

On My Own



BC LONES NEWSLETTER



Summer Issue # 42 - 2011

Table of Contents

Page 3	Joybug's Letter
Page 4	Songs
Page 5	Sparks
Page 6	Brownies
Page 7	Science Experiment - Is Salt Magnetic?
Page 8	Time Capsules
Page 9-10	Canada Day - Ontario
Page 11	National Aboriginal Day
Page 12	SOAR 2011
Page 13	Guides, Pathfinders and Rangers - Outdoor Safety
Page 14-16	Camping Memories from long ago - Make campfires
Page 17	Wilderness Survival
Page 18-20	Tenting Care and Maintenance
Page 21	Knife Safety and Sleeping Bags
Page 22	Poisonous Plants to Touch
Page 23-24	Summer Fun Ideas Recycled Craft Ideas
Page 25	Reading Suggestions
Page 26	Trivia and Riddles
Page 27	Summer Word Search
Page 28	Dates to Remember GGC National News
Page 29	Thumbs Up Word Search answer key

On My Own

Is published quarterly by the
BC Lones of Girl Guides of Canada - BC Council
Created by Lones for Lones

Items appearing in this publication may be copied for use within Guiding.
 Credit as to source would be appreciated.
 Deadline for submissions for the next issue is: July 30, 2011

Joyce Wenner
BC Lones Adviser / Editor



Joybug's Letter



WOW!! - Summer is almost here and the school year is coming to an end so it'll soon be time for outdoor fun in the warm weather and sunshine. July, for some of you, means going to *SOAR 2011*, while others, like me, get to enjoy camping or other activities with family and friends.

This edition will give you some summer ideas for camping, hiking, nature walks or just having fun in the outdoors. There are some helpful tips for maintaining your tent properly, the best kind of sleeping bag information, plus ideas to help you in the wilderness, craft and swap ideas, puzzles, games, book suggestions to read over the summer break.

This month will also see the end of another Guiding year, and for some of you it means advancement to another branch level or returning to an active Unit. However one of the nice things about being a Lones Member is that you can continue to work on your program over the summer and receive credit for it too as long as you inform your contact Guider so she can record it on your record.

The next *On My Own* will be published in August and include the 2011-2012 registration information and forms for GGC National Registration week September 10-18. If you have attended a camp or special event and want to tell us we look forward to your items and pictures too. Please send me your items so we can include them in your newsletter by August 1 by e-mailing them to lones@bc-girlguides.org.

For those of you who are going to *SOAR 2011* I hope you enjoy yourself and meet lots of new friends from all over Canada and around the world.

Here is wishing you all a happy summer vacation full of sunshine and fun!

Joyce Wenner
BC Lones Adviser

"Happiness comes not from what we have but from what we give and what we share"
- Lady Olave Baden-Powell



SONGS



To hear the tunes for these songs - log on to <http://tuneGuide.e-Guiding.com> or <http://bc-girlGuides.org/resources/program/Guiding-songs>

Guide and Brownie Spirit

(to the tune of "Battle Hymn of the Republic")

The Guide and Brownie spirit is
the finest in the land
The Guide and Brownie spirit is
the finest in the land
The Guide and Brownie spirit is
the finest in the land
As we go Guiding on

Keep your pin forever shining (x3)
As we go Guiding on

The Guide and Brownie Handshake are the
warmest to your hand (x3)
As we go Guiding on

The Guide and Brownie Friendship are the truest
you can find (x3)
As we go Guiding on

- *Thanks to Wendy Baker for this song!*

Shake Another Hand

Shake another hand; shake a hand next to ya,
Shake another hand and sing along!
Shake another hand; shake a hand next to ya,
Shake another hand, and sing. and sing this song!

Chorus:

Ah la la la la le lu ya, Ah la la la la le lu ya!
Ah la la la la le lu ya, Ah la la la la le, alleluia!

Other Verses: Touch another toe,
pat another back,
touch another nose,
hug another friend...

Linger

***Campfire Activities Songbook
Girl Guides of Canada 1993***

Hmmm, I want to linger
Hmmm, a little longer
Hmmm, a little longer here with you

Hmmm, it's such a perfect night
Hmmm, it doesn't seem quite right
Hmmm, that this should be my last with you

Hmmm, and come September
Hmmm, I will remember
Hmmm, our camping days and friendships true

Hmmm, and as the years go by
Hmmm, I'll think of you and sigh
Hmmm, this is good-night and not good-bye

*(Please note: "Linger" is a **SLOW** song.)*

SPARKS



Crystal Says Be Active

Crystal Says Game

Equipment: None

This is a variation on the old "Simon Says" game. The Leader will make a statement that is either an active or an inactive pastime. You can act out the active statements but freeze when inactive statements are read.

