

On My Own



BC LONES NEWSLETTER



Issue #49 - 2013

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On My Own

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Deadline for submissions to the next issue is: July 31, 2013

THOUGHTS FROM SUSAN

Here we are, coming to the end of the 2012/2013 Guiding year. It's been a busy year for me, and for some of you as well. I've been seeing some of the program work you've been doing and hearing about some of the activities. It sounds like it's been an amazing year!

Congratulations to the following for being accepted for events.

Hayley Reeve-Hamilton attended the 2013 Pathfinder Summit in April with a patrol from Kelowna. At Pathfinder Summit, she got to take part in a number of sessions including: GPS Scavenger hunt, Be a Service Super Hero, Mad For Science and Bollywood Bling. It was a fun-filled weekend with Pathfinders from all over BC.

Megan Samson will be attending Newfoundland Adventure. This trip gives her the opportunity to explore the outdoors and history of Newfoundland. She will be taking part in an exciting adventure that will follow some of the Viking Legacy of Newfoundland and at the same time, go kayaking, hiking, and visiting historical sites.

Mandy Wuth is going on an 18 day trip starting at Our Chalet in Switzerland, and continuing on to Italy where her group will be joining up with EFTours to tour Italy. Among the things she'll be doing are seeing the Coliseum in Rome, the Leaning Tower of Pisa, a cruise around Pompei and a gondola ride.

As for me, I have been very busy the past few months and am looking forward to summer so I can spend more time with my family.

Just a quick reminder to register for next year. If you are going back to a regular unit, you can register online through the national website. If you are registering with Lones again, the registration information is on page 16.

Have a great summer. Hope to hear from all of you again in September!

Susan Stephen
BC Lones Adviser

UPCOMING EVENTS

The following events are for patrols of girls and Guiders. If any of them interest you, please contact a local unit or Commissioner to find out if it's possible for you to join a patrol that is applying. If there isn't one, please let your Lones Guider know that you're interested, and we will see if we can place you in a patrol.

Ranger Revolution 2013 – This event is being held October 5-6, 2013. All Rangers are eligible to attend. You can either apply as part of a patrol, or individually. Information will be coming out shortly.

GUEST 2014 – The next GUEST will be held in June of 2014 in Nanaimo. GUEST is a Science event for Guide age girls and in 2014, is open to Guides from SVI and Pacific Shores areas.

SOAR 2014 – SOAR is open to girls in their 2nd year of Guides or higher. This year, it will take place in Enderby. If you are interested, please inform your Lones Guider so she can help you with the process.

Pathfinder Summit 2014 – This event will be held in fall of 2014 and is open to girls in their 2nd or 3rd year of Pathfinders. Look for information to come out in spring of 2014.

Note:

For all events that Lones are interested in attending, they should let their Lones Guider know. She can help with getting information and the application process.

Natural Perfume making:

Supplies:

Flowers – one kind or assorted
Water
cheesecloth & twist tie
food colour
clean spray bottle - recycled
Clean jar with lid – make sure it's sterilized with no remaining odor

Instructions:

1. Gather a selection of flowers from your garden, or if you are going on a hike, collect some of the wild flowers along the way.
2. Line the jar with cheesecloth. Add your flower petals to the cheesecloth and then fill the jar with enough water to cover them. Using a twist-tie, gather the cheesecloth together and tie it off to keep the flowers inside the package. Screw the lid on the jar and let sit a few days.
3. After it has sat a few days, carefully remove the cheesecloth with the flower petals inside. Try to do it slowly so the liquid stays in the

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Garden Bath Salts

Supplies:

- Fragrant flowers or herbs
- Essential oils (optional)
- 3 cups of sea salt
- 1 litre jar with tight fitting lid
- Colander

Instructions:

1. Either harvest some flowers from your garden, or gather some when you are on a hike. You'll want flowers that smell pretty like lavender, rose, or honeysuckle.
2. Tear into medium sized pieces and remove the big pieces of stem.
3. If you are using essential oils, add a few drops to your sea salt and mix well with your hands.

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Natural Perfume making Cont'd

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jar. When you get it out, carefully wring the wet cheesecloth package into the jar. This will release more fragrance into your perfume.

4. Put the lid back on your jar and wait for another 24 hours to let it settle. Using a coffee filter and funnel, filter the contents into your spray bottle.
5. You now have homemade perfume. Since it is all natural and has no preservatives and no alcohol, it won't last for very long.

* Note – if you have perfume alcohol, you can replace 1/10th of the water with it. This will hold the scent longer. You can also add essential oil to your perfume if you like. It will not mix well with the “water only” mixture, but will mix if you've added alcohol.

Garden Bath Salts Cont'd

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4. Place one inch of salt in the bottom of the jar. Layer an inch of flowers on top.
5. Continue alternating salt and flowers until the jar is full. Salt should be the last layer.
6. Screw the lid on the jar and set in a cool dark place for about 3 weeks so the salt can absorb the scent from the flowers.
7. Open the jar and strain* the flowers from the salt using the colander. Put the salt into a nice jar when you're finished straining it. Use 1 cup of bath salts with each bath.

*Note – instead of straining, you could put 1 cup of mixture into an organza or fine mesh bag, tie closed, and hang over the water spout under the water flow.

FUN ACTIVITIES

Let's go Fly a Kite!

Spring is traditionally the time of year when there are the biggest winds, but often you can find windy days in the summer as well. As air is warmed by the sun, it is pushed upward by the denser cool air moving in under it. This air movement is what creates wind. When the temperature changes are bigger it means that there is more movement of air, and therefore bigger winds. On days like this, it is the perfect time to try kite flying!



Supplies:

- 8 ½ X 11" paper
- Felt pens
- bamboo skewer
- Tape
- Flagging tape (or strips cut from plastic bag)
- Ruler
- String
- Hole punch

Instructions:

1. Fold paper in half so it's now 8 ½" X 5 ½". Make sure to crease it well
2. Unfold the paper and measure 1 ½" inches on the right side of the crease at the top edge of the paper and mark it.
3. Measure 4" on the right side of the crease at the bottom edge of the paper and make a mark.
4. Use the ruler to line up the two marks and connect them. Fold the paper along the line.
5. Flip the paper over and do the same on the other side.
6. The paper will now look sort of like a paper airplane with the folded sides being the wings. Tape the bamboo skewer across the kite between the two widest points to hold the kite firm.
7. Use a single hole punch to make a hole in the bottom of the kite. Use tape to reinforce it to make sure it doesn't rip.
8. Tape a piece of flagging tape at the opposite end of the kite from the skewer. It should be 6 to 8 feet long. You can take a couple of smaller pieces and tie them onto the tail at intervals.
9. Now, take your kite and try flying it!

Bird Watching

Figuring out which bird you are watching could be challenging, but here are some steps that may make it easier to identify them.

