



Girl Guides
of Canada
Guides
du Canada

Girl Guides of Canada—Guides du Canada
Manitoba Council
213-530 Century Street
Winnipeg, MB R3H 0Y4
Phone: 204-774-GIRL (4475)
Fax: 204-774-9271
Toll Free: 1-800-565-8111
Website: www.girlguides.mb.ca
Email: info@girlguides.mb.ca

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2011

The Buffalo



Manitoba Memories Camp Fire

Time with you

I can see the open fields, the tall grass a blowing wild, I can feel the wind in my face, hear the laughter of a child, I can touch the sunlit waters and the early morning dew.

You are such a friendly Manitoba, I'll spend my time with you, you are such a friendly Manitoba, I'll spend my time with you, I'll spend my time with you, I'll spend my time with you. You are such a friendly Manitoba, I'll spend my time with you.

I can find a forest trail, and follow a silent stream, I can sit alone on the bank, reflecting on a dream, I can skip a skipping stone, or even catch a fish or two.

You are such a friendly Manitoba, I'll spend my time with you, you are such a friendly Manitoba, I'll spend my time with you, I'll spend my time with you, I'll spend my time with you. You are such a friendly Manitoba, I'll spend my time with you.

I have found your treasures rare, I'm richer than any king, I have found a friend in you, you really make me want to sing, I have found wherever I go that it's my point of view.





Commissioner's Letter

Our 100th Anniversary has come and gone! However, there is no reason that the celebrations should stop. This is just the beginning of the new millennium. When we all work together as true sisters in Guiding our organization can only grow. As of this moment Manitoba has an increase in girl Members and I want to challenge each and every Guider to ensure that all forms have been turned in so that we can capture our true numbers. This is the beginning of a new dawn of Guiding.

Thinking back over the past year makes me excited and re-energized . We certainly know how to celebrate! There were provincial , area, district and Unit events. Some Guiders and girls went to Toronto to experience the National Launch Day at Casa Loma last January. Manitoba hosted three Rally Day locations and our Members enjoyed themselves in Brandon, Thompson and Winnipeg. Even our Trefoil Guild Members got to celebrate when they attended the National Trefoil Gathering in Kamloops, BC. Then, 115 of our Members went to Guiding Mosaic in July and celebrated with over 2300 other Girl Guides. Did you buy some



of the commemorative stamps that were released in July? Manitoba's 2010 Committee planned a Manitoba Memories Campfire that met an absolutely overwhelming registration of 1,100 in Winnipeg alone! Many other area, districts and Units celebrated the end of the year with a campfire in their community as well. Remember to send in your pictures from all your activities and events to the provincial office so that they can be include in our annual report.

As we begin the new year please remember to include the Canadian World Friendship Fund (CWFF) in your Unit and district plans. I would like to introduce a "Fiver for Friendship" challenge and strive for an average of \$5.00 per Member as their donation in 2011. We all know a penny doesn't go far very far these days and that is equally true of our donations to the CWFF, aka Thinking Day pennies. All donations, big and small, are gratefully accepted, but we encourage all Guiders and Units to introduce the concept of a "Fiver for Friendship". The CWFF supports worthwhile programs including our Guiding sisters in other countries through mutual aid projects, the World Centers and international service projects. Manitoba is developing a crest for this challenge and will make it available to areas to distribute.

Happy thinking Day

In This Issue	
2010 Campfire	Cover
Commissioners Letter	2
Manitoba Council	3
Elected Member	4
Volunteer Application	5-7
Archive	8-9
Cookies	10-11
Training	12

In This Issue	
Awards	13
Thinking Day	14-15
Youth Training	16
Meeting Ideas	17-18
Free Offer	19
FYI	20
Exclusive Offer	21
Law Day	22
Safe Guide	23



Elected Member

Manitoba Council is looking for a candidate to fill the following position. The elected Member is a three year term. If you are interested please fill out the Volunteer Application on the following pages and send it to:

Manitoba Provincial Council
213-530 Century Street
Winnipeg, Manitoba
R3H 0Y4

This application can also be filled out electronically. The link: <http://www.girlguides.mb.ca/FormsResources/Resources.aspx>



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Elected Members Position Description

Purpose

To share in the work of carrying out the objectives of the Manitoba Council.

Orientation

Provided by the Provincial Commissioner or her delegate prior to, or at the time of, assuming responsibility as a member.

Responsibilities

1. To demonstrate a commitment to the Promise and Law.
2. To support the Vision, Mission and Principle of the Organization and to adhere to its policy and rules.
3. To be familiar with the Terms of Reference of the Provincial Council.
4. To attend meetings and participate in the work of the Council carrying out specific responsibilities as mutually agreed upon with the Council and/or Provincial Commissioner.
5. To keep current knowledge of the program and administration of the Organization to a degree appropriate to the work of the Council.
6. To work co-operatively with and to maintain relationships with other Council members.
7. To be aware of relevant community resources.
8. To represent all Guiding members in Manitoba. You are **not** an Area Representative.
9. To participate in personal development through the Leadership Development Program or through other sources.

Volunteer Application



Girl Guides
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du Canada

Application for Volunteer Position

Position Applied For: _____

Name: _____

Address: _____

Telephone: H: _____ W: _____ Other: _____

What is the best time to call? _____

Languages (other than English):

Spoken _____
Understood _____
Written _____

Guiding experience will be accessed from iMIS.

