



1910-2010 Girl Greatness Starts Here
Le leadership des filles commence ici

BACK TO THE FUTURE OF GUIDING

2010 Provincial Annual Training Conference
April 30 to May 1, 2010
Holiday Inn Airport West
Winnipeg, Manitoba

Message

Dear Guiders and Rangers,

Mark your calendars and pack your bags for the 2010 Provincial Annual Training Conference: Back to the Future of Guiding, "Celebrating our Past and Embracing our Future".

We listened to you and instituted some changes in our training sessions. We are offering a series of sessions that fit into modules. This year's sessions are certain to provide you with ideas, skills and excitement to carry you all the way into the next Guiding season.

Yes, we made some changes to the weekend, all with you and your many varied needs in mind. Friday night you can choose to participate in the activities that the supporting Area (Bishop Grandin) has planned or you can certainly relax and get ready for Saturday. Saturday will begin an exciting day of trainings, to benefit yourself and your girls.

Our annual meeting will be at lunch time and the awards banquet will be in the evening. Then, Saturday night make sure you get comfortable and come to the Provincial hospitality room and meet your fellow Guiders from Manitoba. Sunday is all about you; you are free to do whatever you want. However, we are offering some training at the Provincial office.

We do need all of you to come out and make this Provincial Annual a success. Plan to bring a friend or two and experience everything that Manitoba Girl Guides has to offer. Celebrate our past and please do embrace our future.



Debra Halligan
Provincial Commissioner



Marlo Jurkowski
Deputy Provincial Commissioner



Doreen Pattie
Deputy Provincial Commissioner

About the 2010 Conference

In order to better meet the needs of our changing volunteer base and the Guiders' needs, you will see the following at the Annual this year:

1. We listened to Guiders who answered our survey. Very low key Friday night activities, super packed Saturday and casual Sunday.
2. We have tried to focus on training topics that recognize the efforts of volunteer Guiders. We want to revitalize and rejuvenate you so that you can go back to your Unit and really enjoy working with the girls.
3. We will be having a guest speaker, Barb Gemmel and several other outside facilitators.
4. Bishop Grandin is the Supporting Area for 2010. Big thanks to the Guiders from Bishop Grandin Area for their support of the 2010 Provincial Annual.
5. In recognizing that our Rangers are a huge part of our future, they are invited to the Awards Banquet and no other separate Ranger activity on Saturday night is planned.
6. You will notice that there are fewer sessions offered. This is in recognition of the many sessions typically cancelled due to low registration. Each session will be open to more participants and therefore less individual sessions will need to be cancelled.

About our Guest Speaker

Barb Gemmell

Barb Gemmell, CAVR has extensive experience in facilitating and consulting for organizations of all sizes and structures throughout Canada; she has even done past workshops for Girl Guides. She established Gemmell Training & Consulting in September 2000, providing customized facilitation services in strategic planning, board leadership development and volunteer resources management. Barb's work in the voluntary sector allows her to monitor trends and learn about best practices and innovative approaches. Her experience includes 13 years with Volunteer Manitoba as well as extensive personal experience in leadership and service roles.

Barb brings energy, enthusiasm and practical ideas including examples from her current personal volunteer involvement with organizations such as Community Legal Education Association, Destination ImagiNation and Manitoba Association for Volunteer Administration. She is the author of a number of articles as well as her own e-newsletter Barb's Bytes.

Service Project

In order to help celebrate and support the 2010 National Service Project: Eradicate Hunger and Poverty, we will be collecting food for babies (cereal, formula, baby food jars, etc) for Winnipeg Harvest. We are inviting Winnipeg Harvest to come on Saturday May 1st to pick up what we've collected – let's overwhelm them with our donations!

Agenda

Friday April 30, 2010

At the provincial office:

6:00 pm – 10:00 pm

Red Cross Standard First Aid Part I
Instructor: Pam Simmons
Cost: \$90.00 payable the night of training.
Check with your Area and/or District for subsidy information.
Maximum 12 participants.

At the Holiday Inn:

6:00 pm – 8:00 pm

Registration

7:00 pm – 9:30 pm

Friday Night Activity – Bishop Grandin Area

9:30 pm

Snack and Conversation

Saturday May 1, 2010

At the Holiday Inn:

7:30 am – 8:30 am

Breakfast

8:15 am – 8:30 am

Late registrations

8:30 am – 9:30 am

Session 1 – *Change*, Group workshop with Barb Gemmell

9:45 am – 11:00 am

Session 2 – *Inspector Gadget*

11:00 am – 11:15 am

Break

11:15 am – 12:30 pm

Session 3 – *The Ugly Truth*

12:30 pm – 2:00 pm

Lunch and Annual General Meeting

2:00 pm – 3:15 pm

Session 4 - *Fame*

3:15 pm – 3:30 pm

Break

3:30 pm – 5:00 pm

Session 5 – *A Walk in the Clouds*

6:00 pm – 6:30 pm

Reception and Cocktails

6:30 pm – 10:00 pm

Banquet

10:00 pm

Provincial Hospitality (all welcome)

Sunday May 2, 2010

At the provincial office:

8:30 am – 5:00 pm

Red Cross Standard First Aid Part II (continued from Friday)

Lunch will be provided.