How to identify a bird:

1. Keep your eye on the bird – make notes about it's markings, movements, feeding habits and size. You can also make a sketch or take a picture.
2. Listen for its song
3. Estimate the size & general shape – It's easiest if you relate the size to a bird you know well. Is it the size of a sparrow, a robin, a crow, an eagle etc.? Does it stand upright or does it swim. Is it graceful or awkward?
4. Note any markings on the head and the shape of the bill – are there any colours that stand out? Does it have a specific design on it? Is it a single colour or does it have patches of colour? Is it crested (does it have a tuft on top of its head)? How long is its beak compared to its head? What colour is the beak? Is it straight, curved, flat, long, short, etc.?
5. Look at the shape of the wings and tail – how long is the tail compared to the body? Are there patches of colour on the wings and/or tail? Is the tail straight or rounded? What colour is the birds belly?

6. Leg Colour and length – What colour are the legs and how long are they? Does it have webbed feet or talons?
7. Movement and Flight – Watch how the bird walks and flies. How does it move from branch to branch? Does it hop, swoop, glide? Does it travel in a straight line or move from side to side or up and down?
8. Eating Habits – what does the bird eat? Does it dig in tree bark looking for insects or in the grass looking for worms? Does it find its food in a pond or water?
9. Where does the bird live? Does it live in the city or in the country, in the woods or near water?
10. Lastly, make notes of everything you've seen. Look in a book on birds to see if you can find out what kind of bird you saw. The information you've written down will help you. You can keep a full log of the birds you see by noting the location, date and time of day you saw it.

Build a Bird Bath

Supplies:

- 3 clay pots – 1 each 12", 14" and 16" and 20" clay saucer
- heavy duty outdoor glue or silicone adhesive
- Acrylic paints
- Paint brushes, sponges or stencils
- Clear acrylic sealer



Instructions

1. Even though you won't glue the pots until after, you will need to know how to glue them together so you can paint your design on them. You can do it in two ways:
Stack the pots as follows
 - a. 16" pot upside down on the bottom, 14" pot upside down on top, then 12" pot upside down on that. This will result in the base being larger at the bottom and smaller at the top **OR**
 - b. 16" pot upside down on the bottom, 14" pot upside down on top, then 12" pot right side up. This will result in a bit of an hourglass look to the base.
 - c. Add the saucer right side up to the top.
2. Now that you know how you want to stack the pots, you are ready to paint. You can use brushes, sponges or stencils to create your design.
3. When the paint is dry, cover all painted surfaces with an acrylic sealer.

PLAN A PICNIC

A picnic can be a planned event, or something spur of the moment in the backyard. It is a great opportunity to be out in nature. You can invite your friends or your family. Take something to do like a Frisbee, kite, football or baseball. You can even try the Provincial Photo challenge!

Picnic Foods:

Pack your favorite sandwich (or try one of the ones below), veggies and dip, some cut up fruit and homemade lemonade.

Lemonade

Ingredients

- | | | |
|-----------------------|--|--------------------------|
| – 9 – 10 large lemons | – 2 ¼ c fine sugar | – 3 c of room temp water |
| – 5 c of ice water | – A 3-4 ltr jug with tight fitting lid | – strainer |

Instructions:

1. Combine room temperature water and sugar in your jug. Put on the lid and shake until sugar is dissolved. When it has dissolved, the water will be clear.
2. Use a juicer to squeeze the juice out of the lemons. Pour the juice through a strainer into the jug. This will remove the seeds. Add ice water and stir. Refrigerate until you use it.

Waldorf Chicken Sandwich

This is a take-off on a special salad that was created by the Waldorf-Astoria chef in New York more than a century ago.

Ingredients

- 1 ½ lbs of chicken meat in ½” pieces
- ¼ c mayonnaise
- 2 tbsp cider vinegar
- 2 tsp chopped fresh tarragon leaves
- 1 large apple cut in ½” pieces
- ⅓ c chopped pecans
- 4 large buns
- ¼ tsp salt
- 2 tbsp olive oil
- 1 tbsp Dijon mustard
- ½ tsp fresh ground black pepper
- ⅓ c diced celery
- ⅓ c of grapes (red or green) cut in half
- 4 lettuce leaves

Instructions

1. Combine the mayonnaise, olive oil, cider vinegar, mustard, tarragon, pepper and salt.
2. Add the chicken, apple, celery pecans and grapes and toss.
3. Slice the rolls lengthwise, place the lettuce on the bottom half and top with chicken salad.

Tuna Salad Sandwich

Ingredients

- 2 cans of solid light tuna, drained
- ⅓ c mayonnaise
- 6 buns
- ½ green apple, chopped into ½” pieces
- ½ tsp salt
- 6 lettuce leaves

Directions

1. Combine the tuna, apple, mayonnaise, and salt. Toss well.
2. Put a lettuce leaf on the bun. Spoon about ½ cup of tuna mixture onto each bun.

Peanut Butter and Banana Wrap

Ingredients

- ¼ - ½ c peanut butter
- 4 tortilla wraps (8-10” size)
- 2 bananas

Directions

1. Lay out wraps on a clean work surface. Spread peanut butter onto the middle of each wrap.
2. Cut the bananas in half crosswise and lay ½ banana in each wrap.
3. Fold the bottom of the tortilla up over the banana, then the sides in. This makes your wrap sandwich.

BIKE SAFETY

This is a great time of year to ride your bike. Remember though that you need to be safe on the road! Here are some rules to remember:

1. Always wear a helmet
2. Obey traffic signs and signals.
3. If you are riding at night, use a headlight, taillight and/or reflective clothing
4. If there is a bike lane, use it! If there isn't, then ride with the traffic.
5. Check your brakes before riding your bike.
6. Wear light or bright coloured clothing so motorists can see you
7. Use your hand signals if you are making a turn. Know where the cars and pedestrians are around you because they may not be expecting you to make a turn.



Why should you ride a bike?

Riding a bike is healthy form of exercise. It increases cardiovascular fitness, strength, balance, endurance and stamina. It's fun to ride a bike and being out in the fresh air clears your head. It's a cheap form of transportation, and most importantly, it doesn't harm the environment.

SCIENCE: Tornado tube

Supplies

- Two 2-litre plastic bottles without lids
- A washer with a 9mm centre hole diameter



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Food colouring (opt)
electrical tape

Instructions:

1. Fill one of the bottles around two-thirds full of water. You can add food if you like.
2. Place the washer over the top of the bottle.
3. Place the empty bottle upside down on top of the washer, and tape the bottles together firmly with the washer in the middle. Make sure the tape is tight, and use enough to make sure that the seal is waterproof.
4. Turn your tornado tube upside down so the bottle of water is on top.
5. Watch what happens as the water tries to flow to the bottle below.
6. Gently rotate the bottle in a circular pattern to start the water swirling. The easiest way is to balance the lower bottle against your hand while

SCIENCE: Magical Milk

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This experiment is a spectacular demonstration of the effects of surface tension in a liquid.

