

January 2011

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Welcome Note

A new year has begun and I'm sure you are thinking ahead to your Thinking Day month in February. You could dedicate

the entire month to international meetings (as I did one year with my Spark group) or mix it up with some of the

ideas in this edition of **Program Jewels**.



Out and About

What have you been doing to be seen in the community lately?

The Lake Country Pathfinders volunteered at the Coldstream Community Light Up event: they made posters and opened candy cane boxes. Maybe not a huge service project, but they were out there and they were publicly thanked at the event in front of approximately 200 community members.

The same Pathfinder group has donated baked goods (which they made at a Baking Camp) to their local Boys & Girls club and to their city mayor's office.

The Winfield Sparks, Winfield Brownies and Lake Country Pathfinders joined together to sing songs at the Boys & Girls club Christmas concert.

Maybe not a service project, but the Springdell Brownies

recently held a meeting at their local Home Depot store where the many customers in the store recognized them as Brownies.

These groups were out and about in uniform, representing Girl Guides of Canada in a positive way. What has your group been doing "Out and About"? Send your ideas to program@monasheegirlguides.com.

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!



The Monashee Music Makers have come up with two lists of "top 10" songs for you to learn and sing with your units: one for Sparks & Brownies, and another for Guides & older. When you have completed the

challenge, contact me at program@monasheegirlguides.com for your FREE crests. We have several colours available, so you can choose which colour you would like your group to work on this year (pink, orange, blue, green, red, yellow, purple).

The following song books are referenced:

- SGM: Spark Guider Manual
- SSSB: Sing a Song with Sparks and Brownies
- JSB: Jubilee Song Book
- CS: Celebrate with Song
- SCGG: Songs for Canadian

Girl Guides

- CA: Campfire Activities
- OCSB: Our Chalet Song Book

You can find most of these songbooks (with the exception of the CA book, as it is no longer available) through the [Online Store](#). In addition, I have created links on these lists so you can find these songs online (in case you don't have access to the books).

For the complete song lists, see the back page of this newsletter.

Challenges

Quebec Chocolate Challenge

Adapted from: <http://web.archive.org/web/20041104060500/http://guides-quebec.ca/page.php?id=84>

Who doesn't love chocolate? With Valentines Day falling right in the middle of the month, February is a fabulous time to celebrate chocolate!

The Quebec Chocolate Challenge was issued in 2004 and while there are no longer crests available for it, the challenge itself is still a fun activity. If you would like to purchase a crest relating to chocolate for your girls, check out the "[Chocolate Lover](#)" crest at the linked online store.

All branches must do A or B and up to 9 challenges below.

Sparks must complete 3 other challenges, Brownies 5, Guides 7, PF and Rangers 9.

A. Build a Chocolate Timeline.

Chocolate has been around a long time. Learn about the history of chocolate and how it first came to North America. Then create a timeline showing the important dates in Chocolate history. (<http://www.chocolatemonthclub.com/chocolatehistory.htm>)

OR

B. Do Some Chocolate Geography.

Learn about how beans become chocolate. Using a world map locate where cacao beans are grown. Where is most chocolate processed and consumed? What journey does the cacao bean undergo from picking to ending up as a bar of chocolate. (<http://www.candyusa.com/>)

[FunStuff/CandyType.cfm?ItemNumber=935](http://www.funstuff.com/CandyType.cfm?ItemNumber=935)

Additional challenges:

