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If you have a great idea to share in a future edition of **Program Jewels**, send it to: program@monasheegirlguides.com.

Ideas could include:

- Games your girls love
- Successful crafts that help meet your program
- "Instant meeting" plans
- Field trip ideas
- Helpful website URLs
- Any activity for Girl Guide meetings (any branch!) that you think others need to know!

Welcome Note

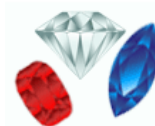
Hello Guiders of Monashee Area! My name is Julie Thomson, and I have just taken on the position of Area Program Adviser.

In my Guiding life I have worked with Brownies, Guides, Sparks and back to Brownies again. I have been half of a District Co-commissioner team, and I am currently a Trainer Candidate (which is basically a Trainer "in

training"). I have created a number of Guiding websites, two of which are still online: a very outdated Guide website at <http://www3.telus.net/jp123/1cgg/> and a frequently updated Spark/Brownie/Guide site at <http://guidingjewels.ca>.

I am a strong believer in sharing ideas, which is why I have created websites, am working on becoming a Trainer, and have accepted this

new challenge as Area Program Adviser. I am by no means an "expert," so would love for you to share your ideas with me, as well!



I hope you take these "Jewels" that I am sharing with you, and use them with your girls, in your meetings.

Julie

Composite Conference 2010

I was fortunate to have the opportunity to attend the Composite Conference in Vancouver on Nov 5-7, "Guiding 101". We heard that the public does not really know what Girl Guides is (other than that we sell cookies) or what we do. We were encouraged to get the girls out into the community more frequently.

Be seen. Make connections. Help the Legion. Participate in the causes that Rotary supports. Make table favours for a seniors home. These are just some examples of ways that we, as Girl Guides, can connect with members of our communities. Do you have a great community connection idea? Send it to me at

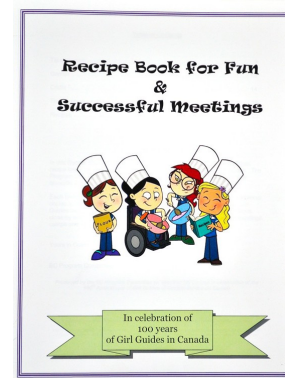
[\[program@monasheegirlguides.com\]](mailto:program@monasheegirlguides.com) and I'll include it in my next newsletter!

Lots of fun program activities were shared at the conference: I have included many of them within the following pages of this newsletter. I hope you will take these ideas and use them in your units.

Recipe Book for Fun & Successful Meetings

In celebration of 100 years of Girl Guides in Canada, the BC Program Committee has published a "Recipe Book" of ideas for Guiders. Enough booklets were distributed to the District Commissioners at the fall Area Meeting for every unit in Monashee Area to receive a copy of it. Inside you will find over 100 tips and hints, crafts and game ideas,

recipe ideas, themes for meetings, sleepovers and camps. You are welcome to make additional copies of the booklet to share with your co-Guiders, and a copy will also be posted on the BC website at www.bc-girlguides.org. Take time to read through the ideas in this booklet - I'm sure you can find something new and useful in there!



Challenges



These are just some of the challenges you can earn: NL Water for Life, BC Eco Pak, NB Sunsense, AB Geocache, National Girl Empower, ON Sing Ontario Sing, SK The Saskatchewan Challenge, MB Water for Tomorrow, NS Waste Reducer.

Girl Guide Challenges from Across Canada

Did you know that you can work on challenges not just from BC and National? You can do ANY Girl Guide challenge in Canada! Prior to working on the challenge, however, it is strongly recommended that you contact the Province to determine crest availability, costs and shipping.

To find National challenges, log into [member zone](#), select

“Program Resources” at the top and “[Girl Programs](#)”. The provincial challenges can be found on their websites (click each province name below to find their challenges):

- [British Columbia](#)
- [Alberta](#)
- [Saskatchewan](#)
- [Manitoba](#)

- [Ontario](#)
- [Nova Scotia](#)
- [New Brunswick](#)
- [Newfoundland & Labrador](#)

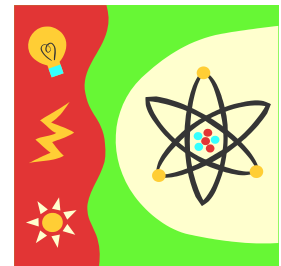
In future editions of this newsletter, I will highlight challenges and show that they are a fun way to tie into your program.

