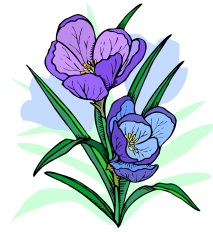


Crocus West Area
Newsletter
December 2010



Commissioner's Corner

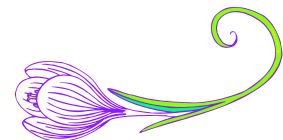


Well , Guiding year 2010-2011 is under way . It has been an exciting time already as it appears our numbers have grown. We also have Guiding in some towns that use to be strong guiding communities. Welcome back to Minnedosa and Killarney. September and October are traditionally the busiest time to welcome new Guiders. To you, the new Guiders, there are lots of experienced guiders that will help you with information, direction and any specific needs you have. Do not hesitate to ask. Call your District Commissioner or me and we will point you in the right direction

Hopefully everyone is having a successful cookie campaign. Please check with your District Commissioner for date to have them paid for. It is very important that you meet this deadline as is every deadline.

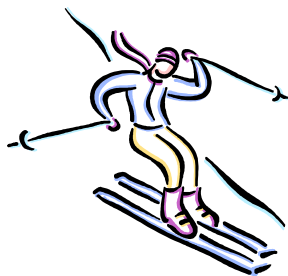
We have some exciting things planned for 2010-2011. Dauphin has had their Mall sleepover which was a huge success, In February we have a Pathfinder /Ranger event and June is Guide Area camp. I am sure as units look at their long range calendar , they have many fun filled activities planned for this year. Be sure to send a report with pictures to Paula to publish to area newsletter. We also have some training sessions planned. Come out and meet new friends and have some fun - no dishes and no cooking !!

Once again, welcome to all and have a fun filled year. Any questions or concerns, please feel free to contact me 866-725-0248 or paddocke@mts.net



Pathfinder/Ranger Event

February 25-27, 2011
 Swan River, Manitoba



Pathfinder/Ranger: \$65.00 per girl
 Adults Skiing: \$50.00
 Over Ratio Adults: \$20.00

Registration Due: January 21

Mail Registrations to:
 Joann Rogoza
 4 Wedgewood Bay
 Brandon, MB R7B 3J4



Manitoba Making Memories Campfire

Crocus West Area
Knox United Church



On December 5, 2010 95 girls and adults from Crocus West Area gathered at Knox United Church in Brandon to sing out the 100th year in Guiding. The campfire started by each group bringing forth their coloured flames, then singing their openings, and then a good ol' fancy campfire and at the end closing with each groups closings. A good time was had by all age groups, groups from Brandon, Killarney, Rivers and Virden. Thank you to everyone for making this a wonderful evening.



1st Hamiota celebrated with a very active campfire sing along. We then made campfires from raisins (rocks), pretzels (sticks), liquorice (fire) and marshmallows (coals). What campfire is complete with out s'mores so we made those too.



Hope everyone had a wonderful 100th Year!
Congratulations



Cookbooks

Cookbooks make wonderful Christmas Presents.

Buy one for yourself or maybe grandma!

Cost \$10.00 Unit keeps \$2.00

Can be obtained by calling area at 725-0248

Please bring a cheque for Cookbooks when you pick them up

Cheque can be post dated for 1 month later.



Ingredients

- 3 large onions
- 1 pound of ground beef
- 1 egg
- 1/2 teaspoon (1 gram) of dry mustard
- Salt
- Pepper

Heavy-duty aluminum foil

Directions

- Place the ground beef, egg, mustard and salt and pepper to taste in a large mixing bowl
 - On a cutting board, slice the onions in half horizontally
 - Coax the center sections out of the onion, leaving each half with two to three outer layers, or about 1/2-inch (13-millimeter) thickness, intact
 - Set these shells aside; they'll be your baking dishes
 - On the cutting board, chop the onion centers and add them to the other ingredients in the mixing bowl
 - Work these ingredients together until they're well-mixed.
 - Place each pair of onion halves on a 12-inch (30-centimeter) sheet of heavy-duty aluminum foil
 - Spoon the hamburger mix into the bottom half of each pair, mounding the mixture into a rounded ball above the edge
 - Cover the hamburger mound with the other half of the onion
 - Enclose the filled onions in the foil
 - Cook on coals for 15 minutes
 - With tongs or a fire glove, turn the packages over and cook for an additional 15 minutes on that side
 - Remove the foil pouches from the coals and allow to cool until they can be handled
- Carefully open the foil, and enjoy



Citizenship Challenge - help wanted!