Qualifications Earned in Guiding (related to position applied for):

Most recent employment experience.

Other Volunteer Experience:

Organization	Position/Major Responsibility	Dates (yy/mm)
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____



Volunteer Application

Skills/Trainings/Interests: (related to position applying for)

1. What do you think are some of the major issues facing the Girl Guides of Canada today and what suggestions do you have to deal with them?

2. What excites you about Guiding? What are its strengths?

3. Why do you want this position and what do you feel you can contribute?

You must be prepared to accept specific duties as assigned by the Provincial Commissioner and/or Manitoba Council that may require additional time outside of regularly scheduled meetings.

If short-listed and interviewed for this position, all three (3) references, not related to you, will be contacted. One of these references must be from within Guiding and have knowledge of your qualifications and your capacity to perform the role of member of Provincial Council. Please list these three (3) references, complete with mailing address.

Volunteer Application



REFERENCES

Name	Address	Phone	In What Capacity Known? For How Long?
1. _____	_____ _____	W: _____ H: _____	_____ _____
<hr/>			
2. _____	_____ _____	W: _____ H: _____	_____ _____
<hr/>			
3. _____	_____ _____	W: _____ H: _____	_____ _____

Signature: _____

Date: _____

Please return this form to:

Girl Guides of Canada,
213 – 530 Century Street,
Winnipeg, MB, R3H 0Y4
Email: info@girlguides.mb.ca
Fax: (204) 774-9271

We protect and respect your privacy. Your personal information is used to communicate within our organization and may be listed and shared within Guiding. We do not provide or sell this information outside our organization. For further information, see our privacy statement at www.girlguides.ca or call (204) 774-4475.

July 2004



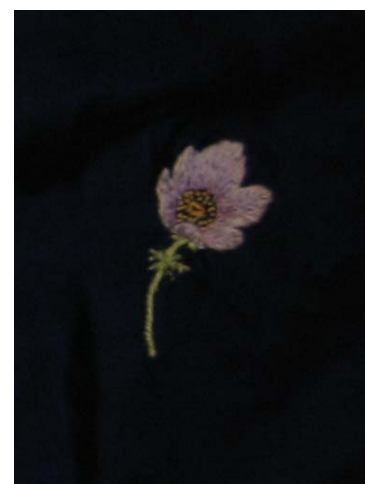
Archives



The Archives Committee needs your help...

This photo above is of a blue velvet banner with hand stitched tent, bird and crocus. The banner has been in the Archives for many years. Do you know anything about it? Have you seen it before? Do you know who made it? Do you know why it was made? If you know the answers to any of these questions please contact the Manitoba Council Archives Committee through the provincial office at mtheissen@girlguides.mb.ca Any information you can give us on this banner would be greatly appreciated

A volunteer is needed to enter information into the archives data base. It may be possible to do this from your home. If you would like further information or are interested in the data entry please contact Monika at mtheissen@girlguides.mb.ca or call 774-4475.





2010 Memorabilia

The Archives Committee is starting the process of entering all the items that they have received from the 2010 100th Celebrations. If you have anything that you would like to contribute please forward it to the provincial office by February 28, 2011. We are looking for items like:

- Newspaper articles
- Pictures
- Write up of how your Unit celebrated
- Area newsletters

Please send all submissions to:

Girl Guides of Canada-Manitoba Council
213-530 Century St
Winnipeg Manitoba
R3H 0Y4
Attn: Archives Committee



The heritage uniforms are available for use by the Units, districts and areas for Thinking Day and spring activities

The forms are available on the provincial website, under Resources/forms, or you can follow this link:

<http://www.girlguides.mb.ca/FormsResources/Forms.aspx>





Cookies

Cookie All Star Program

Be sure to remind girls that Cookie All Stars continues for the 2011 classic campaign.

Here are some helpful reminders.

- Unit Guiders are to track the actual **number of cases** each girl sells individually plus the girls' participation in the Unit group sales events.
- Individual prizes will be awarded based on the number of cases girls sold during both the 2010 mint and the 2011 classic campaigns.
- The Unit Tracking Form has been developed to help Guiders keep track of the sales records and can be found on the Cookie All Stars page on Member Zone.
- As in the past, girls participating in Unit cookie selling events will receive a specially designed **group sales crest** if the Unit reaches a sale of 20 cases or more for the combined 2010 mint and 2011 classic campaigns.
- And NEW for this season is a new level...every girl who sells **80** or more cases of cookies individually will earn a **Netbook** computer!



The Cookie All Stars prizing and recognition website will be open from January 7 to May 2, 2011. All prizing orders must be submitted by the deadline date. **Any orders placed after May 2, 2011 will NOT be accepted.**

Please visit the Cookie section on Member Zone for more information.



Sears Cookie Day

Cookie Day at Sears will be held at all Sears Department stores on Saturday April 2, 2011.

We will have local coordinators again this campaign.

Please contact your local Cookie Adviser for your local coordinator contact information.

Grand Pines—call the Area office at 253-3937

Prairie Valley—contact Joyce Riddell at darkride@mts.net

Lagimodiere—contact Heather Lamb at hlamb@mts.net



Another successful campaign completed!

Thank you for all of your hard work during the 2010 mint cookie campaign! We have heard reports that all cookies were sold, great news!

Spring Cookies

Thank you Manitoba Guiding for the outstanding order for spring 2011! Cookie orders are up over 700 cases from last year!! That means almost \$20,500 more to various levels of Guiding in Manitoba to support our girls and our programs! Thank you for your commitment to our cookie program.