New BC Science and Technology Challenges

While at the Composite Conference in Vancouver, we learned that there are four new challenges related to Science and Technology coming soon

to the BC Girl Guides website. The four challenges are: Science, Technology, Engineering and Math. All four badges will fit together

when completed. The Science and Math challenges are almost ready for publication - I'll give you more details as they become available!



Girls for Safer Communities

Girl Guides of Canada-Guides du Canada's Girls for Safer Communities project aims to increase awareness about the safety concerns of girls and women while mobilizing girls to become leaders in their communities. Pathfinders and Rangers will be trained to lead younger girls in conducting safety audits. Girls will go on to work with members of their community to make recommendations and create action plans that will improve community safety for everyone.

The Girls for Safer Communities Challenge seeks

to empower girls to feel and be safer by having the girls themselves identify safety concerns in their communities. They do this by participating in safety audit walkabouts of their neighbourhoods, identifying their main concerns and working together to develop an action plan. Pathfinders and Rangers will have the opportunity to be Safety Audit Leaders and lead younger girls in assessing safety in the community.

A person is truly 'safe' when she is free from the threat, fear and experience of all kinds of violence, oppression and

discrimination. For this reason, safety audits can address many different issues that affect how safe people feel in an area, namely:

- physical features (i.e. lighting, cleanliness, properly maintained roads)
- social environment (i.e. people's attitudes, behaviours and actions)

The main focus of this Safety Challenge will be on the safety within physical environments.

Monashee Area will be hosting our first training for 2nd & 3rd year Pathfinders, as well as for Rangers, on Jan 7th and 8th,

2011 at Camp Tillicum in Vernon. Space is limited to 20 participants, so sign up soon!



Tools

Snowflake Ball Toolkit



What is more magical than having a ballroom full of Sparks and Brownies all dressed to the nines arriving for a wonderful Snowflake ball? With this toolkit, soon to be posted to the BC Girl Guides website, you can plan the ball and see all of the sparkle and twinkle take place. Inside you will find activities, games, crafts, songs, food and

crest ideas to plan your own Snowflake Ball.

The event is basically an indoor winter day camp for Sparks and Brownies and is best held on a weekend during a four hour time frame. Some of the activities include an indoor snowball fight (with soft sock snowballs), building an ice palace using sugar cubes, ribbon dancing, making magic

fairy wands and crowns, and, of course, a free dance time.

The girls are guaranteed to have a magical time at the ball, which will create a special memory for them. We learned that Pathfinders in Vancouver wish that they were still in Brownies so that they, too, could return to the Snowflake Ball.

January Ideas

Did you know that January is **National Get Organized month**? Why not encourage your Brownies to do their "My Space" or "No More Mess" interest badges this month?



January 5-9 is **Women's Self Empowerment week** - a great



time to fit the "Girl Empower" national challenge into your first meet-

ing of the new year.

January 24-28 is **No Name Calling Week** - the "Girls United" national challenge would fit perfectly here.



Some fun dates this month are:

- Jan 13: **Rubber Duckie day.** A duck themed meeting would be fun for Sparks: play

[duck-duck-duck](#), make a "squeaky duck", sing "[Six Little Ducks](#)", hide a rubber duck somewhere in the meeting space and see if they can find it, make [duck feet](#) and have a waddle race...

there are lots of fun ideas for this theme!

How does this fit with the program? The Exploring and Experimenting keeper has an animal component, and a duck theme would work here (you don't need to do exactly what the book says!)