- 1. Play a Kim's Game.** Cut 10 different chocolate bars into pieces. How many different kinds of bars can you identify by looking at the cross sections.
- 2. What is fair trade chocolate?** Which companies produce it? Compare the cost of a bar of fair trade chocolate with other well-known bars of an equivalent size.
- 3. Become a Chocolate Tester.** Hold a chocolate tasting event. What is the difference in taste between "bitter, semi-sweet and sweet" and "milk, dark and white chocolate"? Which do you like best?
- 4. Find chocolate facts.** There are many myths and misconceptions about chocolate. Research 3 of the following: chocolate and acne, antioxidants, caffeine, cravings, tooth decay, nutrients, weight control, or cocoa butter. (<http://www.candyusa.com/FunStuff/CandyType.cfm?ItemNumber=1624>)
- 5. Create a Chocolate Tree.** Using candy bar wrappers create a chocolate tree. Compare the nutritional information on the wrappers. Which have the most and least calories? Why? Organize the wrappers to reflect their nutritional qualities.
- 6. Share a chocolate recipe.** Bring in your favourite recipes involving chocolate and share it with your friends. Put together a cookbook for your unit.
- 7. Be Daring.** Make instant chocolate pudding together, then finger-paint with it.
- 8. Chocolate as money.** Explain that a long time ago, a group of people used cacao beans as money. Have the girls pretend that Canada will be using M&M's for money. Discuss the good points and the bad points.
- 9. Do a survey.** Keep a record of all the chocolate you eat over a week. Compare your results with the other girls in your unit. What brands and varieties of chocolate are the most popular?
- 10. Make sweets.** Make a selection of sweets using melted chocolate. Work out how much they cost to make and compare this with similar store bought chocolate.
- 11. Make a chocolate dessert.** Bring it in and share it with your unit. Check out the following recipe websites:
 - M&M's: <http://www.m-ms.com/us/baking/>
 - Tootsie Roll: http://www.tootsie.com/recipes_baking.php
 - Godiva: <http://www.godiva.com/recipes/default.aspx>
 - Hershey's: <http://www.hersheys.com/recipes.aspx>
- 12. Make a chocolate craft.** Check out the following

websites for making a craft out of chocolate.

- <http://www.hersheys.com/kisses/seasonal/ideas.aspx>
- <http://crafts.kaboose.com/chocolate-spoons.html>
- <http://www.craftsayings.com/sayings/chocolate.shtml>
- http://www.essortment.com/all/chocolatecrafts_rgeq.htm
- http://www.ehow.com/list_7216729_chocolate-crafts-kids.html

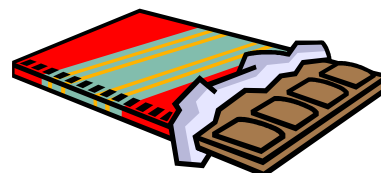
13. Examine different cookies.

Buy several different brands of chocolate chip cookies. Challenge the girls to estimate how many chips are in different cookies, then take them apart like an archeologist does, and find out how many are really there. You may find out how the cookies are alike or different.

14. Create chocolate drama.

Have the girls create funny chocolate stories or skits.

- (1) The Day it Rained Chocolate
- (2) What will I do? I'm locked in a candy store
- (3) This is so weird! I took a bite of my _____ and
- (4) A giant chocolate bar came up to me and started crying saying.....
- (5) One morning, I woke up and had a bad case of chocolate fever/chocolate sniffles/chocolate pops.



Tools

Active Living Toolbox

Active living is how people choose to be physically active everyday in their community at school, work, home or play. Every district should have an Active Living Toolbox. They were distributed by the BC Program Committee in the fall of 2008.

Here's what this toolbox contains:

- A waterproof tote
- Hacky sack
- Bean bag
- Chinese skipping rope
- Colourful bouncy ball
- Jump rope
- Tennis ball

- Beach ball
- Collapsible Frisbee
- Booklet with Active Living program resources

The [Active Living Challenge](#) is posted to the BC Girl Guides website, and several of the activities refer to this toolbox. Of course, you could find your

own supplies to complete the challenge, but this resource is available in your district, so USE IT!

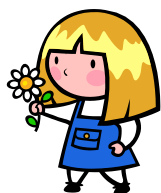


February Ideas

February is **Heart month!** If you haven't already done so, it's time to get active and start a lifelong fight against heart disease. Why not check out the Newfoundland and Labrador [Fit For Life challenge](#) this month? There are three different colours of crests available for this challenge from the [Newfoundland and Labrador council](#) at a cost of \$0.70 each.