Trainer Stream Modules for Trainer Candidates or anyone interested in becoming a Trainer.

Lunch will be provided.

At Fort Whyte Alive:

9:00 am – 5:00 pm

(1961 McCreary Road)

Paddle Manitoba Introduction to Canoeing (includes Flatwater A and B)

Cost: \$85.00 payable the day of training.

Maximum 20 participants.

Check with your Area and/or District for subsidy information.

Dress for the weather; bring a bag lunch and a lifejacket if you have one.

At the Manitoba Museum: (190 Rupert Avenue)

12:00 noon

You are invited! The Manitoba Council Archives Committee invites our Guiding members, their families and all friends of Guiding to the official launch of the exhibit *100 Years of Guiding in Manitoba – Challenge & Change!*

The launch will be at 12:00 noon in the main foyer at the Manitoba Museum (190 Rupert Avenue). Join us to celebrate our past 100 years!

Session 1 “Inspector Gadget”**Saturday 9:45 am to 11:00 am**

Module	Objective
“The Nutty Professor”	Basic Science Experiments – experience a hands on session environment that will take away some of the mysteries of science. You will be able to facilitate experiments back in your Unit after this.
“Hackers”	Computer Skills in the Future – what are the girls talking about? How are girls (and adults) communicating today? Participants may bring a laptop if they like but is not necessary to participate in this session.
“National Treasure”	You’ve heard of geocaching but have you ever wonder what it’s all about? Join us for an exciting session! If you have your own GPS unit, please bring it along. Please note: This session will be held outdoors, please dress appropriately.
“Robocop”	Come and learn how to build a Robo Critter! You will get started on your own Robo Critter and will leave with instructions on how to finish. Once you’ve learned how to build them, you can purchase kits and build them in your Unit.
“The Great Outdoors”	Camping is more than putting up your tent and unrolling your sleeping bag. Interested in the what, where and how of camping? Join this session! Good for both novice and experienced campers.

Session 2 “The Ugly Truth”**Saturday 11:15 am to 12:30 pm**

Module	Objective
“Precious”	Challenge the current ideal of a thin body for girls and women and explore the social and cultural factors that perpetuate this image. Learn about developing a healthy self-image and encouraging a friendly relationship between your body and with food.
“Don’t Shoot the Messenger”	Had to deliver an unpopular message? Finding that your ‘team’ is resistant to change? Learn how to help you build your communication skills and use these skills to work more efficiently with other people.
“Mean Girls”	Learn to identify social aggression, to understand the motivation behind social aggression, and its impact on girls. Learn age-appropriate strategies for promoting healthy relationships.
“Clueless”	Feel empowered! Learn about assertive communication, self-care and how to value diversity.

Session 3 “Fame”
Saturday 2:00 pm to 3:15 pm

Module	Objective
“Dance with Me”	<p>The Zumba® fitness program is the most fun you'll ever have while working out! Zumba® program fuses hypnotic Latin rhythms and easy-to-follow moves to create a one-of-a-kind fitness program that will blow you away.</p> <p>Please note: participants will require workout clothing and appropriate indoor footwear.</p>
“Painting the Town”	<p>Experienced or not, come to this session and have fun learning about one brush painting.</p> <p>There will be a \$5.00 fee for this session, payable at the time of registration.</p>
“Point & Shoot”	<p>Come learn handy tips for taking better Girl Guide photos. This session we will discuss digital photography and how to improve your images with your digital camera. Please bring your camera, manual and memory stick.</p>
“Glee”	<p>Bring your song books if you have them. It's a singsong of your favourites. It's fun! It's relaxing! Come and sing and laugh with Doreen and Marilyn!</p>

Session 4 “A Walk in the Clouds”
Saturday 3:30 pm to 4:45 pm

Module	Objective
“Scrapped”	<p>Learn some new techniques to use in your card-making or scrapbooking and make a take-home using those techniques.</p> <p>There will be a \$5.00 fee for this session, payable at the time of registration.</p>
“The Tai Chi Master”	<p>Taoist Tai Chi™ internal arts of health can help you take a step towards better health. This ancient, gentle art can be practiced with great benefits by people of all ages. It calms the mind, and energizes the body. It helps improve balance, circulation and posture; increases strength and flexibility; promotes relaxation and reduces stress.</p> <p>Participants will have the opportunity to try some of the exercises and moves of the set.</p>
“Boulevard Zen”	<p>YogaFit overcomes the mystery of yoga by delivering a practical, user-friendly style, which is accessible, understandable, and doable by individuals at any level of fitness.</p> <p>Participants should bring a yoga mat if they have one and dress in comfortable clothing that you can move in.</p>
“Robin Hood”	<p>Archery – Whether this is an introduction or practice for you, come join us for some active fun.</p>
“Home”	<p>Having trouble bringing climate change and environmental issues down to the kids' level? Come learn some fun ways to bring environmental issues into your program. Topic will cover badge work at all levels and how to reduce your own and your unit's carbon footprint.</p> <p>Please go to http://www.myfootprint.org/en/ and calculate your carbon footprint and bring the results with you for the workshop. Please note: This session will be held outdoors, please dress appropriately.</p>