- Jan 16: **Appreciate a Dragon day.** What a perfect time to start working on the "Zoe's Trek



Around the World" national challenge! Zoe's first stop is in Beijing, China, and activi-

ties in the challenge could include: perform a dragon dance with your unit for the active option, your creative option could be to make a [Chinese Dragon craft](#), and read "[The Four Dragons](#)" folk tale as your cultural option. This would cover



part of the World Around Me Spark keeper, part of the Brownie Keys to the Arts and to My Community. Guides - Beyond You: Discover Your Community, Discovering You: Discover Your Creativity.

- Jan 17: **Kid Inventors day.** Science themed meetings are always a lot of fun. Why not check out the "Science in a Box" kit, available from your District Commissioner.
- Jan 24: **Global Belly Laugh day.** Did you know that even just looking forward to having a good laugh can boost your immune system

and reduce stress? Plan a meeting with lots of jokes, fun games and silly songs. Get your heart rate up while playing and laughing. Fulfill parts of the Spark Being Healthy keeper, the Brownie Key to Active Living and the Guide Discovering You: Staying Fit and Healthy badge.

- Jan 31: **Inspire Your Heart with Art day.** Plan a field trip to your local Art Gallery or museum. Have an artist visit your meeting. Go on a public art scavenger hunt. Try a type of art that you have never tried before. Food sustains you as a human. Art inspires you to be divine. Take time to appreciate art!



Craft Ideas

Puff Paint Recipe

This fun paint mix recipe will actually dry on the paper "puffy".

Supplies needed:

- Flour
- Salt
- Water
- Tempera Paint
- Squeeze bottles

Instructions:

Mix equal amounts of flour, salt and water (ie. 1/2 cup of each). Add liquid tempera paint for coloring. Pour mixture into squeeze bottles and paint away. When the mixture dries, it will become puffy.

Faux Fossils

Supplies needed:

- Natural objects, such as shells, acorns or pinecones
- Modeling clay
- Waxed paper
- Plaster of Paris
- Container for mixing

Instructions:

For each "fossilized" item, place a large ball of clay on a waxed paper and flatten it into a thick circle.

Make an impression in the clay

by gently pressing in the object and then removing it.

Prepare some plaster of Paris according to the package directions so that it has a smooth but thick consistency.

Spoon the plaster into each impression, thoroughly filling it in.

Let the plaster dry completely (about 30 to 60 minutes), then peel away the clay to reveal the fossil.

Cooperative Drawing

Source: GGC, Ontario Council, Program Resources Section

Number of people that can participate: unlimited

Time required: any length of time

Terrain: indoor

Supplies needed:

- Large chart paper (with enough pages so each girl has her own)
- Markers - one per girl
- Timer

Instructions:

1. Let the unit choose a topic (i.e. snowfall fun, what I'd do with \$1 million, my dream room, etc). If the girls can't decide on a theme, write ideas on slips

of paper and draw from a hat.

2. Give each girl a piece of paper and let her choose a marker.
3. Allow the girls to have a set amount of time to draw, explaining that *they will not have time to finish the drawing*.
4. When time is up, the girls put their drawings down and go and sit in front of another piece of paper. Give them a set time to continue the drawing someone else started.
5. Have them respond to what the previous person has drawn. This will eliminate duplication of drawings.
6. The girls keep rotating around the papers, adding something to each

drawing.

7. At the end, you can do the following with the drawings:

- A. Have the girls present the last drawing they end up with and describe it.
- B. Use the drawings to spark a creative writing or story-telling session.
- C. Describe how the drawing is related to the theme of the day.

Adaptation for Special Needs:

Stress creative drawing, and the fact that we all draw in different ways. For younger girls, take the time to show them different artwork to emphasize that all drawing types can be great!

Snow Painting

Supplies needed:

- Food colouring
- Water
- Old bowl
- Paintbrushes
- Spray Bottles
- Old, warm clothing

Instructions:

Add about ten drops of food

coloring in any shade you like to about three teaspoons of water in a bowl that it's okay to get dirty. (For each color you want to make, use one bowl.) This is the paint for you to brush on.