The program committee is looking for units to pilot the revised citizenship challenge. We need one Spark unit, one Brownie unit and one Guide unit. We'll provide the challenge requirements - the units will need to complete and review them by March. Please e-mail Linda Little at nfarms@inetlink.ca by January 14th if your unit is interested in being the first to try this new challenge! All e-mails will receive a response.

25 Outdoor Winter Fun Ideas!

Just because it is cold outside doesn't mean that we can't have fun outdoors! Try some of these at meetings, or hold a winter fun day/carnival/camp!



1. **Snow Golf** - ahead of time, go to a field or park and outline your holes. You can make it a mini golf type by sinking cups or tin cans into the snow. Use coloured ping pong balls and hockey sticks for the clubs. Use your imagination and make banks, hazards, etc. Have fun!
2. **Winter astronomy** - With the sun disappearing so early these days, this is a great time to do some astronomy. Find the North Star, a satellite, the big dipper, Orion...
3. **Snow Angels** - have a snow angel party- try to make the best patterns in the snow. While down there, have the girls listen to the snow - see if they can be so quiet that they hear it crackle.
4. **Toboggan Party**- check out the list in Safe Guide and plan a party!
 - a. **Toboggan Relay** (4 per team) - you need 2 pullers for each sled, one girl to be the cargo, one musher (pusher). Have a circular course - everyone should change positions each round.
5. **Skating Party**- with many communities having skating ovals now, this is a great outdoor activity for girls! Check safe guide and invite extra helpers to tie skates or look at skating skills
 - a. Have a **skating obstacle course**. Use skate guards, pylons, hula hoops, chairs, draw on the ice with markers (where allowed), have the girls stop, pick up items, jump, go around...
6. **Jam Pail Curling** - freeze water in an ice cream pail or 4 litre milk jug. Attach rope for a handle (the plastic handles will break in the cold). If you use the pails, you can remove the ice blocks from the pail and reuse - the plastic will break otherwise. Have target practices or distance contests on a sheet of ice.
7. **Snow volleyball** - just like beach volleyball, but with parkas! Be sure to make the court, net & ball smaller as it is harder to play in snow.
8. **Snow sculptures or pictures in the snow** - if we get sticky snow have the girls create sculptures. If not, use sticks to make drawings, add nature objects, use spray bottles with coloured water...
9. **Trail signs** - of course trails signs work in the winter too! Use what is available...it can be a real challenge to stomp out a clear sign beside the trail.

10. **Nature hike** - look for chickadees, woodpeckers, sparrows, juncos; animal tracks; galls on trees (willow), other signs of life in the winter. Identify trees or just enjoy the hoarfrost.

a. **Make plaster casts of animal tracks**

b. Count how many different **birds** (or traces of birds) you see

11. **Snowshoeing** - many recreation districts and schools have snowshoes that you can rent or borrow. If you aren't a snowshoer, try them out first to get the hang of it, or have a resource person come in. Sparks can snowshoe too!

a. **Snowshoe relays** - ice cubes on spoons

b. **Snowshoe obstacle courses** - over the snow bank, forwards, backwards, sideways, run

12. **Fox and Geese** - using an area of untrampled snow, line up the girls and have them follow the leader to tramp out a circle cut in pie wedges. This is a tag game; geese must stay on paths but can run any direction along them; there is a home free small area in the centre. Fox chase the geese - the fox may run in any direction.

13. **Sledge pull** - load up a sled with snow, ice blocks or kids and have one or two girls try to pull it. Up the weight until it doesn't move any more. Be sure to use a sled with a sturdy rope!

14. **Snow Snakes** - a voyageur game - you need two pieces of doweling with their ends rounded. Set up a course by stomping out parallel trails for the "snake" to travel. Two girls send their snake down the course - it is a distance race. Try to switch sides and ends to make it fair.

15. **Crazy Carpet Races** - need crazy carpets! One girl sits on the crazy carpet while the other team members push - like a bobsled. This activity does not require a hill!