Supplies:

- Pie plate or similar wide, shallow dish
- Food colouring in two or more colours
- milk
- dish soap

Instructions:

1. Pour the milk into the pie plate so that it is about 1 cm deep.
2. Put a few drops of food colouring into the milk. Use two or more colours, and put them at different locations in the dish, so the colours stay separate for now.
*Note: For a great effect, make several spots of each colour.
3. Add a small drop of dish soap in each of two or three different locations in the dish and watch what happens.

SCIENCE: Tornado tube Cont'd

S B G P R

you move the upper bottle in a circular motion. Watch what happens to the water now. As it flows into the bottom bottle, a vortex is formed. How does the rate that the water is flowing compare to the rate that the water was flowing before you started the circular motion?

*Note: If you prefer, you can buy a Tornado tube from a science or toy store. It will join the bottles together and create a tornado easily

The Science Behind it

When water is moved in a circle or arc, it forms a vortex. When it is moving in a circle Centripetal forces are acting on the water. The centripetal force is a force which pulls the water towards the centre of the vortex. When the water is moving straight down through the hole, it travels slowly because there is no air flow helping it.

When the water is moving in a vortex, it creates a funnel through which air is pushed. The air that is being pushed through the funnel helps the water drain more smoothly and quickly.

SCIENCE: Magical Milk Cont'd

S B G P R

How it works:

Most liquids, including milk, have surface tension. That means the molecules of milk are attracted to one another and they want to stick close together, creating a kind of "skin" on the surface of the milk. You can see this if you fill a small glass up to the brim with water, then use an eye dropper or small spoon to carefully add more water, drop by drop. Instead of spilling over, the water mounds up at the top of the glass – surface tension is holding the water together, so you can actually fill the glass up a tiny bit higher than the brim.

When you first put the drops of food colouring into the milk, it forms small coloured patches because the surface tension in the milk won't let the colour spread out very much. Dish soap breaks the surface tension, forcing the milk molecules to move away from each other. They take the food colouring with them resulting in the colourful swirling patterns you see in the dish.

Uphill or Downhill (from the BC Treasure Box Toolkit)

Objectives:

- learn about contours (squiggly brown lines on some maps)
- share a healthy snack!

Supplies:

- topographical map
- knife
- apple
- paper and pencil
- cutting board

Instructions:

1. Slice an apple into 2 halves, and then turn face down to make 'mountains.'
2. Explain that on some maps, contour lines are used to show steepness.
3. Slice one apple 'mountain' at equal intervals, and stack it back up.
4. Look down on the apple 'mountain' to see the rings from the slices; these are like contours. Draw a map of the apple 'mountain' by tracing each slice of the apple onto a piece of paper. You should see contours that form the apple
5. Using a real map with contours, find a hilltop (the innermost loop in a series of rings), steep cliffs (lines are close together), & flat areas (no lines).



GARDEN ACTIVITIES



Seed House

A quick way to start a seedling is in a Ziploc bag. Soak dry lima bean seeds overnight. Put damp cotton balls inside a Ziploc bag. Add the lima beans and seal the bag except one small corner.

Cut a house out of cardstock and decorate with craft materials that you have on hand. Glue the house to the front of the Ziploc bag. This is your seed house! Tape your house to a window to create a simple terrarium. Watch it carefully to see how it grows. You should be able to plant it in the garden within a couple of weeks.

Creating a Butterfly Garden

Making a butterfly garden is easy. You don't need a large are, just one that gets a lots of sun and is sheltered.

Supplies:

- Gardening tools
- Flowers that produce nectar: e.g. zinnias, marigolds, black-eyed Susans, etc. are good for a garden while alyssum and impatiens are better for a window box or plant pot. You can use either seeds or seedlings.

Instructions:

1. Find a place for your garden. It needs to get at least six hours of sunshine a day and must be sheltered from the wind. You can use part of a family garden, a flower box or even a large clay pot.
2. Plant seeds or seedlings. Look up how tall your plants will grow and then make sure you plant the taller ones at the back and the shorter ones at the front.



3. When the flowers begin to bloom, watch your garden to see what type of butterflies arrive. You may want to take pictures so you can find out what type they are, or get a book on butterflies so that you can identify the kinds that visit your garden.

Garden Stepping Stones



Try your hand at making stepping stones. They are a great way to decorate your garden, create a footpath or give as gifts. You can make them personal by including special mementos in the decorating or by putting the prints of people or animals in them.

Supplies:

- Stepping stone molds – planter saucers, pizza boxes, plastic food containers
- Quick set cement
- Decorations and Embellishments - Pebbles/Stones, shells, beads, keys, flat marbles, gems, small mosaic tiles, beach glass, stained glass pieces, special mementos
- Paint & Acrylic sealer (optional)
- Eye protectors and rubber gloves – Concrete can burn your skin if you get it on yourself
- Newspaper – make sure to completely cover your work area. You could also use a plastic tablecloth or an old shower curtain
- Ice cream pail – for mixing concrete
- Old serving spoon for mixing concrete and scooping it into the mold.
- Old measuring cup for measuring concrete and water
- 1 to 4” piece of screening for the center of your mold to make it stronger.
- Damp rag

Instructions:

1. First, protect your work surface and yourself. Put down some newspaper, plastic sheeting, or an old tablecloth or shower curtain on your working surface. Always wear **eye protection and rubber gloves**. Old clothing is also a good idea.
2. Set your mold on your work surface.
3. Follow the directions to mix the concrete. Your mixture will vary depending on what kind of concrete you use, but the wet mixture should have the consistency of thick brownie batter.
4. When your concrete is mixed, you can start spooning it into the mold. Fill the mold about half full and level it with the spoon. Lay your cut piece of screen into the mold and then finish scooping the cement into the mold until it is full.
5. Gently tap your mold on the working surface to remove any air bubbles and help level the cement. Leave it to set for about 30 to 60 minutes before adding decorations to it, otherwise they might sink. This is especially important if you are adding hand prints to the cement.
6. When the cement has started to set, you can start decorating. Lay out your pattern beside the mold so you know how you're going to decorate it, then move the pieces one at a time to the cement. Press gently to sit the decoration slightly into the cement. Don't apply too much pressure or you'll lose your decoration in the cement.
7. Your stepping stone needs 2-3 days to dry completely. Don't touch it at all during that time, and don't move it! Once it is totally dry, remove it from the mold
8. If you want to paint it, you can do it once it's dry. Paint it with an acrylic sealer so that the paint doesn't wash off.
9. Let your garden stone sit for another week before putting it in the garden. Make sure that you dig a hole and set it down so it is level with the ground or people will trip on it.