Feb 14-20 is **Random Acts of Kindness week** - a great time to provide service while experiencing the joy of passing along kindness. Can't decide what to do? Find many [kindness ideas online](#).



Of course, we won't forget **Guide - Scout week**, Feb 20-27

with Thinking Day on Feb 22.

Some fun dates this month are:

- Feb 3: **Chinese New Year**

If you didn't do Zoe's Trek Around the World - China challenge last month, you could work on it this week. Or have a Chinese New Year celebration where you could make [Chinese lanterns](#) and [fans](#) (which you could use while singing the [Chinese Fan](#) song). Practice using chopsticks by playing a fun [chopsticks game](#) then tasting a variety of Chinese foods, such as rice, spring rolls and Chinese tea. There are a wide selection of [traditional Chinese games](#) you could play, then end the meeting by giving each girl some "lucky money" (a foil-wrapped chocolate coin) inside a [special envelope](#).



- Feb 11: **Be Electrific Day.** February 11 was the birthday of Thomas Edison and this day is dedicated to honour him and recognize his electrical

inventions, including the light bulb.



Not only can we celebrate these inventions, but we can also discover the electricity of our own bodies - by skating across the carpet and creating some static electricity.

Some meeting ideas for this special day include trying a [light bulb science experiment](#), [comparing incandescent and compact fluorescent light bulbs](#), and playing some [flashlight games](#).

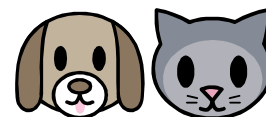
- Feb 14: **Library Lovers Day.**

Have you taken your girls on a field trip to the library, yet? You would be amazed at how many girls have never visited their public library! There are amazing resources for them at the library. Contact your local library to set up a field trip date - include a tour of the facilities followed by story time. Maybe you can get them to also allow

for a story-related craft while you're there!

- Feb 20: **Love Your Pet Day.**

Have a pet themed meeting. Bring photos of pets in to the meeting and allow the girls to share stories about their pets. Have a special guest speaker come in from the local SPCA or rescue society to talk about pet care and pet first aid. Play [pet games](#), then make a [pet puppet](#) for everyone to take home with them.



- Feb 27: **Academy Awards Night.**

Provide the girls with VIP passes to attend the meeting, and have them come in fancy clothing. Hang twinkle lights up within your meeting space and have a leader act as the paparazzi taking lots of photos. Make scrapbook albums to insert pictures from the evening into. Serve popcorn and play [Hollywood games](#).

Craft Ideas

Orange Peel Bird Feeder

An orange peel bird feeder is a small hanging bowl made from an orange.

Supplies needed:

- Naval orange

- Pipe cleaner
- Birdseed

Instructions:

1. Peel the top half of the orange away or cut the

orange in half, then carefully remove the fruit with your fingers.

2. Poke the pipe cleaner through the peel at opposite sides of the orange to form a "handle".

3. Fill the orange with birdseed, and hang it outside for the birds to enjoy.



International Paper Doll Chain

For Thinking Day, make a paper doll chain with each doll dressed in a uniform from a different country.

Supplies needed:

- Sturdy paper (the longer the better!)
- Markers
- Scissors
- Coloured paper or fabric
- Glue stick

Instructions:

1. Fold a length of sturdy paper like a fan or accordion. The more folds, the

more dolls you will end up with.

2. Keeping the paper folded, draw a doll on it, making sure that the arms touch the sides.
3. Cut out the doll, but remember not to cut the sides so they remain joined together.
4. Open the folded dolls up to reveal that they are all holding hands.
5. Decorate the dolls with markers or use scraps of coloured paper or fabric to create different Guiding uniforms on each doll.

Links to ideas for uniforms in other countries:

- [Sparks from other countries](#)
- [Brownies from other countries](#)
- [Guides from other countries](#)



Worry Dolls

Before going to bed each night, the children of Guatemala tell their troubles and worries to tiny dolls made of colourful threads - one doll for each worry. The dolls are then placed under their pillow, and, while asleep, the dolls solve all of the problems!