16. **Smooching races** - need two 2x4's for each team. These are ideally fitted with boot straps, but it is definitely more challenging with ropes attached to the boards which are held in the players' hands. Played in teams of 4. All 4 girls put their boots on the 2x4 and smooch (ski action) forward for about 20'. Then they turn around and return to the starting line.

17. **Marble/ball garbage** - need garbage bag, snow, marbles or ball, snowmobile gloves. Team members must find a marble/ball in a garbage bag full of snow while wearing snowmobile gloves.

18. **Freeze snowflakes** on glass or catch them on black paper to study.

19. **Get Lost!** Need blindfolds, a whistle and a large area to walk in. Blindfold each girl and have them walk "in a straight line" until they hear the whistle. Then have them remove their blindfolds and see how straight their line is. This safety game illustrates how easy it is to get lost in a snowstorm.

20. **Make tin can lanterns** - freeze water in tin cans. Have the girls use hammer and nails to create a pattern in the tin can.

21. **Ice luminaries** - use a commercial mold or pail and large yogurt container. Rub all surfaces with vegetable oil. Put the yogurt container in the centre of the pail. Fill the pail $\frac{3}{4}$ full with water and the yogurt container full of water to keep it steady. Freeze. Remove the yogurt container and fill the cavity with a few inches of water. Freeze again. Remove the luminary from the pail and use with a candle outdoors.

22. **Knee walk races** - an Inuit game - how far can girls walk on her knees, holding her feet behind her with her hands?

23. **Hurdle races** - jump over snowballs or banks without touching them.

24. **Over/under** - need 2 pails for each team and snowballs. Each team makes snowballs and puts them in a pail. The teams line up and pass the snow balls one by one through the first person's legs, the over the second person's head etc. until it gets to the pail at the other end of the line. If a snowball falls or breaks, the team uses the next snowball from the pail.

25. **Food on snow** - try making maple taffy with syrup (or go to a sugaring off if one is available in your region); Jell-O can be poured in clean fresh snow to make "Jewels" - just like a jelly mold!

Long Term Program planning

Every girl should have the opportunity to experience as much of the Guiding program as possible each year. A Long Term Plan can help us as unit Guiders make the most of our meeting time, try to figure out where we might fit special events and organize guests/program presenters. It also helps with shared leadership - it is much easier to split the workload if everyone knows what the general plan is!

Each year every unit should be doing

- At least 2 outdoor activities/meetings - Bridging activities
- Some kind of service project (s) - Some kind of "Bring a friend" or open house activity
- Cookie selling - Celebrating Thinking Day
- WAGGGS, Promise/Law activities

And then there are all the seasonal events: Halloween, Valentine's - it is really hard to fit everything in! All unit programs are designed to be delivered over 2 or 3 years. A little planning will make it easier to get everything done in the time given, without repeating ourselves too much!

Sparks - this is a two year program with 9 keepers. Every first year Spark will do "Being a Spark", every 6 year old Spark should do "Brownies and Beyond". For most units, that means these keepers will be done every year. The remaining 7 keepers can be done over a two year rotation (do 3 or 4 other keepers, for a total of 5 or 6 each year.)

Brownies - this is a two year program with 10 keys (and 71 interest badges). Every first year Brownie will do "Key to Brownies" and every 8 year old Brownie should do "Key to Girl Guides." The remaining 8 keys should be done over the two year cycle - 4 other keys each year, for a total of 6 keys per year.

Guides - a three year program with 16 pathways separated into 4 Challenge areas. There are separate camping and service project badges, as well as over 80 interest badges. Guides can earn the Lady Baden Powell award, but will need to complete all 4 challenge areas to do so. It is suggested to do the "You in Guiding" Challenge area every year, and rotate the other 3 challenges over the 3 year program cycle.

Pathfinders - a three year program with 64 modules split into 9 program areas. Community service and Citizenship awards can be earned. A Pathfinder who wants to complete her Canada Cord will need to complete those awards, 3 Leadership events or Camps, a number of specific modules, First Aid and Bridging activities. The girls in Pathfinder Units should be involved in Long Term Planning.

Rangers - a three year program with many challenges split into 8 program areas. Rangers can earn the Chief Commissioner's Bronze, Silver and Gold awards, the Commonwealth Award and the Duke of Edinburgh's award. They can also be recognized for Cookie Campaign Challenges, Ranger Service Projects and participation as Junior Leaders. Rangers will be planning their own programs, but in order to earn the Chief Commissioner's Gold award, they will have to complete challenges from all the program areas.