Fill the spray bottles with cold water. (Hot and even warm water could melt the snow too much.) Add a few drops of

food coloring to the bottles so that you have one bottle of red, one of blue, and one of yellow water. Be sure that the bottles have enough coloring in them to make the colors visible once they are sprayed on the snow. Carry your colourful "paint" outside.

Pack a four-foot by four-foot section of snow hard and firm

to make your canvas.

Now, spray the colors onto the snow using your spray bottles. Or paint right on the snow with your paintbrushes. Be sure to wear older clothes that you can dirty up, because food colouring doesn't wash out of most fabrics.



Game Ideas



Bob the Weasel

Summary: A simple circle game, in which the person in the middle has to find a hidden object.

Goal: Don't end up in the middle of the circle.

Supplies needed:

- A small object to represent Bob the Weasel - we used a wooden spoon with a face drawn on it.

Instructions:

1. Have all the kids create a circle, facing inwards. They need to be shoulder-to-shoulder (very cozy!).

Choose one person to be the Bob seeker. This person needs to stand in the middle of the circle.

2. Explain the rules: The object will be passed from person to person behind their backs. Everyone in the circle needs to say "Bob the Weasel...Keep it Going... Keep it Going" (over and over again) while pretending to pass the object behind their backs to the next person's hand, to try and fool the seeker. The object can be passed in different direc-

tions. The seeker will have to guess who has the object.

3. Ask the seeker to close her eyes. Spin her around in circles. Have the kids start chanting and passing the object. After a few seconds, tell the seeker to open her eyes and try to guess who has "Bob".
4. If the seeker has her back to the person with "Bob", that circle member can hold it up for everyone to see. When they see "Bob" they may call out "I saw the weasel! I saw the weasel!" then return to

the original chant.

5. The game continues until "Bob" is found. The person with "Bob" now gets to be the next person in the middle.



Chuck the Chicken

This game is difficult to explain, but a lot of fun to play.

Supplies needed:

- A rubber chicken (available from pet stores)

Instructions:

1. Split your players into two teams. The goal of the game is to earn your team points, however, earning points takes a lot of work!
2. Team A starts off with possession of the rubber chicken. They form a line and pass the chicken from the back of their line to the front in the following manner - through the legs of the second-last person in line, then over the head of the next person, then

through the legs of the next person, and so on.

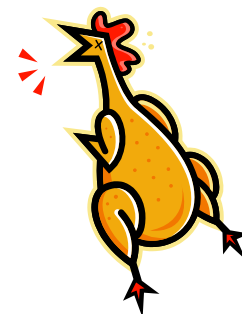
3. Team B starts off by scrunching themselves into the smallest human 'knot' possible, all except for one player on the team. This player needs to run around and around the outside of the clump of Team B players. For each full circuit of the clump, the team earns one point.
4. When the chicken reaches the front of the line of Team A, the person at the front of the line yells "CHUCK THE CHICKEN!" as loud as they can and throws the chicken as far away as possible. Team A then immediately

forms into a clump and one person starts to run laps around the clump, earning Team A points.

5. When Team B hears Team A yell "CHUCK THE CHICKEN", they immediately break off from their point-gathering and run to wherever the chicken has landed. They form a line like Team A did at the beginning of the game and pass the chicken up the line - under one person's legs, over the next person's head, under legs, etc. When the chicken reaches the front of the line, the leader yells "CHUCK THE CHICKEN!", throws the chicken away, and Team B

goes back to the clump formation to keep adding points to their score.

6. This craziness continues for as many rounds as you like - or until everyone is so exhausted that you have to stop. Just ensure that each team gets an equal number of opportunities to gain points. At the end of the game, whichever team has more points wins!



STEM



Flexagon

What is a flexagon, you ask? At first glance it looks innocuous enough, like a folded hexagon or square, a child's fortune teller or cootie catcher, or a piece of origami. But look closely and you'll see hidden layers lurking between the front and back. When you fold or pinch corners together, the flexagon "flexes," meaning a formerly hidden layer will come to light as the top layer

folds underneath. It all sounds complicated but is really pretty simple when you see an actual flexagon in action.