Supplies needed:

- Popsicle stick
- Wooden doll pin (old fashioned clothes peg)
- Scissors
- Glue (either tacky or hot glue)

- Markers
- Yarn

Instructions:

1. Make the arms by cutting the popsicle stick about 1½" from each end and discarding the middle piece.
2. Glue the arms to the sides of the doll pin, curved sides down, just below the head.
3. Draw a face on the rounded head. Also colour the ends of the feet.
4. Place a dab of glue at the base of the neck then wrap the yarn, starting at the

neck, to completely cover the doll. Arms don't need to be covered all the way. When you get to the legs, wrap the yarn around each leg separately. Cut the yarn at the base of the leg and glue it in place. Use some glue to start the yarn at the top of the other leg.

You may wish to clothe your dolls using pieces of fabric scraps rather than yarn, as shown on the [Family Fun website](#). The yarn can be a bit tricky for the younger girls.

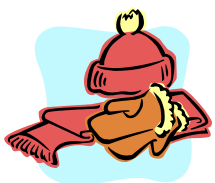
Older girls may wish to use embroidery floss to clothe their dolls, as shown on the [DMC Threads website](#).



Game Ideas



Outdoor Winter Scavenger Hunt



Don't hide out in your meeting hall all winter, get outside and enjoy the snow! Even if you don't like to get out there in that cold wet stuff, the girls love it, and it's great to have fun outside. So get your snow gear on, and get

going!

Supplies needed:

- Coloured ice cubes created by mixing a few drops of food colouring into water and freezing it in ice cube trays
- Create several different colours of ice cubes
- Ice cube trays or plastic bags

Instructions:

Hide the ice cubes out in the snow, being sure to leave a good portion of them visible.

Give each team an ice cube tray or a plastic bag to collect their ice cubes in.

Set a time limit and start the hunt.

The ice cubes could represent

jewels -

red: ruby,

blue:

sapphire,

green:

emerald,

yellow: topaz, purple: amethyst.

Then each team has a goal of either finding one of each jewel, or each team could find only their assigned jewel.



Banana Olympics

Source: Movin' and Groovin' Active Living Toolbox, page 17



Supplies needed:

- Bananas

Instructions:

Divide the group into teams of 8-10 players and give each team a banana. Each team will complete several series of different relays using their banana. Here are some ideas for those relays.

1. The banana under your armpit and hopping on one leg across the room and back.
2. Place the banana between the knees and hop across the room and back.
3. Two teammates tossing the banana back and forth as they run across the room and back.
4. Place the banana on the ground and each teammate must roll the banana across the room.
5. Teammates line up in leapfrog formations and the first player hops over the players while holding the banana then tosses the banana to the next player in line to do the same.

Show the players all the relays that they'll have to complete

for the Olympics. You may have to write them on a large white board so that all players will know what relay is next. Once a team has completed all these relays someone on the team must eat the banana and the team that is done first is the winner. Use your own ideas, add to the list, or use only a few ideas. You can adjust this game to all types of players, including the disabled.

Ice Bowling

Source: Movin' and Groovin' Active Living Toolbox, page 23

You need an icy play area or an indoor ice rink to play this game.

Supplies needed:

- One gallon plastic milk jug
- 10 plastic 2 litre pop bottles
- Food colouring

Instructions:

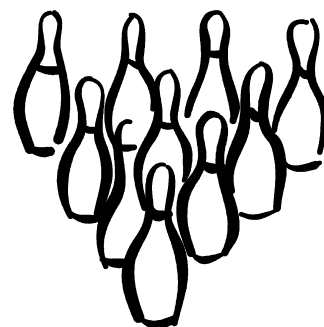
Fill all plastic bottles and milk jug with coloured water and freeze.

Clear off snow from the icy play area, about 10 feet by 4 feet, then set up the ten bottles at one end. The bottles should be set up in a pyramid: 4 in the back, then 3, then 3, and then 1 in front.

