

# UNIT GUIDER POCKET PAL



## GUIDES 2023-2024 ANY COUNCIL

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## MISSION

To be a catalyst for girls empowering girls.

## VISION

A better world, by girls.

## GIRL GUIDE PROMISE

I Promise to do my best,  
To be true to myself, my beliefs and Canada.  
I will take action for a better world  
And respect the Guiding Law.

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## MOTTO

Be Prepared

Lend a Hand

Ember Motto

## LAW

The Guiding Law challenges me to:

- be honest and trustworthy
- use my resources wisely
- respect myself and others
- recognize and use my talents and abilities
- protect our common environment
- live with courage and strength
- share in the sisterhood of Guiding

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## GUIDES OVERVIEW

**For girls ages 9 to 11**

**Guide Units meet once a week, usually for two hours**

In Guides, girls strengthen their leadership skills by taking the lead in Unit activities, learning to organize events and teaching each other new skills, all while having fun with girls their own age. The Guide program includes activities that deal with cyber safety, anti-bullying, self-esteem, health and fitness and environmental sustainability. Guides also have opportunities to take action on issues important to them and to make an impact on their community through service projects such as tree planting and volunteering at local food banks.

**Your Guide could experience these activities.**

- Collecting and donating items to a shelter or organization
- Planning a tree planting project
- Learning about online safety
- Identifying what makes a healthy friendship
- Planning a celebration event for younger girls
- Camping under the stars

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## **Sparks (ages 5 and 6)**

Sparks is a two-year program

## **Embers (ages 7 and 8)**

Embers is a two-year program

## **Guides (ages 9-12)**

Guides is a three-year program

## **Pathfinders (ages 12-15)**

Pathfinders is a three-year program

## **Rangers (ages 15-17+)**

Rangers is a three-year program

## **Link (ages 18-30)**

Link is to allow women 18-30 to stay connected to Guiding

## **Trefoil (ages 30+)**

Trefoil is for women 30+ to stay connected to Guiding

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## **GUIDE PROMISE**

I Promise to do my best,  
To be true to myself, my beliefs and Canada.  
I will take action for a better world  
And respect the Guide Law.

## **GUIDE LAW SONG**

I challenge myself with the  
Guiding Law to be honest and true  
To be wise in the use of resources I have;  
To respect myself and others, too;  
To know and to use my gifts and skills;  
To protect our common world;  
Live with courage and strength;  
And to share in the joys of the  
Guiding Sisterhood!

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## **FLAG ETIQUETTE**

### **Flags and Guiding**

In Guiding, you will often hear the terms, colours, colour ceremony and colour party.

Colours means the flags. The colour ceremony is the raising or lowering of a flag and the colour party is the group that performs the ceremony.

### **During a ceremony, meeting or special event**

- When the Canadian Flag is displayed on a staff placed on a platform, stage or dais, it should be to the right of the speaker.
- When the Colours (flags) are used in the Guide horseshoe, the Canadian Flag is always on the Guider's right and the World Flag on her left as she faces the horseshoe.
- When displayed in places of worship or on a speaker's platform, the Canadian Flag should be displayed flat (hung horizontally) against the wall or on a staff on the celebrant's or speaker's right as she faces the audience or congregation.
- When used in the body of an auditorium the Canadian Flag should be on the right of the audience.

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There are eight program areas and each program area has three themes under it.