Cookie Drive Thru events

Looking for another way to sell cookies? Why not set up a cookie drive thru!

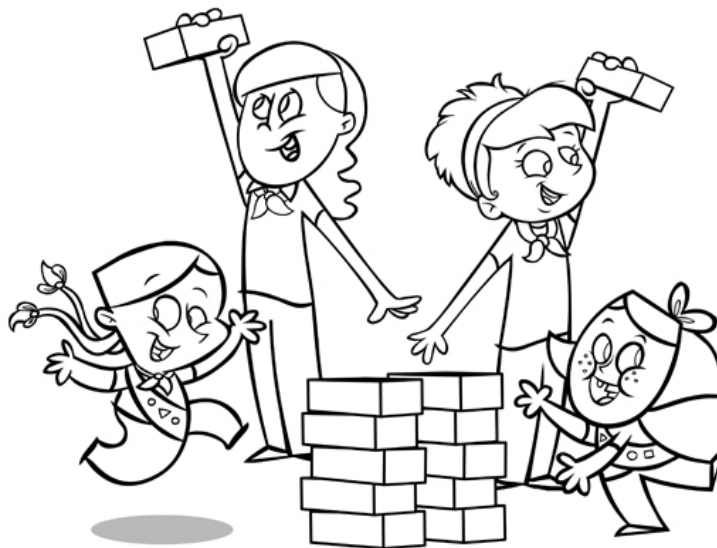
For more information about cookie drive thrus you can contact your area Cookie Adviser or call the provincial office for the cookie drive thru Kit, which includes:

- Drive thru registration forms
- How to set up a cookie drive thru
- Sample letter to business

The province will have some leftover spring cookies and possibly some mint as well, if you run out, please contact Monika to get more at mtheissen@girlguides.mb.ca

A reminder that the procedure has changed for acquiring provincial cookies:

- If a Unit or district needs extra cookies from the provincial office, they will have to contact their area commissioner who will then give their “authorization” by making a phone call or sending an email to the provincial office. Province will be billing the area for any additional cookies, any further reconciliation is the responsibility of the area/district/Unit.





Training

Outdoor Activity Leadership (OAL) Training

You have all asked for it, well here it is!!!

Outdoor activities, especially camping, are often the highlight of Guiding for many girls. As a Guider, you can greatly enhance your girls' program by taking advantage of opportunities for outdoor adventures. You can explore and discover the wonders of nature, developing your own and your girls' appreciation of the world around us. You can impart technical skills that will allow girls to be comfortable and confident outdoors as they learn to protect and use natural resources wisely. Best of all, through camping and outdoor activities, you can watch your girls grow stronger and more independent, as they increase their confidence and resourcefulness.

One of the best parts of the Girl Guide experience is getting outside, exploring nature and enjoying the outdoors. The key to an enjoyable fun-filled experience is careful planning. A well thought out camp plan gives Guiders, girls and parents confidence by knowing what will happen when, where and why. A good plan ensures you have the camping equipment, food, cooking utensils and program supplies you will need, as well as ensuring that safety and environmental impact have been taken into account.

Manitoba Council Training Committee will be offering the following OAL trainings:

March 12, 2011
9:30 am to 4:30 pm
Little Britain United Church Hall
5879 Highway # 9, Lockport
Cost of the training will be \$10.00
Deadline for registration is March 1, 2011

Fill out the [provincial registration](#) form and send it in to the provincial office:

Email mtheissen@girlguides.mb.ca

Fax 204-774-9271

Snail mail 213-530 Century St, Winnipeg Manitoba, R3H 0Y4

This training will teach you the planning portion of the OAL training. It does not include practical experience technical skills. You will need to attend a second, outdoor training in addition to this one. Manitoba Council will be offering a second training in April keep checking the website for information.

Topics covered in the March 12th training will include:

- Choosing and booking a site
- Program planning for camp
- Menu planning and food quantities
- Equipment
- Kit list
- Forms and requirements (ratios, first aid)
- Transportation
- Camper duties

Whether you are a new leader or an inexperienced camper, OAL training will help you acquire the skills and knowledge needed to take your girls on a one or two night residential or tenting camping experience, and ensure that you have the skills and confidence to deliver a fun, safe, age appropriate camp.

Awards



Awards report

Have you been looking at all of your Guiders to see who is deserving to be recognized with a pin or award? There are more options now for all levels of involvement. Check your Guiding Essentials for a description of the requirements and procedures, as well as samples of letters of support which show the type of information we are looking for if the award needs approval.

March 31st is the deadline for awards needing provincial approval.