Crystal says walk the dog.
Crystal says drive to the store.
Crystal says dance a jig.
Crystal says watch television.
Crystal says go swimming.
Crystal says play baseball.
Crystal says sweep the floor.

Crystal says ride your bike.
Crystal says walk to school.
Crystal says rake the leaves.
Crystal says go skating.
Crystal says stay in bed.
Crystal says read a book.
Crystal says make the bed.

Toe Painting Activity

Equipment

- large sheets of paper
- finger paint
- towels for cleaning up

Each girl gets paper and paint to create a picture of your choice or on a certain theme using your toes instead of her fingers to make the creation. This is also great leg exercise for the girls.

Neckerchief Project

Last year I signed up the BC Lones Sparks to take part in the **UK Guiding 100th Anniversary Neckerchief Project**. The idea was started by Fiona Barrett a Guider in the UK who mailed a Guiding scarf around the world to get crests from other Units. Unfortunately the scarf was lost in transit for awhile last fall but is now back on track. Here is a picture of the scarf that has travelled from the UK then to eastern Canada, New York, Mexico, Antigua, Eire, New Zealand, Australia, Swaziland and Thailand. We are anxiously awaiting our turn to add the BC Lones Crest.



BROWNIES

In the winter edition of *On My Own*, I challenged Lones Members to write a World Thinking Day card to our Provincial Commissioner. I was so pleased to receive this note from her expressing her delight at receiving one at Guide House. Congratulations to AJ of 3rd Lones Brownies who also received a special Provincial Commissioner's crest!

Hi Joyce,

I just read "On My Own" and read that I was perhaps supposed to be getting some World Thinking Day cards from Lones. Well, I did get one. There was one waiting for me at the office on Friday from AJ a Brownie from Stewart. It was a very sweet letter telling me how much she liked Brownies. I wrote her back and sent a crest.

I have put the letter from AJ on the bulletin board behind my desk in the office.

Daphne McGregor Greer
BC Provincial Commissioner



Gracie enrolled in 3RD Lones Brownies.



Lones Guide Kelly, Brownie Hailey and Sparks Guider Miss Lora Lee having fun on the water.



Science Experiment - Is Salt Magnetic?

Brownie Program Connections Key to STEM #3
Science Challenge

Equipment

- Iron shavings
- Table salt
- Silver sprinkles (silver sprinkles will represent the iron shavings on the worksheet)
- Magnetic sticks
- 2 containers
- Plastic wrapping paper
- White glue
- Worksheets with a drawing of three containers

Directions

1. Combine salt and iron shavings in one container.
2. Use magnetic sticks to poke through iron/salt combination.
3. Run iron shavings off sticks into the second container.
4. Using a worksheet that shows the two containers, write or draw what you observed.
 1. 'Before' illustration – they would glue some silver sprinkles on the container drawing to show the salt and iron fillings together – white page represents the salt, unless you wish them to glue salt to the page.
 2. 'After' illustration – two containers, one should show the white page as salt; unless you wish to glue salt to the page, and the other would have silver sprinkles glued representing the iron shavings.
 3. What is the difference between iron and salt? Is salt magnetic?

Container #1	Container # 2

Make a Time Capsule

A Time Capsule is a personalized treasure chest of your current history, culture, trends and special memories. Their great fun to make one and put it in a safe spot till you decide to open it in the future. Some ideas to use when making your personal time capsule are:

DO choose the right container for your time capsule. Boxes are too flimsy. A big metal popcorn tin is ideal. If your objects are small, a large metal cookie tin would work. You could also use plastic food storage containers or empty jars or coffee containers. The idea is to use something sturdy that will protect your treasures and keep them cool and dry.

DO decide when your time capsule will be opened. If you are making one for a special birthday, you might want to wait until you're 18 or 21 to open it. You probably will want to write a small note to whoever might find your time capsule. Something along the lines of "**Do Not Open Until January 1, 2021**" or whatever year you choose.

You might insert a few small semi-valuable items, pieces of family memorabilia, or historical benchmarks like the front page of a newspaper from the day you made your capsule. But certainly notes of personal interest or letters with your recollections or ideas of what your life will be like in the years to come. If your time capsule is for future friends, kids or grandkids, you can include a few photographs they have never seen, or special objects that belong to your parents, relatives or childhood friends – make sure to label them.

