can do with your friends and families to get thinking about how diseases start and how they can get prevented.

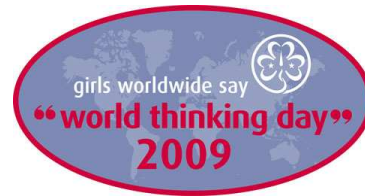
*Dehydration-rehydration. As around 65 per cent of the human body is made up of water it's important*

*to stay hydrated. Find out what happens when the body becomes dehydrated. Make up this homemade*

*recipe for a oral rehydration solution and give a small amount to the rest of the group to taste:*

*Mix one teaspoon of salt, eight teaspoons of sugar and one litre of clean water together until the salt*

*and sugar are completely dissolved.*



WAGGGS World Thinking Day

## Alberta Lones Provincial Challenge

This fall we had a poll posted on the Alberta Lones yahoo group to see what challenge we should do as a group. The votes came in and we have started on the Field to Farm Challenge.

If you haven't started yet you still can! So far we have posted instructions on how to make homemade butter. The second challenge was

posted in early January—a matching game for the Brownies and Guides (which will be sent to you by your Guider). For the Pathfinders and Rangers you have been challenged to learn about what makes a plant a "weed" and to talk to some of the seniors in your life about what "weeds" they may have eaten in the past (ie dandylions!)

## Lones can camp!

Are you interested in camping this year? Last year we encouraged Guiders from across the province to send us invites to their camps. We will do the same this year. As soon as we get the invites we pass them on to you. It's a great way to meet fellow Guides



Want to go camping?

in your area and to gain some camp skills!

There are other opportunities too—every summer Calgary Area hosts a science themed camp at the University of Calgary field station and most summers we also have a provincial arts camp. Stay tuned

for more details and opportunities. Remember to check the Alberta Girl Guides website too—sometimes camp info gets posted their before we hear about it!

<http://www.albertagirlguides.com/>

# Speaking Camp—here is what a Lone says about Arts Camp!

In August 2008, I had the pleasure of being invited to help at the Alberta Arts Camp at Tangle Trees at Sandy Beach. This was the third Arts Camp that I've been at, however, this was the first one that I was a helper.

Being a helper made this camp more unique as I had more responsibilities, yet I felt that my time was more laid back. I had a good taste of what the leaders go through at every camp when it comes to "lights out". The girls that I was in charge of were fairly good except there were a few exceptions. I know understand the frustration that leaders often have when girls just won't be quiet or just plain won't listen.

My most amusing memory of this camp is when we had a black and white visitor. Some of the girls decided that it would be good to leave food even though everyone had been told not to. Our skunk started to become more friendlier to the point that it started coming onto the deck and scaring the cook. One night when we were supposed to have campfire, the skunk was discovered in the fire pit.



Arts Camp 2008 Write Up

The food was good as always and I enjoyed helping to prepare it. Ray is awesome.

I did learn a few new activities and some new games.

I am looking forward to Arts Camp 2009. See you then.

Jessica  
Lone Pathfinder  
Whitehorse, Yukon

## The Yahoo Web Group

For the past two years we have had a yahoo web group just for Alberta Lones. Only Lones can join (you have to be approved by me!) however we will let your parents join us too ;)

What's in the web group? Sometimes I ask questions about what you are up to, sometimes there are polls to help decide what Challenges we should do

next, often there are contests or new opportunities for you to participate in, and occasionally there is a bit of discussion between Lones.

Overall it is a place for you and your Guiders and parents to come and get information and share ideas too. If you haven't already joined, asked your Guider for the link or type in this address:

Contact me for information on how to join us!

## What about you?

I'd like to hear from you!

Do you have a story about something you have done in Guiding? A favorite activity you would like to share? How about a funny joke or favorite lunch recipe?!

Come on—you know you want to share it! I'm even willing to send you a prize for your contribution. I have stickers, crests, all kinds of fun stuff that

I think would make a great reward for your hard work!

You can email me:  
ablones\_heather@hotmail.com

Or you can mail me your contribution:



Heather Gardiner

Got any thing to say?



Thanks for reading! Remember to send me your contributions and any suggestions on what you would like to see in the next newsletter!

Happy Valentines Day and  
Happy Thinking Day!



*Alpine*