Players will take turns trying to knock down the bottles with two sliding throws of the milk jug.

One or two players should be placed a few feet behind the targets to return a sliding throw back to the players, without knocking down the targets.

You could even play this game while on ice skates.

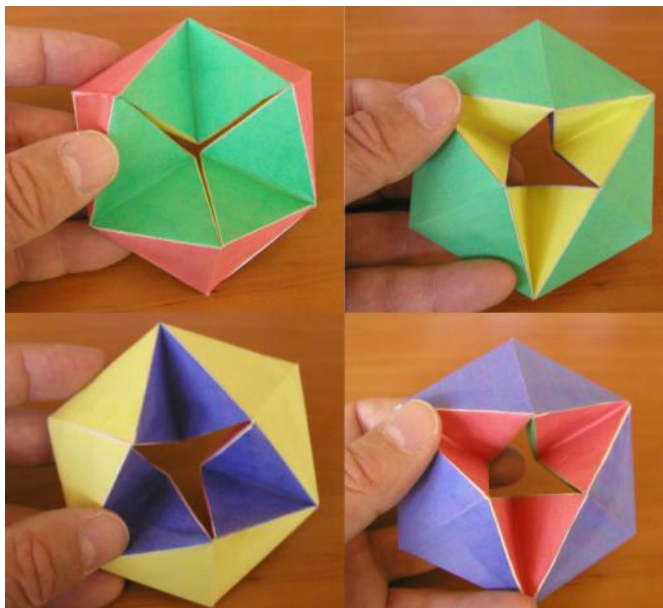


STEM

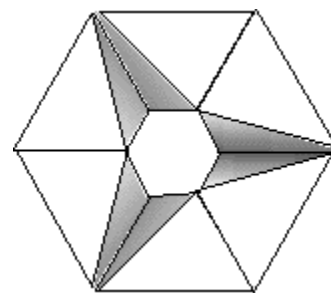
Flexahedron

In the last issue of this newsletter I introduced a [flexagon](#), a simple mathematical oddity which is easy to make and fun to play with. This time we are going to make something a little more complicated—something that Pathfinders and Rangers should have fun with. The Flexahedron, also known as a Kaleidocycle, is a chain of tetrahedrons (4 sided triangle pyramids) which flex or bend to show the different sides of the pyramids. They end up as

moving paper sculptures that turn in an endless cycle. There is a lot of complicated math related to Flexahedrons (you can read about the mathematical theory at http://www.kaleidocycles.de/pdf/kaleidocycles_theory.pdf), but, really, they are just plain fun! I strongly recommend you use the [Fold Play website](#) to create your own template (with instructions) using your own uploaded photos. The instructions here are for a basic Flexahedron.



Instructions and a template to make this colourful Flexahedron can be found at http://sci-toys.com/scitoys/scitoys/mathematics/paper_ring.html



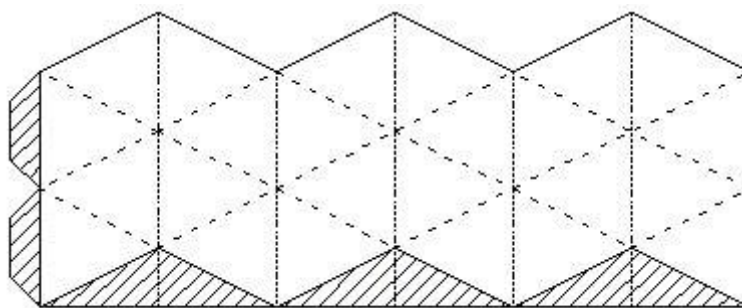
1. Print your template onto white cardstock.
2. Carefully cut out the template.
3. Using a ruler as a guide and a butter knife or scoring tool, trace over every vertical and diagonal line, as shown on the diagram.
4. Make a sharp crease along every line, creasing both ways.
5. Gently encourage the model into a tube by pushing the points at the top of the paper down behind and over the shaded areas at the bottom of the paper.
6. Glue the diamond shapes at the top of the paper onto the shaded triangle shapes at the bottom of the paper.
7. Glue the end tabs together, then insert them into the

other end of the Flexahedron to form a loop, gluing those in place, as well.

