



# ALBERTA LONE GIRL GUIDES!

Alberta Lones

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## Where is Spring?

I hope by the time that this reaches you spring will be at your house. So far it hasn't reached me. I can't complain too much though, I had a great winter sledding, cross country skiing and even made it back to the mountains for a short ski trip.

In light of the fact that spring time also brings all



*Welcome to Spring time!*

kinds of fun earth and environment based days I have tried to devote this newsletter to the Environment. My only down fall is that I don't have recycled paper to print it on!



Spring is a great time to start getting prepared for camp. There have been some exciting provincial events released this month—For Guides and Rangers—A camp focused on canoeing, outdoor activity and fun, for Pathfinders and up a neat opportunity to go to the National Guide office and participate in a youth summit.

I will keep you informed of

other activities that are upcoming—I expect to hear about the Provincial Arts camp soon and will send that information on to you when I get it.



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## Scholarships

For those of you in high school—I am sure you have heard this a million times but...don't forget about the scholarships that are available to you:

Girl Guides of Canada Scholarships: open to any

member of Guiding who is entering post secondary education on a full time basis.

Roberta Bondar Scholarship:

Open to any member of Guiding who is specializing in mathematics, science, applied science or technology

and is entering her 3rd or 4th year in under grad or graduate studies.

(probably not too many of you qualify, but it is information to keep in the back of your mind!)



## Kids Helping Kids Community Service Project

Girl Guides of Alberta has chosen Kids Kottage, a temporary crisis nursery providing a safe place for children who are at risk of abuse or neglect, as a community service project.

Each child who visits Kids Kottage is provided with a toothbrush and a set of clothing to take home. Children who are helped by the Kids Kottage range in age from infants to 10 years old.

Kids Kottage are always in desperate need of toothbrushes, underwear, and socks.

Since beginning the project in 2002 Alberta Girl Guides have collected 5,017 toothbrushes, 4,097 pairs of socks, 3,479 pieces of underwear and numerous other items including toothpaste, craft materials, toys hair care and bath products.

If you would like to participate in this project you can drop items off at the Provincial Guide



*“One person working towards a dream is worth 99 people just working”*

Shop—11055-107 Street, Edmonton

If you are from Calgary and would like to donate closer to home, please contact Patty Kilgallon, Executive Director of the Children’s Cottage at 845 McDougal Rd, Calgary 403-283-4208

You can also send items to myself or your Guides and we can get the items to these great

organizations.

## World Water Day

International World Water Day is held annually on March 22 as a means of focusing attention on the importance of freshwater and advocating for the sustainable management of freshwater resources.

Events happening in Alberta include: celebrations in Fort MacMurray and Calgary. Details of these events can be found at [www.cawst.org](http://www.cawst.org)

Take some time with your family and think about ways you can save water in your own home. Here are some tips for

saving water at home:

Turn off the tap when you are brushing your teeth!

When cold water will do, avoid using hot water

Take shorter showers

Useless water for your bath

Operate your dishwasher only when you have a full load

Store drinking water in the fridge, if you like really cold water (instead of

running the tap)

Make sure the tap is completely off when you are not using it



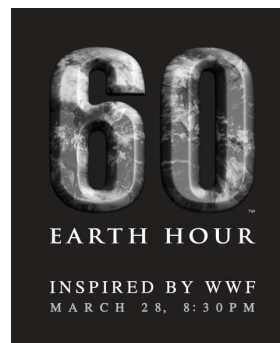
## Earth Hour 2009

Did you participate in Earth Hours last year? This was a Global project started by the World Wildlife Foundation to encourage people everywhere to conserve energy, if only for 1 hour!

This year Earth Hour is March 28th at 8:30pm. Encourage your family to turn off all the lights (yes, the computer and tv too!) for the hour. It is really incredible to see how many things in your

house take power—take some time on March 28th (and every other day too) and turn some lights out!

Tell your friends and family and see if you can also get them on board.



More information on Earth Hour can be found at [www.wwf.ca/earthhour/](http://www.wwf.ca/earthhour/)

# Earth Day APRIL 22

Looking for something to do to celebrate earth day? How about something like this:

### Plant a Tree or Enjoy Nature

Planting trees is an effective way to reduce greenhouse gases. Trees absorb carbon dioxide and create oxygen for us to breath. On Earth Day, venture to a park, fly a kite, ride a bicycle, or clean-up trash at a local stream or nature setting.

### Recycle

Demonstrate the creative side of ordinary objects. Make a recycled flower pot. Cut-off the bottom of a 2 liter soda bottle, decorate it, and plant seeds. Tour each part of the house and talk about which products are recyclable or able to be reused.



*“April 22—Celebrate Earth Day!”*

### Create your own Earth Day poster

Create an environmental slogan and decorate a poster. Hang the poster in a spot that will serve as a constant reminder of your pledge

## HOW TO MAKE A WEATHER VANE

Cut out an arrow from the cardboard provided. Tape a large pen cap to one side.

1. Insert a pencil into the ground firmly in an area that is not sheltered from the wind by trees or buildings.
2. Place the pen cap over the eraser of the pencil. Test to ensure that it can spin freely.

Use a compass to determine where north is. Identify this by placing a

large stone in this direction.

Your weather vane will always point directly into the wind because the wind is pushing hardest on the big part (the tail) and the object will move to lessen the amount of force on this part.

Wind is caused by air moving from areas that have one temperature and pressure to another (remember your barometer experiment). Certain areas of the earth have 'usual' winds based on the most frequent type of weather

they experience. These are called prevailing winds. Winds spin because the earth is spinning. In Alberta, most of our wind comes from the Northwest because high pressure systems (nice weather) moves from west to east and because most of the unpredictable low pressure systems that we see are produced over large bodies of water - for us the Pacific and Arctic oceans found to the West and the North.

## Want to help test Alberta's Water?

Have you ever wondered what is in your local stream, river, lake or pond? Ever wanted to take samples like a scientist?

You can, and while you're doing it you'll be helping the environment and assisting in science research.

Every year Alberta Lake Management Society provides free sample kits to families, groups and individuals. These kits ask you to take a sample of water and

then perform 5 easy tests to help measure the health of your water way.

You'll check the temperature, clarity, ph and more. After the testing is done you are asked to log the information on the website. The kit is small (about the size—water bottle size) and light so it is easy to pack with you. The kit has enough material to sample several different water sources as well. If you are in-

terested, or want more information, please check out [www.awqa.ca](http://www.awqa.ca)

Information on how to sign up for testing is located here as well as links to previous data so you can check on the health of your closest water source!

## Alberta Lones

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**Happy Earth Day!**

### Other stuff you can do to help the earth:

Ask your family to investigate composting, maybe this is something that can work for you

Make an effort to buy products with less packaging

See if there is a yellowfish road project in your town (if not contact me and I can give you some details)

Participate in Pitch-in week

## I want to hear from you!

I didn't hear back from any of you after the last newsletter—really, no one did anything interesting? I find that really hard to believe!

Have you gone on a trip? Did you work on a really cool badge?

Is there something you would like to have more information on—like special challenges or events coming up in the Province?

Do you have a joke that love to tell? A funny story about your pet?

Seeing that it is the Earth issue and you are all now thinking about stuff you can do to protect the earth, maybe you would like to send ideas or a write up of what you are doing to help the earth?

I have **STICKERS**, **BADGES**, and other goodies that I will send you as a reward for your input!

You can send me a letter, you can email me, you can call me, you can post it on the Alberta Lones web forum.



*A good planet is hard to find!*