Mathematicians refer to flexagons as "mathematical oddities." That's because flexagons have very complex mathematical structures. As the flexagon is flexed, sections shift position to create an almost kaleidoscopic effect, and different faces come into view,

in cyclic order. Mathematicians enjoy analyzing the structure and dynamic behavior of flexagons. Laypeople just enjoy playing with them.

Flexagons can be made in several shapes and sizes, with complicated names like "trihexaflexagon" or "heptahexaflexagon". Below are the instructions for a simple flexagon that you can make with your girls.

Supplies needed:

- One piece of 8.5x11" paper
- Pencil
- Scissors
- Tape

Instructions:

1. Fold the paper so that the long edge is in quarters and the short edge is in thirds (as shown)
2. Number the squares as shown.
3. Flip the paper over and number the back as shown.
4. With the front side showing, cut along the dotted line.
5. Fold the "door" back behind the far left 3.
6. Fold the 3 on the left side on top of the other 3 so you get a vertical line of 1s.
7. Then fold the right hand side back between the 2s and 3s and then fold again between the 1s and 2s so you should get six 1s showing.
8. Stick a piece of tape between the two middle 1s (make sure it is only on the middle squares!) On the back should be the 2s. Fold this back to get the 3s. Fold it again to get the 4s.

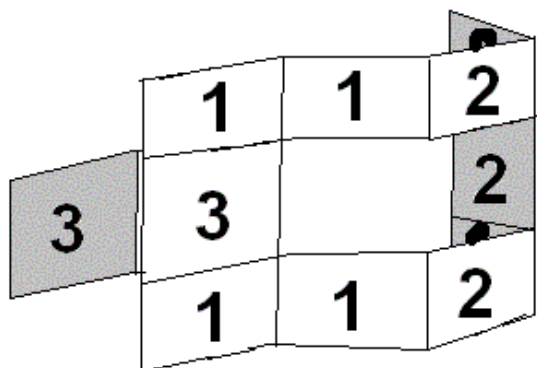
Front:

1	1	2	3
3	2	1	1
1	1	2	3

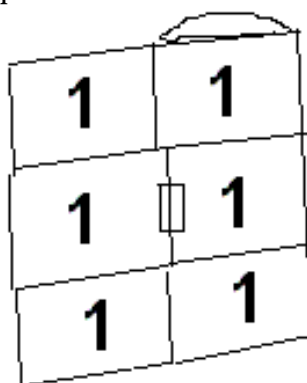
Back:

4	4	3	2
2	3	4	4
4	4	3	2

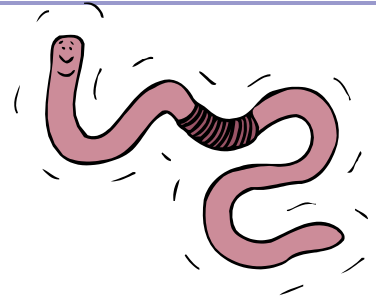
Fold:



Tape:



Environment



Vermicomposter

First of all, what is vermicomposting, you ask? Vermicomposting is composting using red wiggler earth worms. These little creatures are able to produce some of the richest compost in the world just by doing what comes naturally to them: eating and processing organic waste.

The great thing about vermicomposting is that you can do it anywhere - in your yard or even just under your kitchen sink. In areas where regular compost bins are not allowed, you can still compost with a vermicomposter.

By vermicomposting, you are helping to reduce the amount of waste that goes to the landfill and creating excellent compost to feed your garden.

Supplies needed:

- Plastic tub with lid (we used extra "Science in a Box" bins)
- Small drill
- Shredded newspaper
- Red wiggler worms (*Eisenia foetida*) *
- Kitchen scraps
- Coffee grounds (Starbucks will give you grounds for free!)
- A boot mat

Instructions:

1. Drill about a dozen holes along the bottom of the bin to allow for drainage.
2. Drill about a dozen holes in

the lid to allow for air circulation.