Dyes from Nature

Supplies:

- 3 tbsp alum
- Water
- 4 c of onion skins
- 1 large bowl
- 1 ½ tsp cream of tartar
- 100% cotton white t-shirt
- 2 large pots (no aluminium)
- Wooden spoon

Instructions:

1. Getting your t-shirt ready to dye: dissolve the alum and cream of tartar in a cup of hot water. Once this is done, pour 5 ltr of water into a large pot and stir in alum mixture. Heat almost to boiling before adding your t-shirt to the water. Simmer on low heat for approximately one hour. Use your wooden spoon to pull the t-shirt out of the water, then drain in a sink. Wring out the shirt once it's cool enough to do so.
2. Making the dye – place the onion skins in the 2nd pot with about 8 cups of water. Cover the pot and bring to a boil, then lower the heat and simmer for about half an hour. After half an hour, use the colander to

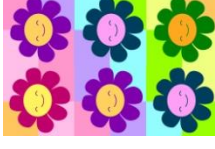
Flower Paper

Supplies:

- 1 c of flowers (any kind will work)
- 1 c white toilet paper torn in small pieces & tightly packed
- Blender
- Vegetable oil
- 14" square screen
- Rolling pin
- water
- Colander
- Paper towel
- News paper
- Wax paper

Instructions:

1. Remove petals from the flowers.
2. Put the toilet paper and the petals into the blender.
3. Fill 2/3 full with water, then blend on medium until the mixture is mushy. This will break down the flower and paper fibres and create a pulp.
4. Pour the pulp into a colander and drain until most of the liquid is gone.



Dyes from Nature

strain the liquid into a pot or bowl, then put it back in the pot you were using. *Note – the leftover onion skins can be composted .

1. How to dye your t-shirt – Add the t-shirt to the dye you've made out of the onion skins. Simmer on low for about an hour. Make sure that you stir the water occasionally to make sure that your shirt dyes evenly and colour doesn't pool in one area. When you like the colour, use a wooden spoon to pull the shirt out and place under cold running water. Rinse until the water runs clear.
2. Let the shirt air dry. You will need to wash the shirt separately because it may lose some of it's colour the first couple of times.

***Note**

- If you enjoy doing this, try using other natural fruits and vegetables like red cabbage – lavender, blackberries/blueberries – purple, black tea – cream, oak bark/acorns – brown, marigold flowers – yellow
- You can use the dye to do tie dye as well.

SIDEWALK CHALK

Make your own sidewalk chalk and then create your own masterpieces on the driveway or sidewalk at home.

Supplies:

- Toilet paper roll or small paper cups or soap/candy molds
- Plaster of Paris
- Powdered tempera paint
- Water
- Measuring cup, bowl and spoon

Instructions:

1. If using toilet paper roll, wrap saran wrap tightly around the end and tape or hold in place using an elastic band.
2. Mix 1 cup of Plaster of Paris with 3/4 cup of water.
3. Add powdered tempera paint to make your desired colour.
4. Blend well and let stand for a few minutes, then pour into your toilet paper mold or paper cup.
5. Set aside and let dry completely. This will take between 24 and 72 hours depending on the size of the mold.
6. Once it is totally dry, you can remove your chalk from the mold by peeling away the paper.
7. Take your chalk outside and create fun masterpieces!

Note: You can make swirly colours by adding the colour, but only mixing it partially.

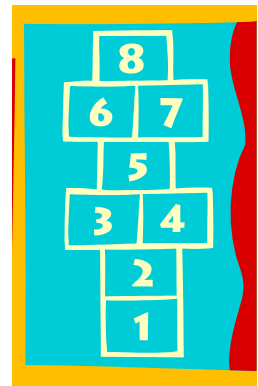
What can you do with your homemade chalk?

Tic-Tac-Toe

- Draw a tic-tac-toe board on the sidewalk – about 2 feet square.
- Draw a throw line a reasonable distance from the board.
- Player one throws a marker into a square. If the marker lands in the square, not touching the side, they can draw an “X” or an “O” in that square. If the marker touches the side, they don’t get the square and it becomes the other player’s turn.
- The winner is the first to get three “X’s” or “O’s” in a row.

Hopscotch

- Draw a hopscotch course that consists of 8 boxes numbered 1 to 8 like the drawing on the right.
- The first player takes a turn tossing a marker into the first box. If the marker lands in the box and doesn’t touch the sides, the player can jump through the course. She hops over the box where her stone is, then hops to the end – on one foot for single squares, and one foot in each square for doubles.
- When she gets to the end, she turns around on one foot and hops back, picking up her marker on the way.
- If the player completes the course successfully, she tosses the marker into the second box.
- If she misses her throw, or loses her balance or hops outside of the square, it is the next player’s turn



Getting out into the Community

This summer, find out what events are happening in your community on Canada Day and BC Day. See if they need volunteers to help out. Remember to wear your uniform!

SCIENCE: Make a Rain Cloud

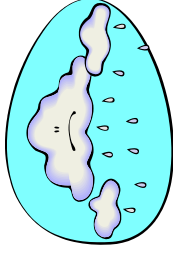
Supplies

- Clear container or jar
- Shaving cream
- Blue Food colouring
- Eye dropper
- Small glass or bowl

Instructions

1. Fill the container $\frac{3}{4}$ full with water.
2. Add a thick layer of shaving cream to the top of the container . This will represent the clouds
3. In the small glass, mix a few drops of food colour with water.
4. Using a dropper, drip the coloured water into the cloud a few drops at a time. Make sure to drip the water in different areas to make the experiment last longer.

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SCIENCE: A Rainbow of colour

Supplies:

- Baking tray Plastic wrap Eye dropper Baking soda
- Vinegar Food colouring in a rainbow of colours.

Instructions

Cover the tray with a sheet of plastic wrap. Using a dropper, create a rainbow of coloured drops on the tray. Mix the colours to get all the rainbow colours (Red, Orange = red + yellow, Yellow, Green = Blue + Yellow, Blue, Indigo = deep blue, Violet = Blue + Red). Once you have the rainbow pattern, cover carefully with baking soda. Using an eye dropper and vinegar, start dripping the vinegar onto the baking soda. The colours will fizz up through the baking soda to reveal a rainbow of colour!

The Science Behind it: Acids and bases

Almost all liquids are either acid or a base depending on the type of ions in them. If they have a lot of hydrogen, they're an acid. If they have a lot of hydroxide, then they're a base. When an acid and a base are put together,

S B G P R



SCIENCE: Make a Rain Cloud Cont'd

5. When the cloud gets heavy with water, it will begin to rain.
6. Watch for the rainfall

The science behind it:

All air contains water. Near the ground, it is in the form of water vapor. As warm air rises, it expands and cools. Cool air can't hold as much vapor, so the vapor condenses around dust particles in the air. They become tiny tiny droplets of water. When billions of these water droplets come together, they become a cloud.