1. Guide Together (Our Story, Spirit of Guiding, Camping and the Great Outdoors)
2. Explore Identities (Being You, Different Together, Gender Power)
3. Build Skills (Money Sense, Life Stuff, How To)
4. Be Well (My Mighty Mind, My Physical Self, My Healthy Relationships)
5. Experiment and Create (Science Lab, Design Space, Art Studio)
6. Connect and Question (Local Communities, Canadian Connections, World Stage)
7. Take Action (Your Choice, Your Voice, Your Action)
8. Into the Outdoors (Nature Discoveries, Our Shared Planet, Camping Skills and Adventures)

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## ACCESSING THE GIRLS FIRST PLATFORM

Go to this website:

<https://experience.girlguides.ca/ggc-login? ga>

You need your iMIS number to log into this, use your name as it appears in iMIS and the email address you have in iMIS

## HOW TO EARN BADGES

- ♣ To earn a Theme badge it is recommended
  - Girls participate in 8-10 activities
- ♣ To earn a Program Area badge
  - Girls complete 2-3 theme badges/theme
- ♣ The guidelines to earn the Take Action Program Area are a little different –
  4. **Your Choice:** complete the Explore Your Passion Instant Meeting
  5. **Your Voice:** complete the Driving Change Instant Meeting
  6. **Your Action:** complete 1-3 actions

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## GIRL GUIDE COOKIES

Selling Girl Guide cookies is the main fundraiser for units. In the fall, the chocolate mint cookies are sold, and in the spring the classic chocolate and vanilla sandwich cookies are sold.

Breakdown of cookie money:

National & Dare:	\$38.50
ANY Council:	\$7.00
Membership Subsidy:	\$0.75
Area:	
District:	
Unit:	

\$25.75 - Area, District, Unit.

Each Area sets a different breakdown, but Units are guaranteed a minimum of \$13.50/ case.

At enrolment, Guides get their enrolment pin, membership year pin and certificate.

Enrolment requirements: know the promise, law and motto. Guides also need to learn the Guide Handshake attend at least one meeting in your new branch.

## SAMPLE ENROLMENT CEREMONY

**PATROL LEADER:** I present \_\_\_\_\_ who wishes to be enrolled as a Guide.

**GUIDER:** Are you familiar with the Guide Law, and have you considered what it means?

**NEW GUIDE:** I believe I understand the meaning of the Guide Law.

**GUIDER:** Are you ready to make the Guide Promise?

**NEW GUIDE:** Yes

**GUIDER:** Will you promise to do your best, to be true to yourself, your beliefs and Canada? Will you take action for a better world and respect the Guiding Law?

**NEW GUIDE:** (Making the Guide Sign) Says the Guide Promise.

**GUIDER:** (Pins on the Enrolment Pin and shakes hands with the new Guide using the Guide handshake.) I trust you to keep your promise and to try to help people wherever you are. The \_\_\_\_\_ Guide Unit welcomes you as a member and trusts you to make the Promise and Law a part of your life.

\*Make sure to involve the girls in planning their enrolment ceremony. The possibilities are endless!

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## Lady BP Award

Award Requirements:

### Part A

Earn all eight Girls First Program Area Badges:

- Guide Together • Explore Identities • Build Skills
- Be Well • Experiment and Create • Connect and Question • Take Action • Into the Outdoors

### Part B

Participate in a major community service project. This cannot be the same service project used to complete the Your Action Theme of the Take Action Program Area.

### Part C

Take a leadership role in the delivery of a unit meeting, event, outing or special project (including a camp) for your own unit or a younger branch. You should be involved in all aspects of this from planning through delivery of the meeting/event/project and its evaluation.

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### **Part D**

Share your favourite experiences and memories of Guides with your unit, a younger branch or a group of friends from outside Guiding. Include what younger girls have to look forward to when they become a Guide, or what you are looking forward to as a Pathfinder.

### **Part E**

Participate in at least three Pathfinders meetings

### **Part F**

In her last message before her death, Lady Baden-Powell wrote: "I trust you will continue fully to use the system of work and play that our Movement provides, keeping up the fun and friendships made at your meetings and camps, abiding by the Promise and upholding the Laws that you undertook to live by when you joined up. In that way you will not only advance yourself in body, mind and spirit, but you will affect those around you, in doing what is honourable and right and wise, and in giving out kindness of thought and action, thus striving against all ills and helping to make the world a happier and better place in which to live."