We are still looking for new members on the Awards Committee. This is a short-term commitment for only part of the year, but a very rewarding experience in terms of Guiding involvement. If you are interested or want more information, contact Marilyn Curry at curry889@yahoo.ca

New Unit Guider Appreciation Pin	This pin is presented to each new Unit guider in the first year of service to a Guiding Unit (Sparks, Brownies, Guides, Pathfinder, or Ranger). The pin is presented by the Unit Guider's council or communities of Guiding and is only presented to a Member once. NO AWARD APPLICATION IS REQUIRED.
Unit Guider Award	This pin is presented to Unit Guiders who: provide girls with diverse and exciting programs and opportunities that will help them achieve greatness; ensures there are regular bridging opportunities; always welcomes new Members; attends trainings; participates in district or communities of Guiding meetings; and upholds the values of GGC. The award is granted by the council concerned and given in three categories: Bronze Unit Guider Award (experience 1 – 3 years) Silver Unit Guider Award (experience 4 – 10 years) Gold Unit Guider Award (experience 11+ years) The years of experience are cumulative and a Unit Guider may receive any or all of the awards during her tenure in Guiding. The bronze can be received by a Unit Guider in her first year. Unit Guider awards do not need to be sent to the province for approval.
Commissioner/ACL Award	This Award is presented to commissioners and administrative community leaders (ACL) who: lead by example; actively welcome new Members and retain current Members; mentor adult Members; uphold the values of GGC; have gained the respect of Members, girls and parents. This award is granted by the council concerned and can be presented during a Member's tenure or upon retirement. Commissioner/ACL awards need to be sent to the province for approval.

For complete information about recognition and awards please visit

<https://memberzone.girlguides.ca/Membership/Shared%20Documents/Resources/Module5-Awards.pdf>

In this document you will find all the information that you need to know about the awards process as well as samples for letters of support and how to fill out the R.3 application form which you can find and download here:

<http://forms.girlguides.ca/SitePages/Home.aspx>

It is recommended that 20 per cent of the Membership be recognized each year. Get started now and avoid the last minute scramble and remember a minimum of two letters of support are required for most awards.

Presenting awards to Guiders is a wonderful way to encourage and reward Members for being part of Guiding and acknowledging the great job they are doing!



Thinking Day



girls worldwide say
“empowering girls will
change our world”

For more than 80 years, Members of the World Association of Girl Guides and Girl Scouts (WAGGGS) have celebrated World Thinking Day on February 22, the joint birthday of Scouting and Guiding Founder Lord Baden-Powell and World chief Guide Olave Baden-Powell. In Canada, Girl Guides celebrate by thinking globally of their sisters in Guiding around the world, and by acting locally to raise money for the Canadian World Friendship Fund (CWFF).

For World Thinking Day 2011 Girl Guides of Canada has adopted the Millennium Development Goal 3: Gender Equality and Empowering Women, challenging girls and women to make themselves heard from coast to coast, as they raise awareness of gender equality issues that exist around the world, and to empower girls and young women to take a stand against inequality.

National wants to know what you are thinking, they are encouraging all Members and friends to share with the world what they think about EmPOWERing girls.

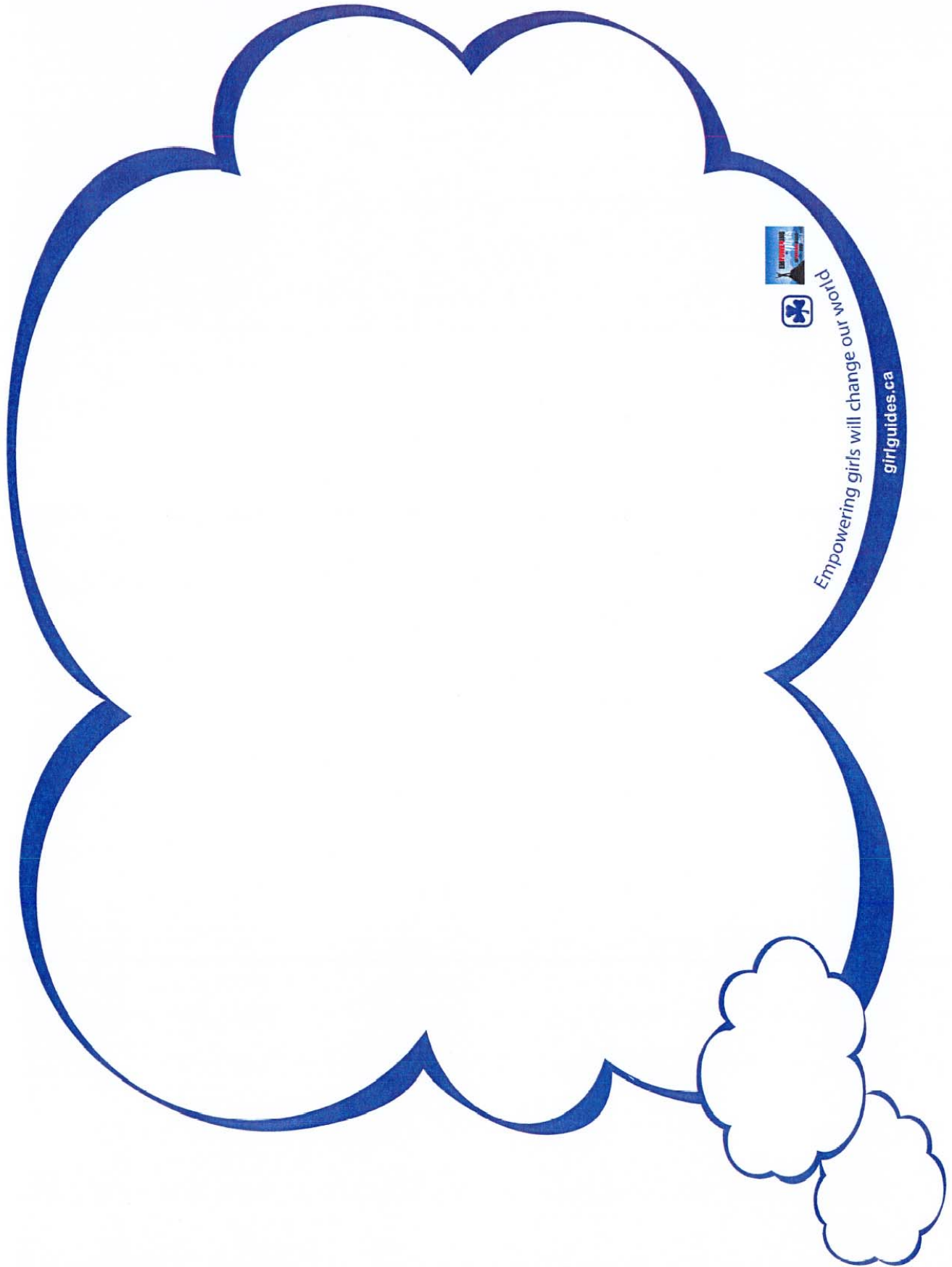
1. Print the “thought bubble” on the following page
2. Personalize the thought bubble with your thoughts about gender equality and empowering girls.
3. Take a photo of yourself holding your thought bubble and email it to marketing1@girlguides.ca