Water droplets are constantly moving. The more droplets in the cloud, the less space there is for them, so they bang together, joining to make bigger drops. Once these drops get heavy enough, they fall to the ground because of gravity. This is what you see as rain.

SCIENCE: A Rainbow of colour Cont'd

They react to neutralize the acid and base properties. The foaming up is the process of neutralizing the acid and base.

Properties of Acids:

1. Change blue litmus paper to red
2. Are sour tasting
3. React with bases to neutralize them
4. Acids are 0 to 6 on the Ph scale
5. Some common acids are: vinegar, tomato, orange and lemon juice

Properties of Bases:

1. Change red litmus paper to blue
2. Have a slippery feel
3. React with acids to neutralize them
4. Bases are 8 to 14 on the Ph scale
5. Some common bases are: baking soda, ammonia and bleach

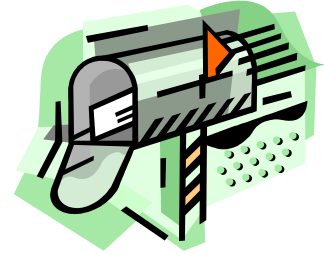
S B G P R

LETTERBOXING

You've probably all participated in geocaching, but how many of you have tried letterboxing? It is sort of like geocaching, except you follow clues to get to a letterbox, and you don't need a GPS to do it.

What you need to try Letterboxing

- A trail name to identify who you are, but not something that gives your identity away. It could be something like Dragonslayer, Camping Angel, Rainbow. Be creative and come up with a name that means something to you.
- A Rubber stamp & ink (or self inking stamp). The picture on the stamp should mean something to you. It can be something that you love, an activity you enjoy, a symbol, or almost anything at all. This will be your signature whenever you are letterboxing.
- Pen or pencil – used to add your trail name and date to your stamp print in the log book.
- A personal log book to record the information about the letterboxes that you've found and recorded your stamp in once you've found them.
- Compass (optional). Most letterbox clues don't need a compass, but there are a few that do.
- Clues – To get clues to the locations of letterboxes near you, go to www.letterboxing.org or www.atlasquest.com. Read the clues carefully and print out a trail map of where you'll be hiking. Remember to always respect the environment, and the person who created the box by returning everything to the box once you've found it!



BACKYARD CAMPING

One of the best things about summer is camping! If you don't have a unit to camp with, try a backyard camp with your friends or family.

1. Plan your camp with the people who will attend it. Make sure they all get input into activities and food. You can include things like a cookout, a nature walk, campfire and star gazing.
2. Find a place to pitch your tent. It should be as level as possible, and preferably without big rocks. You can put it almost anywhere – grass, gravel, concrete, patio, etc. Just make sure you have something soft to sleep on. If you don't have a tent, you can make one from a large tarp.
3. Some communities don't allow outdoor firepits, but a barbecue will work just as well. Cooking outside is part of camping. Plan ahead to make sure that you have some good camp food like burgers, the fixings for s'mores, eggs in muffin tins, etc. or try some of the recipes below: Make sure that an adult is there to oversee things if you are Guide age or younger. Pathfinders and Rangers can do their own planning and cooking. Make sure that you have an extinguisher nearby in case of fire.



Singing 'Round the Campfire

Go to the BC website using the following link. This is for a booklet that is all about music in Girl Guides. <http://www.bc-girlguides.org/wp-content/uploads/2013/Arts%20to%20Go%20-%20Music.pdf>

Pages 12 to 15 contain a list of songs, the songbooks that you find them in, and the pages.

You can find song tunes at <http://guidingjewels.ca/resources/songs> or at <http://www.bc-girlguides.org/resources/program/guiding-songs/> You can also do a search on the internet. Most songs are there.

Pages 17 to 26 have Campfire plans for different themes – try using one of them, or create your own using the template on page 16.



RECIPES: Teriyaki Meatball Hobo Meals

Ingredients:

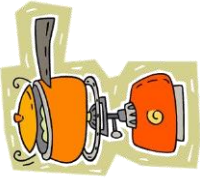
Meatballs – precooked
1 can of pineapple tidbits
Rice - precooked
red, yellow, orange and green peppers cut into 1” pieces
Foil, newspaper, tongs & oven mitts

Teriyaki Sauce

1 red onion in small wedges

Instructions:

1. Cut two 12” pieces of foil for each hobo meal. Lay out one piece of foil for each dinner.
2. Put 5-6 meatballs in the middle of each foil sheet. Divide veggies and pineapple between the dinners. Add at least 4 tbsps of teriyaki sauce to each meal.
3. To wrap, bring two sides of the foil together and roll down, then roll in the two ends.



RECIPES: Camp Recipes: Bacon & Eggs In a Paper Bag

Ingredients per bag:

1-2 slices of bacon
2 large eggs
1 paper lunch bag
1 long handled cooking fork, or skewer

Instructions:

1. Cut each slice of bacon in half. Open the lunch bag and line the bottom with enough half slices of bacon to cover it.
2. Close the bag by folding the top down 1 inch, twice. Pierce the bag through the fold in the centre with the fork. Hold the bag about an inch above the coals. Cook 3-5 minutes or until the bag is soaked with bacon grease. Remove from heat and cool for one minute.
3. Remove the fork and open the bag. Break 2 eggs into the bag on top of the bacon. Stir the eggs, refold the bag and again, pierce the centre with your cooking fork. Hold the bag above the coals for about 15 minutes or until eggs are firm and bacon is cooked. You can eat right out of the bag

RECIPES: Teriyaki Meatball Hobo Meals Cont'd

4. Dampen the newspaper and lay it on top of the 2nd sheet of foil making sure that it is smaller than the foil. Fold the foil in the same way you did the first sheet.
5. Place above hot coals on a barbecue to cook or close to coals in a firepit. It will take 15 to 20 minutes. Turn once or twice with tongs while cooking
6. Make sure that you use a pair of long handled tongs and oven mitts to remove it from the fire. It will be extremely hot!!
7. Check to make sure that your meatballs are cooked all the way through before eating.
8. Serve over rice.

RECIPES: Camp Recipes: Banana Boats

Ingredients

- Banana per person
- Mini marshmallows
- Chocolate chips
- foil

Instructions:

1. Slit each banana lengthwise through the peel. Make sure that you don't go all the way through to the other side. Stuff the bananas with marshmallows and chocolate chips.
2. Wrap each banana in aluminium foil and cook over a fire or on the barbecue for 5 to 10 minutes or until chocolate is melted. Watch carefully to make sure it doesn't burn.
3. Eat with a spoon!