8. Allow the glue to dry before playing with it!

If you upload four photos to the Fold Play website (<http://foldplay.com>), it will create a template for you with full instructions on how to make your own Flexahedron/ Kaleidocycle.

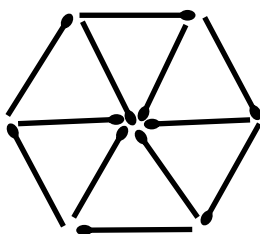
Make sure all the cuts and folds are exact, or your Flexahedron will not flex properly. And have fun!



Basic Flexahedron template.

Matchstick Puzzles

With a box of matches (or toothpicks, for safety!) you can exercise your brain or baffle your friends. These puzzles develop mathematical problem solving skills. As we were working with triangles above, here is another triangular problem.



Change this wheel into triangles: move just 4 matches to form 3 equilateral triangles.

The solution is on the back page... but try and solve this on your own; it is much more satisfying to “ah ha!” the solution than it is to have it given to you!

There are lots of [matchstick puzzles online](#).

Environment

Weird Web Game

Adapted from http://www.cpaws-southernalberta.org/education/pics/weird_webs.pdf

and from the BC Eco-Pak challenge

Create a 'web of life' to teach girls about the interactions and relationships in an ecosystem and the effect of disrupting or changing an element within the ecosystem.

You will need:

- ball of string/wool (long enough to be passed amongst all the girls, across a circle, at least once).
- ecosystem element identification cards (make your own, or print them from http://www.cpaws-southernalberta.org/education/pics/who_am_i.pdf)

How to play:

Have the girls stand or sit in a circle displaying their ecosystem element card. One person is the sun (the Guider to start). Have everyone say who they are, finishing with the sun "the ultimate source of life for all things".

The sun starts by passing the

ball of string. The string is to be passed to another ecosystem element in the circle only if it needs you to survive or if you need it to survive. For example, the sun could pass the string to a tree.

While the ball of string is passed, ask the girls to explain how/why they are making the connection. Make sure the whole group understands and agrees.

Also, make sure no ecosystem element is left out. Girls can be connected into the web through more than one element, if necessary.

Once each element is connected, ask the girls to pull gently on the string to take in the slack. Talk about the pattern that has been created with the string. Explain that the pattern represents the

complex interconnections that occur in a natural ecosystem. (You'll notice that every time the game is played, the web looks different.) By looking at the pattern it should be clear to see why the interrelationships in an ecosystem are often referred to as the "web of life".



Next, introduce a change to the ecosystem. Some examples might be:

- Hunters come to harvest moose, elk and deer from the area,
- Decreasing ozone levels allow more ultraviolet radiation, which kills cells and slows the growth of trees,
- The forest is in a park, but the park is too small to preserve large carnivores, or

- A forest company has received the right to log the area.

Using the first example, ask the elk in the web to drop her string. Immediately after the string is dropped ask the girls who felt the tension change in the string. Ask the girls who felt the change how they might be affected. Then ask these 'affected' girls to drop their string. Continue this until everyone has dropped their string. (Alternatively, the 'affected' girls can tug on their string. Girls that feel the tugging, then do the same with their string, and so on.) Discuss how any change to the ecosystem – small or large – is felt throughout the entire system.

Following the Weird Web game activity, read the "Cats in Parachutes" story from http://www.cpaws-southernalberta.org/education/pics/weird_webs.pdf.

Elements Game

From Guiding Elements - Earth Camp in a Box on the BC Girl Guides website.

History:

This game was played by British settlers and soldiers in 1812. It was a way to teach natural science.