Your images will be added to National Girl Empowerment video.

Help GGC tell the world what Canadian girls are thinking about Girl Empowerment. For more information go to: <http://www.girlguides.ca/wtd>



Thinking Day



Empowering girls will change
the world

girlguides.ca



Youth Training



Today kids are inundated with safety messages. Most of these messages ask us to think carefully about our actions. Be careful crossing the street! Don't take to strangers! But did you know that our physical environment can have a big influence on how safe children and adults feel?

What is the *Girls for Safer Communities* Program?

Pathfinders and Rangers will participate in a comprehensive training to give them the skills to run a Unit meeting for Sparks, Brownies or Guides. That meeting will focus on safety and the completion of the safety audit. Pathfinders and Rangers will then be encouraged to create social action towards making those improvements happen.

What's in it for me?

- *Girls for Safer Communities* meets the program requirements for all levels. The Pathfinder/Ranger doing your meeting will have specific information.
- Pathfinders and Rangers will have a real taste of what a Girl Guide leader does. This is a great way to create new leaders down the road.
- Give yourself a break! Let the Pathfinder/Ranger take care of one of your meetings.
- Be part of a national program, powered by girl Members, which will improve safety in your community and across Canada.
- Crests available at no cost for all girls that participate in the program.

Pathfinder/Ranger Guiders please encourage the girls to participate in the program. Training is available in all areas of the province.

Spark/Brownie/Guide Guiders—if you are asked by one of these girls to run one of your unit meetings please be welcoming, encouraging and accommodating to these girls as they take their first steps in leadership.

With the *Girls for Safe Communities* project, you can play a role in making your community safer for everyone. This is a simple but powerful way for you to help make change happen and to do something extraordinary for you community.

For information contact Nancy Wootton nwootton1@mymts.net

Girls can register on their own or with a unit. Register using the provincial event registration form on the Manitoba website, send it to the provincial office, fax to 204-774-9271 or send it to mtheissen@girlguides.mb.ca

Thanks to our funders there is no cost for this training. Trainings are available in communities outside of Winnipeg

Sleepover: Sunday February 20 to Monday (Louis Riel Day) February 21, 2011
 7:00 pm to 5:00 pm
 John Black church
 898 Henderson Hwy, Winnipeg
 Registration deadline February 14, 2011

Saturday March 5, 2011
 9:00 am to 5:00 pm
 Girl Guides of Canada Provincial Office
 213-530 Century Street, Winnipeg
 Registration deadline February 28, 2011

Saturday March 26, 2011
 Tentative Booking upon demand
 9:00 am to 5:00 pm
 Location: TBA—Your community??
 Contact Nancy Wootton if interested

Friday May 6, 2011 to Saturday may 7, 2011
 Manitoba Provincial Convention
 Holiday Inn West Winnipeg
 Details will be included in the Provincial Convention booklet.
 Ask your Guider

This project has been funded through Status of Women Canada



Meeting Ideas!



“Crashing” at the Museum

Join us for an exciting nighttime adventure at the Western Canada Aviation Museum!

Learn about the wonder of flight through educational hands-on science experiments and activities. Add some spooky ghost stories, a peek at our special "Ghost" plane and a flashlight tour of the darkened museum galleries. Top it all off with a movie before the lights go out and breakfast served by the museum when the campers wake up.

Undoubtedly, you will have an experience that campers and leaders will never forget!

Planning a nighttime adventure

Who can come? Your group should have 20 or more children. Special arrangements can be made for smaller groups.

When can we come? The Western Canada Aviation Museum will be able to accommodate your group week nights or weekends any time of the year providing the space has not already been booked.

What should we bring? A sleeping bag and a pillow. A sleeping pad or an air mattress is optional. You will be sleeping on the flight deck floor. This is a carpeted area, but it is a floor so keep your comfort in mind while packing. Campers should wear comfortable clothes and bring indoor shoes if wearing boots. Campers will need a small flashlight for the tour. Campers often change into warm pajamas for the flashlight tour. If you do not own warm pajamas bring a jogging suit or something warm and comfortable to sleep in. A facecloth, Kleenex, small towel, toothbrush, toothpaste, and a bar of soap are also needed. Don't forget to pack a small personal snack to eat in the evening. Campers should not bring valuables to the Western Canada Aviation Museum.