INTERESTING OUTDOOR ACTIVITY LINKS

Astronomy and Stargazing

Nasa has a great website at <http://spaceplace.jpl.nasa.gov/st6starfinder/st6starfinder.htm> for future starfinders. There are links to games, puzzles, activities, videos etc. You can even try making a Starfinder for whatever month you would like. It will help you find some of the constellations in whatever season you're in. Here is the link <http://spaceplace.nasa.gov/starfinder/en/>. You can even print your own constellations and carry them on a keychain. If you shine a flashlight through them onto the ceiling, you will see what the constellation looks like in the sky, or hold it up to the sky to try to locate the constellation at night. Here is a link to the constellations <http://belladia.typepad.com/.a/6a00d8341cc08553ef0115724c3a32970b-pi>



Frogwatch – Did you know that there are less and less frogs in the world? There is a program that helps you learn more about how to identify, find and count the frogs in BC, and then to help collect information on them by reporting your findings. <http://www.env.gov.bc.ca/wld/frogwatch/>

Urban Birds – Did you know that by sharing what you observe about the birds in your area, you can help Cornell Lab of Ornithology study the data related to birds in your area? If you would like to do some bird watching and provide a service at the same time, go to <http://celebrateurbanbirds.org/about/resources/get-your-kit/>

Geocache your Watershed –

This is a project by Environment Canada that involves high school students in promoting information through geocaching. If this sounds like something that would interest you, visit this website: <http://www.ec.gc.ca/geocache/default.asp?lang=En&n=E923094B-1>

WEATHER FACTS: DID YOU KNOW?

- The most rainfall recorded in 24 hours was 182.5 centimetres in Foc-Foc, La Reunion.
- The most rainfall ever recorded in one year was 25.4 meters in Cherrapunji, India
- Antarctica is the driest continent on earth.
- Mt. Waialeale in Kauai, Hawaii has up to 350 rainy days in a year.
- The biggest raindrops on earth were recorded over the Marshall Islands in 2004. Some were as large as 10 mm.

Registration

If you haven't registered for Girl Guides yet this year, I would like to encourage you to do it as soon as possible. If you are going to be registering in a unit in your local district, you can do that through www.girlguides.ca.

If you are going to register for Lones, please fill out the attached registration and health forms and return them with a cheque for \$95 to: BC Lones - Registration, c/o Girl Guides of Canada - BC Council
1476 West 8th Avenue, Vancouver, BC V6H 1E1



GIRL REGISTRATION Form and PARENT /GUARDIAN CONSENT

Girl Membership (iMIS) # _____

PARENT/GUARDIAN: Please complete pages 1 & 2 of this form and submit following the instructions provided by your Guiding office as soon as possible to secure your registration. Registration is not complete without payment. For further information please call 1-800-565-8111 during regular office hours. **Please retain pages 3 & 4 (Code of Conduct) for your reference**

Unit Placed in: _____	Unit iMIS #: _____
Received Date: _____	Date Paid: _____
<input type="checkbox"/> Payment enclosed	<input type="checkbox"/> Subsidy \$ _____
	<input type="checkbox"/> Partial Payment: \$ _____

I want to join:	<input type="checkbox"/> Sparks (5-6)	<input type="checkbox"/> Brownies (7-8)	<input type="checkbox"/> Guides (9-11)	<input type="checkbox"/> Lones
	<input type="checkbox"/> Pathfinders (12-14)	<input type="checkbox"/> Rangers (15-17)	<input type="checkbox"/> Girls transitioning to adult membership (completed Rangers program)	

How did you learn about Guiding?	<input type="checkbox"/> Previous girl Member	<input type="checkbox"/> Family/friend in Guiding	<input type="checkbox"/> Website	<input type="checkbox"/> School
	<input type="checkbox"/> Media	<input type="checkbox"/> Print Advertising	<input type="checkbox"/> Cookie Campaign	

Have you been a Member with Girl Guides of Canada-Guides du Canada before? If so, what unit and which year?	Do you have a preference for a particular unit now? If yes, please list:
Unit: _____ Year: _____	Unit: _____

PART A: Contact Information

Daughter/Ward:			
First name and initials _____		Last name _____	
Address: _____			
Apt./No.	Street	P.O. Box or R.R. No.	
City	Province /Territory	Postal Code	
Phone: Home () _____	Cell: () _____		
Birth date: / / _____	email: _____		
Main Parent/Guardian:			
First Name _____	Last Name _____	Email: _____	
Telephone: Work: () _____	Home: () _____	Cell: () _____	
2nd Parent/Guardian:			
First Name _____	Last Name _____	email: _____	
Telephone: Work: () _____	Home: () _____	Cell: () _____	
Emergency Contact: <i>other than custodial parent; not resident in girl's home</i>			
First Name _____		Last Name _____	
Telephone: Work: () _____	Home: () _____	Cell: () _____	

PART B: Use of Information

In order to ensure we are continually improving our programs and activities, GGC may periodically contact girls to ask for their ideas, opinions and feedback. Please check the box if you **do not** give us permission to contact your daughter/ward.

PART C: Accessibility Needs

If your daughter has any disabilities that may require accommodation, disclosing them will help us place her in a unit or activity that best meets her needs. Also, if you wish to discuss any accommodation needs with a GGC representative to help find the best unit for your daughter, you can contact your provincial office at 1-800-565-8111 or membership@girlguides.ca.

PART D: Membership Agreement

I understand that by signing this agreement:

- Girl Guides of Canada-Guides du Canada (GGC) is a volunteer organization for girls and women, and I will support my daughter/ward and her Guiders in their activities throughout the year.
- I agree to support the sale of Girl Guide Cookies, the main fundraiser for GGC.
- I understand my responsibility in making sure my daughter/ward arrives and is picked up on time for meetings and other activities.
- I have read and understand the Code of Conduct, and I agree that I and my daughter/ward will abide by it and uphold its terms. I will also inform any other parent(s)/guardian(s) of my daughter/ward who will interact with GGC that they must also abide by it and uphold its terms.

Signature of Parent/Guardian _____	Date _____
------------------------------------	------------



FOR OFFICE USE ONLY

Name: _____ Birth Date: (YY) _____ (MM) _____ (DD) _____

Unit Name: _____ Girl Membership (iMIS) # _____

Parent/Guardian Consent

General Consent Statement

Guiding activities are organized according to set standards and guidelines for activity management including supervision, training, equipment, and health matters. These standards are documented in Safe Guide: Activity Planning and Safety Management and are available upon request.

During a typical Guiding activity, your daughter/ward may participate in activities, supervised by her Guider, which may include, but are not limited to:

- Arts and crafts (use of scissors, glue, small craft materials)
- Active games (physical activities that may involve balls, running, skipping, jumping, tossing, etc.)
- Swimming at a public swimming facility that provides lifeguards
- Use of equipment (for science experiments, crafts, games, cooking, etc.)
- Active outdoor activities in the community (cookie sales, walking tours, skating, nature walks, etc.)
- Excursions to local points of interest (museums, parks, fire halls, etc.)