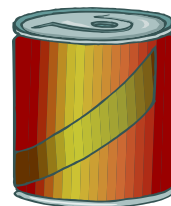
Make certain your time capsule **never contains** any liquids, food products, matches, explosives, or unenclosed items with any discernable odor that by smell would attract wildlife.

Program Connections

- Memories Outlook Badge
- Key to Girl Guides #3

Materials

- Coffee can with plastic lid
- Wrapping paper, brown paper or craft paper
- Stickers
- Markers or crayons
- Clear tape
- White glue
- Items to put in the capsule – a photo and a craft from your first day (or month) in Sparks or Brownies



Directions

1. Decorate their coffee tins. Be sure to label the capsule with your name.
2. Draw a picture of what it looks like outside that day according to the season (i.e. with fall leaves on the trees or snow) or of something that happened that day. Write on the back of the picture what it is about.
3. Place the drawings, the photo and the craft in the can.
4. Put whatever else you might like; a photo or drawn picture of your pet, a photo of the Unit, a joke, etc.
5. Ask your parents in advance if you can use your items
6. Put the capsules away until the girls move up to the next branch. Girls may open it at their advancement ceremony or enrolment ceremony.

O' Canada



Canada Day celebrates the formation of the Canadian federal government on July 1, 1867 (known as the British North America Act). This Canadian holiday was originally called Dominion Day until October 27, 1982 and is still celebrated 145 years later. The original four provinces that joined confederation were Ontario, Quebec, Nova Scotia and New Brunswick.

Ontario

- Toronto is the capital city of Ontario and is also largest city in Canada.
- Ottawa, the capital city of Canada, is also in Ontario.
- The name Ontario comes from the Iroquois word *Kanadario*, which means “glittering waters” which refers to the thousands of lakes.

Ontario's Coat of Arms



Ontario's Provincial Flag



- Ontario includes part of "the Great Lakes". The Great Lakes consist of Lake Erie, Lake Huron, Lake Michigan, Lake Ontario and Lake Superior. The border between Canada (Ontario) and the United States runs through Lake Superior, Lake Huron, Lake Erie and Lake Ontario. Lake Michigan is entirely in the United States. Lake Superior is the largest of the great lakes and also has the largest surface area of any freshwater lake in the world.
- Ontario, which became a province in 1867. It is the second largest of Canada's ten provinces.
- Ontario was named after the *Sparkling Water*.
- Province's Motto: ***UT INCEPIT FIDELIS SIC PERMANET*** - (Loyal she began and loyal she remains)
- Province's symbols:
 - **Bird:** Common Loon
 - **Gemstone:** Amethyst
 - **Colours:** Yellow and Green
- Ontario has the most culturally diverse population in Canada – more than one in four of the residents were born outside the country.
- The CN Tower is 553.33 meters tall, or the length of 5 1/2 football fields.
- The biggest waterfall in Canada is Niagara Falls, located in Ontario.
- Wayne Gretzky is from Brantford, Ontario.
- The comic book character “Superman” was first drawn by comic artist Joe Schuster, who was born in Toronto.
- Warton Willie is an albino groundhog from Warton Ontario who comes out to see his shadow every February 2.

👉 For More information on Ontario log on to <http://www.kidzone.ws/geography/ontario/trillium.htm>

Canadian Coat of Arms


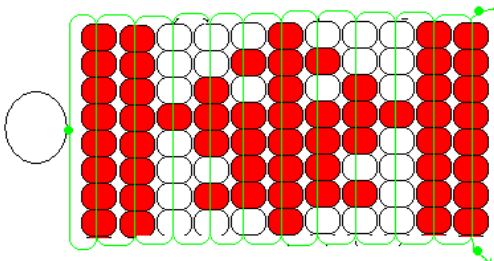
- Was proclaimed by King George V April 30, 1921.
- The Canadian Coat of Arms has a motto on it:
A Mari usque ad Mare - this means *from Sea to Sea*



Can you name the symbols on Canada's Coat of Arms? Search for information at <http://www.pch.gc.ca/pgm/ceem-cced/symbml/arm2-eng.cfm>

or

http://webcache.googleusercontent.com/search?q=cache:vm77gsBWHgEJ:encyclopedia.kids.net.au/page/co/Coat_of_Arms_of_Canada+canada's+coat+of+arms+for+kids&cd=1&hl=en&ct=clnk&gl=ca&source=www.google.ca