When does the program start? The program starts at 6:30 pm. It is expected you will have eaten dinner before arriving at the museum. There is no need to arrive early since the museum doors will not be open until 6:30 pm. Scheduled events begin at 7:00 pm. The doors to the museum will be locked at this time.

When does the program end? The program ends at 8:30 am. There will be a breakfast served before the campers leave. Children should be picked up promptly at the end of the program. Early pickups would need to be arranged in advance, as the doors will be locked until 8:30 am.

Tie this sleepover in with some badge work, such as:

Sparks—Exploring and Experimenting
Brownies—Key to STEM or Making things Go
Guides—Aviation
Pathfinders—Galactic Adventures

For more information or to book a sleepover contact:

Pam McKenzie
Programs Coordinator
Western Canada Aviation Museum
Phone: (204) 786-0730
Fax: (204) 775-4761
E-mail: programs@wcam.mb.ca





Meetings ideas!



Add a little magic to your Sparks and Brownie activities with Ronald McDonald®!

Responsible fun is the name of the game when you invite Ronald to your next meeting or event. Visits encourage imagination; build confidence and stimulate creativity with stories, games, music, crafts and so much more! Ronald's participation and message can be tailored to accommodate existing Sparks and Brownie programming.

This learning experience is brought to you by your local McDonald's.

For more information on when Ronald is available in your community please call 1 877 446 3389 or email sarah.hudec@ca.mcd.com



Police Partnership Badge Series

The RCMP and other community groups have worked together to develop four badges for Manitoba Girl Guides called the Police Partnership Badge Series. The badge series is comprised of the following four badges:

- Child Safety and Protection Badge
- Gang Awareness Badge
- Senior Safety and Security Badge
- Drug Abuse Prevention Badge

This challenge is geared towards Guides only. For more information click on the links below:

Child Safety and Protection Badge

<http://www.girlguides.mb.ca/Downloads/Challenges/Gangbadge.pdf>

Gang Awareness Badge

<http://www.girlguides.mb.ca/Downloads/Challenges/Gangbadge.pdf>

Senior Safety and Security Badge

<http://www.girlguides.mb.ca/Downloads/Challenges/SeniorSafetyBadge.pdf>

Drug Abuse Prevention Badge

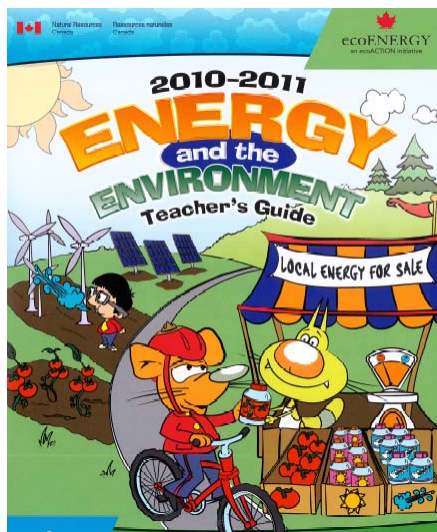
<http://www.girlguides.mb.ca/Downloads/Challenges/DrugAbusePreventionBadge.pdf>

Police Partnership registration form

<http://www.girlguides.mb.ca/Downloads/Challenges/PolicePartnershipBadgeSeries.pdf>

Police Partnership overview

<http://www.girlguides.mb.ca/Downloads/Challenges/Overview%20of%20the%20Police%20Partnership%20Badge%20Series.pdf>



The provincial office has 50 copies, in French and English, of the new *2010-2011 Energy and the Environment Guide* to give away. This resource would be great for:

- Guide leaders
- Teachers
- Libraries
- Community clubs

This book is full of fun resources to teach girls about smart energy choices, it is a colorful hands-on workbook targeted at grades 4—6 and is adaptable for children ages 6 to 13.

Some of the learning activities are:

- Energy what is it?—story writing
- Renewable versus non-renewable energy—word scramble
- Wind energy—build a windmill
- Solar energy—mystery phrase
- Energy conservation versus energy efficiency—brainstorming exercise
- Energy use: direct versus indirect—discussion
- Ecological footprint — name the differences
- How green is your kitchen?—Kitchen energy audit
- Water—matching exercise
- To finish with energy—crossword

From the fun activities kids will learn:

- Where does energy come from?
- What are two sources of energy that we use in our daily lives?
- What are the differences between energy conservation and energy efficiency?
- How does direct energy use differ from indirect use?

Think of all the badges that you can work on with the girls!

These will be given out on a first come first serve basis, please contact Monika at mtheissen@girlguides.mb.ca



Healthy Living Awards

Do you know of an individual, business, organization or group that has made a significant contribution in the area of healthy, active living? If so, we invite you to nominate them for a Healthy Living Award. The 13th Annual Reh-Fit Foundation Healthy Living Awards will be presented on Thursday April 14, 2011 at the Convention Centre

The Healthy Living Awards recognize and celebrate the achievements of individuals, business, organizations and groups who make significant contributions to healthy living in the community. There are four award categories

- Individual
- Business or corporation
- Organization (not for profit with paid staff)
- Group (volunteers)

A letter will be forwarded to nominees and nominators to confirm acceptance of the nomination. All nominees will receive two complimentary tickets to attend the event and the opportunity to purchase up to eight tickets at a discounted rate.

Nomination Criteria

The Selection Committee considers the achievements of nominees who have served as positive role models for others and/or made outstanding contributions to the community in the area of healthy living, such as:

- Serving as positive role models for others in adopting a healthy lifestyle.