Equipment:

- Bean bag

Formation: circle

Directions:

Select a person to go into the middle of the circle. The person in the middle calls out one of four words: EARTH, WATER, AIR or FIRE. The person in the middle throws the bean bag to someone in the circle. The person catching the bean bag must name

something living in the element called out e.g. Earth - bear; Water - shark; Air - pigeon. If FIRE is called out the person catching it says nothing and returns it to the person in the middle as soon as possible. You have 10 seconds to give an answer, and no repeats! If you can't

answer, you go in the middle.

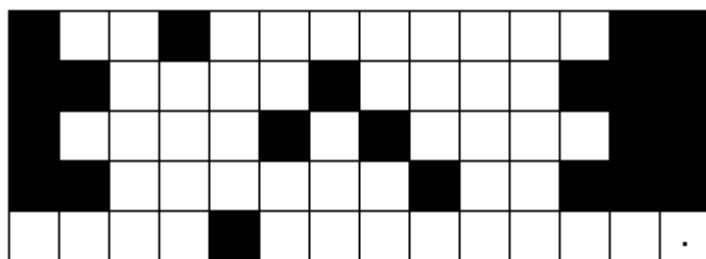
Variations: Select a continent before the game starts; all answers must come from that continent. Or, go through the alphabet for living nature names.

Service

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

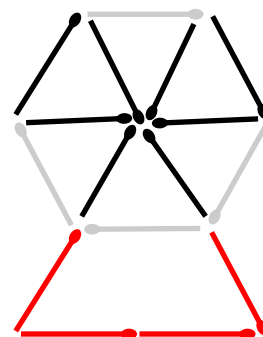
1. Make valentines for Veterans.
2. Make tray favours for Meals on Wheels.
3. Adopt a senior.
4. Make care packages for units in a Twinning country.
5. Older girls can create a activity books for Brownies or Sparks to help them learn a skill.
6. Make birthday boxes for the food bank.
7. Help serve diner at a benefit function.
8. Make scarves or hats from fleece and donate them to a shelter.
9. Wash toys at a local daycare centre.
10. Have penny auctions to raise funds for CWFF

Puzzle Time



Make the phrase from the jumble of letters under the grid. The letters appearing in each column of the completed phrase are scrambled directly under that column.

When you solve the puzzle, send the answer to program@monasheegirlguides.com before the end of January 2011. You will be entered into a prize draw, to take place at the beginning of February 2011.



Monashee Top Ten Music Challenge ~ 2011 *(continued)*

Sparks & Brownies Top 10:

1. Opening: Choose either [Sparks Jump Up](#) (SGM) or the [Brownie Opening Song](#) (SSSB pg 5).
2. Grace: [Morning is Here](#) (SSSB pg 12)
3. Round: [The Cuckoo](#) (JSB pg 39)

Action songs:

4. [Thorn Rosa](#) (SSSB pg 18)
5. [Squirrel, Squirrel](#) (SSSB pg 19)
6. [Auntie Monica](#) (JSB pg 46)
7. [If You Should Meet an Elephant](#) (SSSB pg 26)

Other songs:

8. [Lu-la](#) (JSB pg 45)
9. [I Like the Flowers](#) (CS pg 54)

Closing:

10. Choose either [Sparks closing song](#) (SGM) or Brownies closing song ([original](#) or [alternate](#)) (SSSB pg 5)

Guides & Older Top 10:

Openings:

1. [The Guiding Law Song](#) (CS pg 21)
2. [Tall Trees](#) (SCGG pg 41)
3. Grace: [Simple Blessings](#) (CS pg 130)

4. Round: [Listen to the Earth \(as a round\)](#) (CS pg 54)
5. Action song: [Swimming Hole](#) (CA pg 139)

Other songs:

6. [Land of the Silver Birch](#) (JSB pg 15)
7. [The Happy Wanderer](#) (JSB pg 23)
8. [Our Chalet Song](#) (OCSB pg 1)
9. [Barges](#) (OCSB pg 21 or JSB pg 56)

Closing (do together):

10. [Breton Fisherman's Prayer](#) (CS pg 112), [Taps](#) & [Daylight Taps](#) (SCGG pg 40)