In all activities there is an element of risk. While Girl Guides of Canada and your daughter's/ward's Guider(s) take reasonable precautions to minimize these risks, this is no guarantee against injury or loss.

Some of the risks associated with typical activities include (but are not limited to): scrapes, cuts or bruises; sprains, strains or possible broken bones; illness from known or unknown sources; theft or loss of possessions; unforeseen injuries from activities, equipment or actions of your daughter/ward, other participants or other people, including negligent actions.

You will occasionally need to provide your daughter/ward with equipment or clothing appropriate for the activity.

From time to time, unscreened adults who are not Members may assist with the supervision of your daughter's/ward's unit activities under the direction of a Guider. Our procedures do not permit a girl to be left alone with an unscreened adult.

Some activities may take place in the community. These may be within walking distance, or may require a different drop-off or pick-up location. When activity locations require alternate drop-off or pick-up or other transportation arrangements, the Guider will provide you with the details.

From time to time your daughter/ward may attend activities or events (e.g., camps, trips, or special outings or events) that would be in addition to the activities outlined above. Your permission will be required for these specific activities/events. If this occurs your daughter/ward's Unit Guider will send home additional information about the planned activity or event.

Declaration:

I have read and understand the information provided on this form. I understand and assume any and all risks associated with Guiding activities on behalf of my daughter/ward not limited to those risks listed above. I authorize my daughter/ward to participate in the activities described above.

Name: _____
(please print)

Signature: _____

Date: _____

*PLEASE DETACH THIS PAGE AND RETAIN FOR YOUR RECORDS.
DO NOT RETURN WITH YOUR SIGNED APPLICATION*

Code of Conduct

(Revision: December 9, 2010)

This Code of Conduct is an integral part of involvement with Girl Guides of Canada – Guides du Canada (GGC). The Code of Conduct requires all Members, all volunteers, all employees, and all parents and guardians of Members to:

1. Refrain from words, actions and behaviour – in any medium -- that demonstrate disrespect for other Members, volunteers, employees, or the family members of such individuals.
2. Uphold GGC's reputation and integrity by ensuring that their conduct, whether in person, online, or otherwise, brings honour and dignity to GGC.
3. Be vigilant in ensuring an environment that is safe and protects girl and adult Members, volunteers and employees from emotional, physical, verbal and sexual abuse.
4. Respect other Members', volunteers' and employees' rights to privacy and the confidentiality of their personal information.
5. Act with honesty and integrity when dealing with property, monies and any other assets belonging to GGC.
6. Respect and abide by the laws of Canada and of the relevant Province or Territory.
7. Treat Members, volunteers, employees and Members' families fairly, knowing that GGC does not tolerate unlawful discrimination on the basis of race, national or ethnic origin, citizenship, colour, religion, sex, age, mental or physical ability, political beliefs, socio-economic status, health-related status, sexual orientation, marital status, or any other grounds enumerated in the human rights legislation of the jurisdiction in which the individuals involved are located.

In addition, Members, volunteers and Employees will:

8. Subscribe to the principles of the Promise and Law of GGC and adhere to GGC's bylaws, policies and procedures.
9. Fulfill their roles and responsibilities as stated in their position descriptions (where applicable) and act within the limitations of their authority in the discharge of their duties.
10. Diligently maintain the confidentiality of any information regarding GGC that they have obtained in the course of performing their roles in Guiding and that is not generally available to the public.

Girl Guides of Canada-Guides du Canada reserves the right to take action regarding any breach of the Code of Conduct.

We protect and respect your privacy. Your personal information is used only for the purposes stated on or indicated by the form. For complete details, see our Privacy Statement at www.girlguides.ca or contact your provincial office or the national office for a copy.



PLEASE DETACH THIS PAGE AND RETAIN FOR YOUR RECORDS.

DO NOT RETURN WITH YOUR SIGNED APPLICATION

The Code of Conduct and You

(March 2011)

The stated values for Girl Guides of Canada (GGC) are stipulated in the Promise and Law, and are further reinforced by the Code of Conduct. Being a part of the Guiding community, you – girl Members and their parents/guardians, adult Members, volunteers, and employees – have the right to participate in an environment that is respectful, safe, and positive. With this right comes the responsibility to ensure a respectful, safe and positive experience for everyone involved in Guiding.

Each person involved with GGC has roles and responsibilities with respect to the Code of Conduct:

- Uphold the principles of the Code of Conduct and be personally accountable for your actions and behaviour.
- Hold each other accountable for actions and behaviour.
- Use open, clear and respectful communication to resolve issues.
- Take prompt and reasonable action to address issues in a timely manner to avoid unnecessary escalation, and seek assistance if necessary.
- Be a role model for others, especially for our girl Members/daughters/wards.

Adult Members working with girls are expected to:

- share and explain the Code of Conduct to the girls in their Unit, and together establish a common understanding of the Code of Conduct as it applies to their Unit;
- educate themselves on GGC policies and procedures;
- explain to non-member volunteers, and parents/guardians, the policies and procedures relevant to their interaction with GGC;
- communicate regularly and meaningfully with parents/guardians;
- maintain consistent standards of behaviour for all girls.

Parents/guardians are expected to:

- encourage and assist their daughter/ward in following the Code of Conduct;
- ensure that other parent(s)/guardian(s) of their daughter/ward are aware of the Code of Conduct, and of their responsibility in following it in their interactions with GGC;
- support the efforts of GGC and its adult Members in maintaining an environment where all can enjoy Guiding;
- communicate regularly and meaningfully with the Unit Guiders of their daughter/ward's Guiding Unit

Girl Members are expected to:

- Participate in programming with their Unit Guider to learn about the Code of Conduct and our standards of behaviour.

The Code of Conduct policy is available from adult Members or from provincial offices. Adult Members and employees can access policies related to the Code of Conduct through the Member Zone section of the GGC website.

We protect and respect your privacy. Your personal information is used only for the purposes stated on or indicated by the form. For complete details, see our Privacy Statement at www.girlguides.ca or contact your provincial office or the national office for a copy.



Participant's Name

Note to parent/guardian (Please return this form to the responsible Guider.)

- The information on this form may be used by GGC representatives or medical personnel to administer or authorize appropriate first aid, health care or medical attention for the participant; and to obtain your permission on who may pick-up your child/ward.
- Your daughter's/ward's health information is reviewed only by her Guiders. It is shared with other adults on a need-to-know basis in our effort to support her participation. If your daughter/ward has any disabilities that may require accommodation, disclosing and discussing them with us will help us accommodate her. Use this form to explain your child's needs.
- You may be asked to review and update health information on this form periodically throughout the year. Please initial any changes.
- It is recommended that you attach a photo on the reverse side of this form.