For example:

- Have shown dedication in working with others;
- Have shown themselves to be a good peer influence;
- Have demonstrated innovation, vision, and spirit;
- Have influenced friends, relatives, co-workers and/or neighbours in adopting healthy lifestyle practices (e.g. quit smoking, increasing physical activity).
- Making outstanding contributions to the community in the area of healthy living.

For example:

- Have been involved or are currently involved in community projects that promote healthy living and which demonstrate significant outcomes and/or innovation;
- Have demonstrated commitment and leadership in supporting and promoting healthy lifestyles and the community level.

The deadline for nominations is Friday, February 25, 2011. For more information, please contact the Reh-Fit Foundation at 204-488-9325 or foundation@reh-fit.com

Please nominate your champion for healthy, active lifestyles!

About the Reh-Fit Centre

Building the health of the community and encouraging people to enjoy an optimum quality of life is what the Reh-Fit Centre is all about. Our vision is to be the best health and fitness centre in Canada. We offer outstanding programs and services that help prevent and manage chronic disease, encourage healthy active living, and promote a general sense of well-being. The Reh-Fit Centre is a volunteer-driven, not-for-profit charitable organization.

Exclusive Offer



Greetings from the Fun Factory

Please allow us this opportunity to introduce our company, the Fun Factory in Walmart where you can “Create the Friend of Your Dreams”!! We have been in operation since August of 2005 opening our first store in Sudbury, Ontario. We are now located in 26 neighborhood Walmart Portrait Studios across Canada.

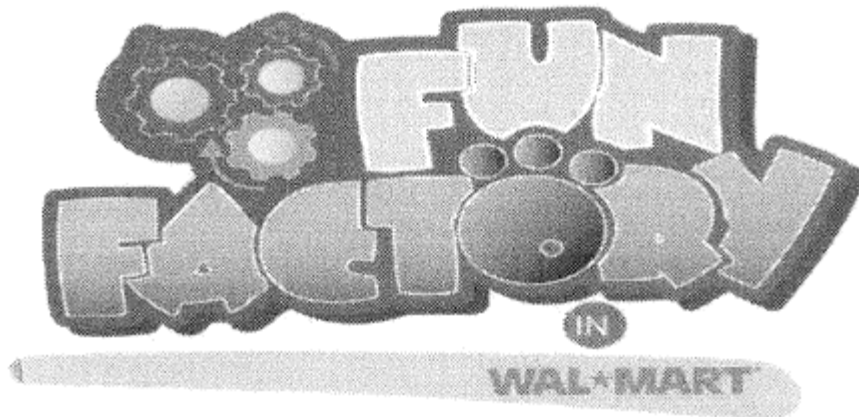
We would like to offer Girl Guides of Canada-Manitoba the opportunity to have a party with our animals!! Bring in the Units, and for \$10.00 plus tax per person, they can choose the animal friend of their choice! Once they have chosen their new friend, we will assist them in bringing it to life with some fluff and stuff! Once their new friend has come to “life”, they will get to pick a wish from the wish fountain, which they will then make a wish upon and put inside their new friend!

Along with “creating the friend of their dreams” we will provide a “Party” for your girls and their new friends by playing games and music with prizes to be won by all.

If you would like more information on our party or would like to book a party, please contact the store directly either by phone or email. If emailing, be sure to leave a contact phone number that you can be reached at and we would be more than happy to accommodate you.

Thank you and we hope to see you soon!

Brandi Buchanan
Fun Factory # 3118
Inside Walmart
2370 McPhillips ST.
204-334-3709





Law Day



Journée du droit Law Day



Law Day is an initiative of the Canadian Bar Association

La Journée du droit est un projet de l'Association du Barreau canadien

Law Day takes place across the country and is presented by the various provincial Bar Associations as a way for the public to learn about the law, the legal profession and some of the legal institutions that form the cornerstones of our Canadian democracy.

In Manitoba Law Day will take place on Sunday, April 17, 2011 at the Law Courts Building located at 408 York Avenue in Winnipeg. There will be numerous activities during the day including student mock trials in official languages, guided courthouse tours, a sitting of citizenship court and interactive exhibits and displays.

Please distribute the hand out below to all your girls. Encourage them to participate in Law Day.



Journée du droit Law Day



Law Day is an initiative of the Canadian Bar Association

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Law Day

Sunday, April 17, 2011

12:00 pm—3:30 pm

Winnipeg Law Courts, 408 York Avenue

Lots to see and do including:

- Guided tours of the Law Courts and Lock-up
- Interactive Exhibits and Displays
- Student Mock Trials (in English and French)
- Student Debates (in English and French)
- Legal Questions and Answer Sessions
- Special Sitting of Citizenship Court

Free admission and refreshments!

Come out and learn about the Law!

1450 - 363 Broadway, Winnipeg, Manitoba, Canada, R3C 3N9

tel/tél : (204) 927-1210 | fax/télé : (204) 927-1212 | admin@cba-mb.ca | www.cba.org/Manitoba



Are Safe Guide forms still causing you grief and grey hairs?

It is really not necessary to get nervous about it, every SG.3 comes with it's own check list, turn the page over, use the boxes beside the Activity level chart and this will help you to figure out what your Activity level is.

On the far right hand side you will see a chart that tells you what forms need to be sent in to the Safe Guide Assessor.