<p style="text-align: center;">Canada Rock</p> <p>Supplies needed</p> <ul style="list-style-type: none"> • A smooth, flat, oval shaped pebble (make sure it's clean and smooth) • Pencil • Red and white tempera paint • Brushes • Acrylic varnish or other shiny finish (optional). 	<p>Directions</p> <ol style="list-style-type: none"> 1. Choose a smooth, flat, elongated river rock and clean it. 2. Paint the rock's top white. Let the paint dry. 3. Paint red stripes on both ends of the rock. 4. Paint a red maple leaf in the white central area. – use picture here. <p>If you'd like a shiny finish, coat with an acrylic varnish after the paint has dried completely.</p>
<p style="text-align: center;">Pony Bead Canada Flag</p> <p>Materials</p> <p>1 1/2 yards cord of choice 1 lanyard hook or key ring 60 red pony beads 28 white pony beads</p> <p>Level: Beginner</p>	

For directions, pictures and more ideas for making beadie crafts go to www.beadiecritters.com/patternindexframe.htm

Canada's National Aboriginal Day

Canada's National Aboriginal Day is annually held on June 21 to celebrate the unique heritage, diverse cultures and outstanding achievements of our nation's Aboriginal peoples. There are three Aboriginal groups in Canada – the First Nations, Inuit and Métis Peoples that make up the 614 First Nations communities. One in BC - the Coquitlam - comes from the Salish tribal name "Kawayquitla" which can be translated as "small red salmon." Their name refers to sockeye salmon common to BC. Storytelling is a traditional way to transmit information among First nations. It is a good day to learn about these cultures and how they are important to our Canadian History.



Look in your local library or go on line to search http://www.native-languages.org/kootenai_culture.htm for more information.

Program Connections:

Aboriginal People in Canada (page 44)
Canadian Heritage Cultural Awareness

Brownie Key to My Community
Guides Adventures in Guiding



SOAR 2011



Spirit of Adventure Rendezvous (SOAR) Outdoor Camp

This year's camp will be held in Agassiz from July 23 to 30, 2011 and is the sixth SOAR camp BC Girl Guides has held. Close to 2,000 girls and Guiders are expected to take part from BC, other provinces and countries such as Ireland, Nigeria, Mexico, New Zealand, Philippines, and United Kingdom. A tour day is planned for Wednesday, July 27, from 1:00-4:00pm; so if you are not able to attend as a participant plan on stopping by and checking out what everyone is up to. The SOAR website address is www.bc-girlguides.org/soarbc * From the SOAR website

SOAR Trader Ideas

<p style="text-align: center;">Knotty People</p> <p>Materials</p> <ul style="list-style-type: none"> • 9 inches knotting cord or macramé cord • 1 X 1inch round wooden bead • Fine tip marker to draw face • 1 small safety pin <p>Directions</p> <ol style="list-style-type: none"> 1. Feed one end of the cord through the bead. 2. Make an overhand knot on the short end. 3. Fluff the end of the cord for hair. 4. With the remaining cord under the bead, tie a bowline knot. 5. Draw a face on the bead with the fine tip marker. 6. Pin on using the safety pin. 	<p style="text-align: center;">PomPom Lantern</p> <p>Materials</p> <ul style="list-style-type: none"> • 1 sparkle pompom • 1 small round wooden piece for bottom • 1 small domed wooden piece for top • 1 length of ribbon • Glue/Paint <p>Directions</p> <ol style="list-style-type: none"> 1. Paint wooden pieces and let dry 2. Glue the length of ribbon to the underside of the Domed wooden piece (Handel) 3. Glue pompom between the two wooden pieces
<p style="text-align: center;">Mug Chocolate Instructions</p> <p>Materials</p> <ul style="list-style-type: none"> • Film canister • Choc. Large pompom • Pipe cleaner • Glue • Small white pompoms <p>Directions</p> <ol style="list-style-type: none"> 1. Take an empty film canister and cut about 1/2" off the top. 2. Poke two holes in the side of the canister and put in a piece of pipe cleaner for a handle, twisting the ends inside the canister. 3. Glue a large dark brown pompom in the top. 4. Glue a few small white pompoms on top of the Brown. 5. Add a safety pin to the handle and pin to hat. 	<p style="text-align: center;">Guiding Star</p> <p>Materials</p> <ul style="list-style-type: none"> • Yarn • Scissors • Tab from the top of a pop can • Googly eyes • Glue • Safety pin <p>Directions</p> <ol style="list-style-type: none"> 1. Cut about 16-18 pieces of yarn, each about 7.5 cm long. 2. To make the mad scientist's hair, fold one piece of yarn in half. Loop the fold around the top of the pop can tab and pass the ends through the loop. Pull it tight around the tab. 3. Repeat step 2 for each piece of yarn. 4. Frizz out and fluff the "hair"- using a fine tooth comb or brush. 5. Glue on the googlie eyes just below the hair. 6. Add the safety pin to the top of the tab at the back.