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Reflect on what Lady Baden-Powell's words mean to you. How do they make you feel? What do they make you think about? What do they inspire you to do? What can you do using your Guiding experiences to make some of your hopes for yourself, your friends and family, your community or the world become true? Find a creative way to express these thoughts – perhaps in song, or a story, maybe in a collage or skit. You might even do a STEAM-based project (science, technology, engineering, math or arts) or offer service or volunteer as a way to express what these words mean to you. Share what you've created or done with others, including your unit, as well as girls in other branches.

### **WORLD ASSOCIATION OF GIRL GUIDES AND GIRL SCOUTS (WAGGGS)**

Canada was a founding Member

150 Member Organizations

10 million Members

Largest female organization in the world

Guiding began in 1909, spread to Canada in 1910 and Alberta in 1913

[www.waggggs.org](http://www.waggggs.org)

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### **THINKING DAY**

Thinking Day is on February 22<sup>nd</sup> and is the shared birthday of Lord and Lady Baden-Powell who were the founders of Girl Guides. It is celebrated by Guiding and Scouting members worldwide.

The WAGGGS website usually has activities to do each year for Thinking Day and a crest associated with this.

### **CANADIAN WORLD FRIENDSHIP FUND (CWFF)**

This fund is supported by Girl Guide members in Canada and is used to support international and national travel trips, the 5 World Centres and Guiding in countries around the world.

The goal is to raise \$5.00 per member for the CWFF. There is an Alberta Council challenge with a crest for raising \$5.00 per member.

\*There are a variety of ways to raise funds for the CWFF, talk to your District Commissioner for information on this.

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### **FIVE WORLD CENTRES**

There are five world centres for Girl Guides.

1. Pax Lodge – England
2. Our Chalet – Switzerland
3. Our Cabana – Mexico
4. Sangam – India
5. Kusafiri – virtual world centre in Africa

There are programs and events held for Girl Guides around the world at the world centres.

Their websites ([www.waggggs.org](http://www.waggggs.org)) has more information.

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## INCLUSIVE GRACES

### CAMPFIRE GRACE

(Tune: Fire's Burning)

We're thankful, we're thankful

For friendship, for friendship

And for good food, and for good food

And hands that prepared it.

### KNIFE, FORK, SPOON, SPATULA

I'm a knife, fork, spoon, spatula, cha cha cha

I'm a knife, fork, spoon, spatula, cha cha cha

I'm a knife, fork, spoon, I'm a knife, fork, spoon,

I'm a knife, fork, spoon, spatula, cha cha cha

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## RESOURCES

**My GGC** - [www.girlguides.ca](http://www.girlguides.ca)

- Check your unit roster

**Guiding Essentials**

**Safe Guide**

**Insurance Booklet**

**National and Provincial Fundraising Policy**

**The Brand Centre** - [brandcentre.girlguides.ca](http://brandcentre.girlguides.ca)

**The Guide Store** - [thegirlguidestore.ca](http://thegirlguidestore.ca)

**Area Standing Committee Advisers**

**Provincial website** - [www.girlguides.ca/ab](http://www.girlguides.ca/ab)

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## AWARDS

There are awards for your contributions to Guiding and for those of the amazing women with whom you work.

Check the Alberta Council Awards Booklet on the provincial website, [girlguides.ca/ab](http://girlguides.ca/ab) to get all the details for the awards.

Check with your District Commissioner for more information about awards.

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## REGISTRATION FEES

**Total - \$175 for girls**

National: \$60.00

Province: \$37.00

Subsidy Fund: \$30.00

Area:

District:

Unit:

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**DISTRICT INFORMATION**

**MY INFORMATION**

**UNIT NAME AND IMIS NUMBER:**

**DISTRICT:**

**DISTRICT COMMISSIONER:**

**AREA:**

**AREA COMMISSIONER:**

**IMIS NUMBER:**

**AREA INFORMATION**