Girl's Name: _____			
<small>Last name</small>	<small>First name</small>		
Birth date: _____	Height: _____	Weight: _____	
<small>year/month/date</small>			
Address: _____			
<small>No.</small>	<small>Street</small>	<small>Apt. No.</small>	<small>P.O. Box or R. R. No.</small>
<small>City</small>		<small>Province /Territory</small>	<small>Postal Code</small>
Phone: Home () _____	Business () _____		Cell () _____
Contact information of custodial parent or guardian: E-mail _____			
Last name _____		Given name _____	
Address (if different from above) _____		Phone: Home () _____	
		Business () _____	
		Cell () _____	
<small>No.</small>	<small>Street</small>	<small>Apt. No.</small>	<small>P.O. Box or R. R. No.</small>
<small>City</small>		<small>Province/Territory</small>	<small>Postal Code</small>

If parent/guardian unavailable, for emergencies, please notify:

1. _____				Phone: Home () _____
<small>Last</small>	<small>Given Name</small>	<small>Relationship</small>		Business () _____
Address (if different from above) _____				Cell () _____
<small>No.</small>	<small>Street</small>	<small>Apt. No.</small>	<small>P.O. Box or R. R. No.</small>	
<small>City</small>		<small>Province /Territory</small>	<small>Postal Code</small>	
2. _____				Phone: Home () _____
<small>Last</small>	<small>Given Name</small>	<small>Relationship</small>		Business () _____
Address (if different from above) _____				Cell () _____
<small>No.</small>	<small>Street</small>	<small>Apt. No.</small>	<small>P.O. Box or R. R. No.</small>	
<small>City</small>		<small>Province /Territory</small>	<small>Postal Code</small>	

- Family doctor _____ Phone () _____
- Provincial health insurance number (optional) _____
- The activity/event/camp may include swimming hiking, boating, pitching tents, etc. Does the participant have any physical, cognitive, emotional or behavioural limitations/challenges that would require assistance and/or modifications to the program to enable her to participate fully? Yes No
If yes, please state particulars: _____
- Do you have any special instructions for Guiders/staff regarding the participant's health care and/or diet? Yes No
If yes, please explain: _____
- Does she know about menstruation? Yes No
- Are corrective lenses required? Yes No Contact lenses? Yes No

We protect and respect your privacy. Your personal information is used only for the purposes stated on or indicated by the form. For complete details, see our Privacy Statement at www.girlguides.ca or contact your provincial office or the national office for a copy.

Site/event

Year



Personal Health Form - Girl Members (H.1)

Name of participant: _____

7. If the participant has allergic reactions to such things as food, insect stings, etc., please complete the following:

Allergy	Life-Threatening?	Allergy	Life-Threatening?
_____	<input type="checkbox"/> Yes <input type="checkbox"/> No	_____	<input type="checkbox"/> Yes <input type="checkbox"/> No
_____	<input type="checkbox"/> Yes <input type="checkbox"/> No	_____	<input type="checkbox"/> Yes <input type="checkbox"/> No
_____	<input type="checkbox"/> Yes <input type="checkbox"/> No	_____	<input type="checkbox"/> Yes <input type="checkbox"/> No

8. Is the participant subject to any of the following? (Please check all that apply)

<input type="checkbox"/> Arthritis	<input type="checkbox"/> Convulsions	<input type="checkbox"/> Motion sickness	<input type="checkbox"/> Diabetes
<input type="checkbox"/> Respiratory ailments	<input type="checkbox"/> Ear trouble	<input type="checkbox"/> Nightmares	<input type="checkbox"/> Other – please specify _____
<input type="checkbox"/> Bed wetting	<input type="checkbox"/> Headaches	<input type="checkbox"/> Sleepwalking	

9. Chronic conditions or recent illnesses of which the Guiders/staff should be aware: _____

10. Please provide details of treatment required and name of medications she will be bringing with her if required for the above mentioned condition(s).

11. Are there any medications that your child/ward should carry themselves (e.g., asthma pump, Epi-pen).
 Yes No If yes, please specify: _____

Medications: Any medication (over-the-counter and/or prescribed) required by girl Members must be brought with her in original packaging with dosage instructions and clearly labeled with her name. Medications are given to the Guider or first aid provider upon arrival at the activity/event/camp for storage. The Guider or first aid provider will supervise the taking of medication by girls according to instructions provided. Participants must be willing to take their medication. They will not be given any medication that is not provided by parents/guardians. Other comments: _____

Note: If the participant has been treated by a physician for an illness or injury within one month of the date of the activity, it is recommended that the **Wellness Statement (H.5)** is completed and signed by a physician.

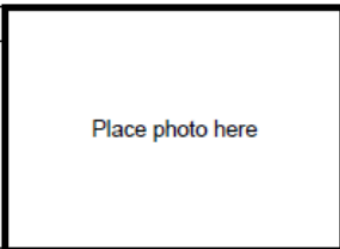
Every care and attention will be given to the health and comfort of the participant.

I hereby authorize a Girl Guides of Canada representative to provide first aid and/or secure such medical advice and services (e.g., contacting EMS/ambulance) as may be deemed necessary for the health and safety of myself or my daughter/ward during activities. I agree to accept financial responsibility in excess of the benefits allowed by my provincial/territorial health plan or the Girl Guides of Canada insurance plan.

Signature of Participant (or custodial parent/guardian if participant is under provincial/territorial age of majority) _____ Date: _____

PHOTOGRAPH OF PARTICIPANT

A picture is required when a girl Member is attending any activity/event/camp at which she may not be known (e.g., area camps, outings, district rallies, etc.)



PERMISSION TO PICK UP GIRL MEMBER

Girl Guides of Canada strives to provide the safest possible environment for your daughter. In keeping with that goal, Unit Guiders will only release your daughter/ward to individuals who have been authorized by you to pick up your daughter/ward after Guiding activities.

- a) My daughter/ward has my permission to make her own way home: Please initial _____
- b) In the space below, please list up to four people (including yourself) who may pick up your daughter/ward.

1. _____	2. _____
3. _____	4. _____

*Please note that individuals on the list may be required to show photo identification if they are not known to the Unit Guiders. If there is a need for someone other than those listed above to pick up your daughter/ward, please inform the Unit Guider in writing. In an emergency situation, the unit Guider may accept verbal authorization from you.

NOTE TO GUIDERS: Securely destroy this form at the end of the Guiding year or return to parent/guardian.

We protect and respect your privacy. Your personal information is used only for the purposes stated on or indicated by the form. For complete details, see our Privacy Statement at www.girlguides.ca or contact your provincial office or the national office for a copy.



Note to parent/guardian (Please return this form to the responsible Guider.)

- 1. The information on this form may be used by GGC representatives or medical personnel to administer or authorize appropriate first aid, health care or medical attention for the participant; and to obtain your permission on who may pick-up your child/ward.