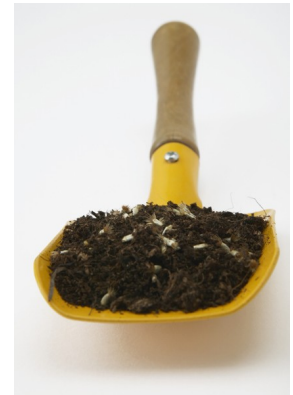
3. Fill the bin half full of moistened shredded newspaper.
4. Add a couple of cups of coffee grounds to the top of the newspaper.
5. Add the worms to the bin on top of the coffee grounds.
6. Place the cover on the bin.
7. Place the bin in a location where it will not be disturbed, away from heat sources and on top of the boot mat (to catch drips).
8. Leave the worms alone in the bin for the first week. Don't feed them during that first week.
9. After a week, add kitchen scraps to the bin, in the corners, under the newspaper. Include vegetables, coffee grounds, tea leaves, fruit, pasta, rice, potatoes, stale cake or bread, grains, egg shells. Use fruit sparingly, however. Do not add pet waste, dairy products, fatty or oily foods, meat, fish or bones, or anything non-biodegradable. Cut the food into small pieces (no more than an inch in length) - remember, a worm is going to eat it!
10. At first, wait five days between feedings. You can increase the feeding time to every four days after about a month. After a few months, you can feed them daily.
11. Rotate your feeding location around the four corners of the bin, adding to a different corner with each feeding.

* Vermicomposting worms are available on the internet, at bait shops and sometimes from pet stores.

After a few months you should have enough worms to start a new bin, or to share with your friends.

Vermicomposting bins are a great way to teach kids that they don't need to be afraid of insects and bugs.

Have fun composting!



N	E	R	M	A	S	S	E	E	S	E	P	C	A
O	H	S	T	L	P	O	O	T	R	G	G	C	P
O	R	V	L	R	A	O	R	I	E	R	A	O	T
O	S	E	I	V	F	N	C	U	L	A	N	F	E
E	H	G	P	E	S	E	D	R	G	A	T	F	O
S	S	E	T	A	T	O	R	F	G	W	G	E	N
R	E	T	S	O	P	M	O	C	I	M	R	E	V
S	P	A	D	O	E	S	F	N	W	L	R	G	M
A	E	B	N	I	P	H	W	S	E	U	L	A	F
E	G	L	U	M	N	M	W	E	A	D	P	N	T
D	S	E	O	T	A	T	O	P	N	B	R	I	C
H	O	S	R	S	P	A	R	C	S	O	U	A	S
R	P	S	G	R	A	E	M	G	E	R	H	R	G
T	I	N	S	A	P	A	S	T	A	D	I	D	Y

bury
coffee
decompose
drainage
fruit
garden
grounds
landfill
newspaper
pasta
potatoes

rice
rotate
scraps
shells
soil
tea
vegetables
vermicomposter
wigglers
worms

Service

Part of Program is to provide service to our communities. Following are 10 ideas for service in January.

1. Shovel snow in your community.

2. Collect winter hats and mittens for children and families in shelters.

3. Run errands for the elderly.

4. Make get-well craft kits for children in the hospital.
5. Hold a blanket drive for homeless shelters, safe houses or babies in crisis.

6. Help out with a “wish list” from the facility in which you meet.

7. Make bird feeders to hang outside the windows of a hospice.
8. Serve hot chocolate to community members.

9. Bake cookies for the entire staff at a school.

10. Collect pet food, blankets, towels, toys and other supplies for an animal shelter.

Puzzle Time

Unscramble words from this newsletter to reveal a hidden message.

NOFCECRENE

12

REECIP KOBO

11

13

SAWTE CEUDERR

19 18

8 23 3

REAFS STMOINMUICE

22 15

6

RLIG PERWEOM

5

17

LEBLY HUGLA

14

NAOSEWKLF

10 4

OBB HET WAELES

9

REAPOVTECOI

16 2

XELNOGFA

21 1 24

TORCMIEVERSOPM

7 20

1 2 3 4

5 6 7 8 9 10

11 12 13 14 15 16 17 18

19 20 21

22 23 24

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