Tips and hints for a successful long-term plan:

- Be flexible and creative about program!
 - o The program activities in the books are only suggestions.
 - o If an activity is hard to do given the resources of your group, or it just doesn't fit with your planning in the year, feel free to adapt, skip an activity or substitute something along the same theme.
 - o Yes, you can award badges for substituted activities (if you do something really neat, please send your ideas in to the newsletter!)
- If your long-term plan isn't working at any point in the year, adapt it or start over.
- Don't try to do everything/celebrate every holiday every year.
- Build on what the girls are doing elsewhere. Cross-credit with schools, other service clubs, sports etc. so that the girls are not repeating the exact same activities at unit meetings.
- Some girls might just be there for the fun...and that is great! With such a broad range of program activities available, it should be possible to accommodate those girls and still accomplish program.
- Interest badges broaden the program and should be encouraged, but they are *optional* in most cases
- Try Program challenges - they can be a lot of fun (and can give new activity ideas for program areas)!
- Check in regularly with the girls to make sure things are working. Sparks and Brownies should do "Two Stars and a Wish", Guides and up should be involved with planning and evaluating.

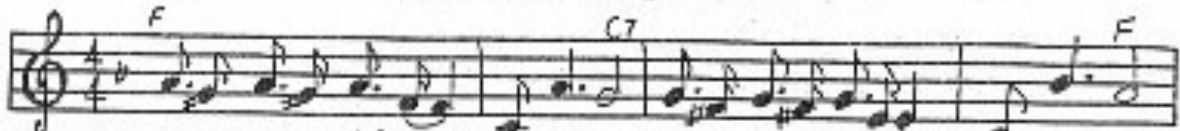
Welcome New Guiders we hope you find this newsletter useful. Make sure to contact your fellow members if you need any advice or suggestions for activities. You will meet many wonderful Leaders in our area and many very energetic girls. Welcome and enjoy.

I Can Make a Difference

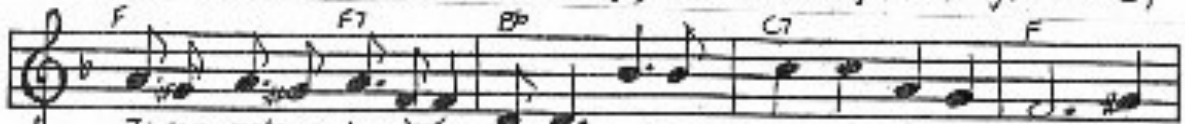
Words and Music
by Dorothy Lind
© 1995

With a lively beat

This song is dedicated to the memory of Elizabeth Allen,
a Gender who truly made a difference. -1999



1. I can make a dif-fer-ence, yes I can; I can be a friend and lend a hand;
2. You can make a dif-fer-ence, yes it's true; You can choose the things you say and do;
3. We can make a dif-fer-ence if we try; We can work to-geth-er, you and I;



I can make a choice to take a stand and I can change the world! Oh,
You can help the earth and peo-ple too, and you can change the world! Oh,
We can do our part so by and by — we can change the world! Oh,

Descant for a few voices

I can change it; I can change it;
You You
we we

I can make a dif-fer-ence, yes I can; I can be a friend and lend a hand;
You can make a dif-fer-ence, yes it's true; You can choose the things you say and do;
We can make a dif-fer-ence if we try; We can work to-geth-er, you and I;

I can change it; I can change the world!
You You
we we

I can make a choice to take a stand and I can change the world!
You can help the earth and peo-ple too, and you can change the world!
We can do our part so by and by — We can change the world!

Ending

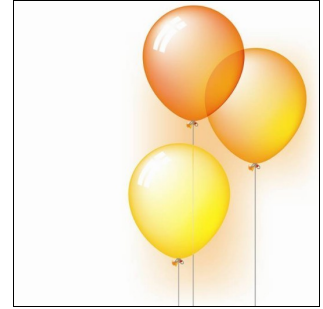


Gold Merit Award

Congratulations to

Tammy Zurba

on receiving this award at the April 2010 Banquet



Happy Birthdays

Crocus West Area Training and Banquet

April 9 -11, 2011

Happy Birthdays