GUIDES PATHFINDERS AND RANGERS

Now that summer is finally arriving, we often take the opportunity to go on hikes and camping trips. This is one of the times our Guiding motto “*BE PREPARED*” comes in handy. When going camping or going for a hike it is important to dress for the weather at all times. It isn’t about being fashionable; one needs to use common sense when choosing proper clothes and footwear. It is important to have on hand your emergency *Be Prepared Kit* plus all your necessary gear before starting out.

A Good Checklist to follow before setting out in the outdoors is:

- How long will I be away?
- How much food and water do I need to carry?
- Have I the right clothing and footwear for the climate or terrain?
- Should I take more just in case?
- What special equipment do I need to take for the weather or terrain?
- What kind of medical kit do I need? Is it for you or all in the group (*Don’t forget your medicines or inhalers if you take any).

Planning is the most important part of any outdoor adventure and that is why we use the GGC SAFE GUIDE policies when going on a Guiding event. However these are also good guidelines to follow if going with friends or family too.

1. Make sure you know the route you are going to take and if possible always take a map.
2. Plan for emergency procedures such as separation from your group, illness or accidents.
3. Make sure the schedule you plan does not lead to exhaustion or errors in judgment- so don’t be over ambitious in your distance that you want to cover.
4. Make sure you have a way to replenish you water supply.
5. Make sure some one knows where you are planning to go and the times of your departure and expected return. Keep them informed of the places you intend to be and approximately when so that if you don’t arrive there they can let police or emergency rescue workers if it does not happen. After 2 days of no contact an emergency plan will come into operation. Even if all is well, you will be treated as an emergency. It is best to stay or return to the last reported location instead of trying to walk further and getting lost.
6. Always have a back up plan in case you get separated from your group - a meeting place or route to follow.
7. Make sure your clothes are well-fitting but don’t restrict your movement. Dress in layers to keep you warm and make sure your clothes keep your body ventilated. Waterproof garments are a must.
8. Make sure your wear boots that have been broken in - nothing is worse that blistered feet for causing infection. Make sure they have been waterproofed before wearing them.
9. Make sure you have a good backpack with adjustable straps and a waist belt and have zippered side pockets for easy reach of a water bottle or first aid kit and snacks.

Camping Memories of Guiding Long Ago

Last year when we celebrated our 100th Anniversary of Girl Guides of Canada, I went to my mother's house to look for my old Guiding books to see what was the same and what had changed over the years. I was a Guide many years ago and it was interesting to see the badges that we earned. One of them I received was the Hiker Badge which was part of the Wood Craft emblem. There are several definitions of the word *hike* in the dictionary but the one we know in Guiding is a walk of a considerable distance through rugged terrain, woods, etc. According to the Girl Guides of Canada Wood Craft emblem book "we were to dress comfortably in a smart, tidy uniform wearing comfortable low heeled shoes with proper fitting wool socks free from holes and darns in the feet." We were to bring a backpack (because hiking is more comfortable if hands are kept free to swing as we walked along) to keep all our necessary items including weather proof clothing, a sit-upon, water bottle, compass and topographical map of the area, signaling flags, axe in a carry case, waterproof matches, soap and towel, toilet paper and a whistle.

There were five sections to complete the Hikers Badge:

1. Build and give reasons for building three different types of fires and be able to distinguish between the various kinds of wood plus explain their relative value as firewood.
2. Show proficiency in cooking in the open with and without utensils and make up two hiking menus.
3. Make a pocket first aid kit and give the reasons for the choice of contents.
4. Make a list of hikes taken over the previous year giving;
 - a. Season of the year
 - b. Place and method of getting there
 - c. Object of the hike - i.e. exploring, visiting a place of interest, nature study or cooking

These things are still in practice today although the wording and some of the rules may have changed we still make first aid kits, cook over open fires and keep a record of our hikes

Laying a Fire

We all know how important it is to make a fire and the items you need to gather to make one but it is also important to know the fire regulations before you strike a match light a fire. This can be done by contacting your local fire department non-emergency number or the BC Lands and Forest Department at 1-888-797-1717 for burn permits and regulations.