Adult/Ranger Registration Form

(Please circle either Adult or Ranger)

Name: _____ iMIS number # _____

Mailing Address: _____
 Street Address/PO Box City Province Postal Code

Telephone (daytime): _____ Telephone (evening): _____

E-mail: _____

Payment	Circle One	
Friday Night Activities (indicate your attendance by circling yes or no – there is no cost for the Friday night activity)	Yes	No
Annual Meeting & Conference Fee (Includes one breakfast, one lunch and banquet) <i>We will be providing a vegetarian option for the banquet only. Please indicate if you require the vegetarian option for the banquet by circling "Vegetarian"</i>	\$75.00	Vegetarian
Modules and all meals except banquet	\$45.00	
Banquet only fee	\$30.00	
Modules with fees (please include the amount for all sessions you have requested that have fees associated with them)	\$ _____	

List all food allergies (please include on your Health Form at the event as well):

• _____	• _____
• _____	• _____
• _____	• _____

Method of Payment – Circle One

Cheque	
Money Order	
VISA (credit card number) _____	Expiry _____
MasterCard (credit card number) _____	Expiry _____
Total Enclosed	\$ _____

- The deadline for applications and payment is **March 21, 2010**. No applications will be accepted after this date. There is a maximum of 250 spots for the conference, as venue cannot accommodate any more participants.
- **Module selection will begin on March 22, 2010 on a random basis.** If you have paid a fee for a module you do not get, your money will be refunded. If you do not submit payment for modules with a fee with your registration, you will not be considered for that module.
- Mail completed application and payment (cheque, money order, VISA or MasterCard) to: Girl Guides of Canada – Manitoba Council, 213-530 Century Street, Winnipeg MB, R3H 0Y4. There is an after hours mailbox at the back of the Provincial Office Building. Applications are also available on the provincial website, under Events, if you wish to send it electronically.
- Make cheques or money orders payable to Girl Guides of Canada. NSF cheques and incorrect VISA/MasterCard numbers will be charged a fee of \$20.00. VISA and MasterCard registrations **only** may be faxed to 774-9271 or sent by e-mail to mtheissen@girlguides.mb.ca.
- **Cancellation Policy: No refunds will be given after April 1, 2010. Cancellations made prior to this date must be in writing or e-mail. Cancellation via telephone will not be accepted. An administration fee of \$20.00 will be charged for all cancellations.**
- *Safe Guide* permission forms for Rangers are available on the provincial website, under Events.

Module Choices

Remember to make 3 module choices per session, with the exception of the first session which is a group workshop for all in attendance.

We will not be contacting participants who make less than 3 module choices to ask them what their other choices are. For example if you only complete one choice and that is full, you will have no module slotted for that time period. We will contact those participants who complete 3 module choices and all 3 module choices are full.

Session Number	Module Options
Session 1 <i>Change</i>	Group workshop with Barb Gemmell.
Session 2 <i>Inspector Gadget</i>	<ul style="list-style-type: none"> • The Nutty Professor • Hackers • National Treasure • Robocop • The Great Outdoors
Session 3 <i>The Ugly Truth</i>	<ul style="list-style-type: none"> • Precious • Don't Shoot the Messenger • Mean Girls • Clueless
Session 4 <i>Fame</i>	<ul style="list-style-type: none"> • Dance with Me • Painting the Town • Point & Shoot • Glee
Session 5 <i>A Walk in the Clouds</i>	<ul style="list-style-type: none"> • Scrapped • The Tai Chi Master • Boulevard Zen • Robin Hood • Home

Session and Time	Choice 1 (Please print Module name)	Choice 2 (Please print Module name)	Choice 3 (Please print Module name)
Session 1 <i>Change</i> Saturday 8:30 am to 9:30 am	Group workshop with Barb Gemmell		
Session 2 <i>Inspector Gadget</i> Saturday 9:45 am to 11:00 am			
Session 3 <i>The Ugly Truth</i> Saturday 11:15 am to 12:30 pm			
Session 4 <i>Fame</i> Saturday 2:00 pm to 3:15 pm			
Session 5 <i>A Walk in the Clouds</i> Saturday 3:30 pm to 5:00 pm			

Important Notes:

- Uniform is required for the sessions and the banquet.
- Bring your confirmation of session list and completed health form.
- **Please note any food allergies in the space provided on the registration form** – we need this information prior to the event so we can notify the hotel of food allergies.
- Please be aware that others have fragrance allergies. Please limit the products you use that have a fragrance.
- Hotel rooms can be booked at any time, please call the Holiday Inn and use the booking code **GGC**.
- If you need a printed copy of this book, please contact your Area or the provincial office.