Factors Affecting Activity Planning	Activity Level				
	Green	Yellow	Red		
PEOPLE					
Attending a GGC Large Group Event	X			<input type="checkbox"/>	
Girls in groups unaccompanied during a portion of an event (See Key Terms)		X		<input type="checkbox"/>	
Use of a Third Party Service Provider (see Key Terms)	Refer to the Third Party Service Provider Activity Guide			<input type="checkbox"/>	
PLACE					
Transportation:					
Arranged by parent/guardian	X			<input type="checkbox"/>	
Public transportation municipal/urban transit, taxi, bus, hwy coach, train, ferry, commercial boat tours	X			<input type="checkbox"/>	
Arranged by Unit using personal vehicle or rented vehicle (car, van, truck)		X		<input type="checkbox"/>	
Commercial air travel			X	<input type="checkbox"/>	
Location of activity:					
Regular Unit meeting place	X			<input type="checkbox"/>	
Private home or community / public location (e.g., fire station, library, park)	X			<input type="checkbox"/>	
ENVIRONMENT					
EMS response time: (See Key Terms)					
EMS response available within 30 mins.	X			<input type="checkbox"/>	
EMS response 30 mins. up to 1 hour		X		<input type="checkbox"/>	
EMS response time greater than 1 hour			X	<input type="checkbox"/>	
Food preparation:					
Girls preparing food / cooking in typical kitchen	X			<input type="checkbox"/>	
Camp stove or campfire cooking		X		<input type="checkbox"/>	
Equipment: (See Key Terms)					
Ordinary equipment	X			<input type="checkbox"/>	
Specialized equipment		X		<input type="checkbox"/>	
Power equipment			X	<input type="checkbox"/>	
ACTIVITY					
Situation specific:					
Activity takes place overnight (regardless of duration)		X		<input type="checkbox"/>	
Adventure activities (See Key Terms)			X	<input type="checkbox"/>	
Water Activities:					
Swimming/boating in a public pool or waterpark where the facility provides aquatic supervision	X			<input type="checkbox"/>	
All other water activities (swimming or boating)	Refer to the Water Activities Planner			<input type="checkbox"/>	
Travel/International Travel:					
Travel touring in Canada 72 hours or more (See Key Terms)			X	<input type="checkbox"/>	
International travel (crossing the border)	Refer to the International Travel Planner			<input type="checkbox"/>	

Forms for Activity Notification/Approval

For Yellow Activities
The following documents are attached if required:
 Water Activity Plan (WA.1)

For Red Activities
The following documents are attached:
 Activity Plan (SG.1)
 Emergency Response Plan (SG.4)
 Water Activity Plan (WA.1) if required
 Activity Facilitator Certification or Qualifications
 Waiver (SG.5) if adventure* or a conditional activity*
 Itinerary and/or Adventure Activity Trip Plan (SG.6) if relevant

For International U72 Hours
 Activity Plan (SG.1)
 Emergency Response Plan (SG.4)
 Waiver (SG.5) if adventure* or a conditional activity*

For all activities – additional forms if relevant:
Water Activities (WA.1), Activity facilitator certification or qualifications, Adventure Trip Plan (SG.6)

For Third Party Service Provider* activities include:
 Third Party Service Provider Interview Checklist (SG.7)
 Information about the TPSP is attached OR TPSP web address _____

Parent/Guardian Permission
The following forms have been completed and provided to parents/guardians:
 Activity Planning form (SG.1)
 Parent/Guardian Permission (SG.2) with additional details about the activity as necessary.
 Waiver (SG.5) if a conditional activity*

- Please respect the submission deadlines. A minimum of 14 days in advance of yellow activities and a minimum of 21 days for red activities. Your activity will be rejected if you do not submit on time. If your forms are ready early, please feel free to send them in earlier
- Please ensure you are using the correct spelling of Guiders and non-members names—as you can imagine there are thousands of Guiders listed in iMIS. If a name is spelled incorrectly this may cause a delay in getting your forms to the assessor.
- Safe Guide forms must include iMIS numbers. This helps the staff process your application more efficiently.
- Remember, it is the Guider's responsibility to ensure that the province has received your forms. This is particularly true if you faxed or e-mailed them. An email is sent out to you with in 24 hours of receiving your forms with a tracking number on it. If you do not receive this email call the provincial office to verify that the province has received your forms.
- If you have not heard from an assessor within one week of submitting your forms, contact the provincial office immediately. Do not wait until the day before an event to confirm that your forms were received!
- Any water activity will require that the Water Forms are completed and sent to the Water Assessor. Have these forms filled out with the rest of your application to ensure efficiency.



Council Members

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Girl Guides of Canada Manitoba Council
213-530 Century Street
Winnipeg, MB
R3H 0Y4
Phone: 204-774-GIRL (4475)
Fax: 204-774-9271
Toll Free: 1-800-565-8111
Email: info@girlguides.mb.ca

Honorary Patron:

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Honorary Associates:

(former Provincial Commissioners):

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Cambrian: Jackie Hritzuk
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Prairie Valley: *Audrey Pattie

*Denotes member of Executive Committee.

Manitoba Council Staff email addresses:

Elaine Cullingham—ecullingham@girlguides.mb.ca

Monika Theissen—mtheissen@girlguides.mb.ca

Jill Sayegh—jsayegh@girlguides.mb.ca

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**Return Undeliverable Canadian Addresses
to Girl Guides of Canada, 213-530 Century
Street, Winnipeg, MB. R3H 0Y4**