Now that you have your permit you need to get the supplies of kindling or fire starters, small dry twigs, and medium and larger pieces of wood.

Fire starters: You can either make ones at home using rolled up newspaper tied with string or wood shavings dipped in melted candle wax. In the outdoors look for dry spruce or pine needles, bundle of dried weeds or pine cones are excellent types of kindling you can find on the ground. Birch bark makes also excellent kindling but never strip the tree of live bark. You should always use dead or fallen birch trees or loose flakes on a live tree.

Selection of Wood: Pick your wood from dead branches of standing trees rather than off the ground if possible. Test your wood by breaking it. If it bends but doesn't break it is wet and will not burn and if it crumbles it is rotten wood and is of no good to you at all. If it snaps it is good and should burn.

Stacking Wood: Arrange your wood into 3 tidy piles and put it fairly near the fire, but on the opposite side the wind is blowing. So sparks will not blow into the pile and set it on fire. Make sure you have enough wood to last you for cooking or heating so you don't have to go searching for more after your fire is started.

Preparing the site: Choose a site in the open and not against a tree trunk or on sedimentary rocks such as slate or flint which can be dangerous because they will crack and shoot about when they become hot. Remember to scrape away all the dead leaves and loose bits of wood. Make sure there are not tall grasses or weeds and look out for tree roots that can take the fire back underground to a live tree. If the soil is bare – scrape off some of the topsoil of the earth before making a fire then when you are finished you can replace it. The spot for your fire should be at least twice the size of the fire you build for safety sake.

Laying your fire: It is best to lay a foundation of sticks on the ground to start - because the earth may be damp this will allow the wood to keep off it and the air to circulate under your fire. In the center make a small teepee or pyramid shape out of fire starter, small twigs and thin branches plus a few larger sticks. Make sure to check and see in which direction the wind is blowing which can be done by wetting your finger and holding it up in the air, The side of the finger that cools and dries off quickly is the side the wind is coming from so with your back to the wind carefully strike your match and light the kindling- holding it there as long as possible without burning your fingers. As the wood starts to burn add some larger pieces carefully. **Always keep a bucket of water** near your fire to avoid any unnecessary fires popping up.

Some types of fires that you use for cooking are:

1. **Hunter or trapper fire** – using two green logs [about 6 inches in diameter] on either side of the fire which will reflect the heat and keep it contained. Erect a pole between two Y shaped notched sticks and hanging your pot from the pole ovetop of the fire.
2. **Modified hunter or trapper fire** - using large flat rock or bricks to support your cooking pots – but be careful to watch that they don't get too hot a slit or crack.
3. **Crane fire** – take a long stout green branch. Push a Y shapes stick into the ground and place the longer branch into the Y notched one halfway so the pole hangs over the fire. Keeping it secure on the ground by placing another forked stick over top of the pole and a large rock on top of the pole on the ground. Crane fires are only good for short cooking fires as you can only put one pot on at a time.
4. **Buddy Burners** – made out of cardboard boxes and tin foil **or tin can fires** – made from a large #10 size can. Cut a door in the can at the top on one side and using a nail or a spike punch hole all around the opposite side to the door at the bottom to make a draught. Make sure you keep feeding the fire with kindling and keep the fire small for this one.
5. **Trench fires** – dig a 4-5 inch deep trench and make one end deeper than the other by sloping it. Make sure it is just wide enough to hold your pot. Light a small fire in the trench and place pots over top making sure the wind s going towards the deep end of the trench.

Cleaning up: One important part of using a campfire is to make sure all refuse and paper is burned before putting out your fire. To do this – move apart the remaining burning wood and coals then pour water over it followed by dirt to smother the flames. Continue to add water until all smoke and flames are extinguished. Then move the ground around and make sure all embers and smoke is extinguished and cool to the touch before leaving. We don't want to cause forest fires. A good rule is to **make sure you leave things even better than you found them.**



Outdoor Weather Conditions

Cold Weather

Weather temperature depend on the conditions: is it sunny or cloudy, calm or windy, humid or dry, if you are wearing light or dark clothes, and what activities you are performing all play a part in how warm or cool we are. Don't buy a thick heavy coat; instead use layers of thinner clothes. Layering is the key to being comfortable. The layers will trap more insulating air and it is easier to adapt to changing conditions. You'll want to get clothes made of fabric that will not hold water, so avoid cotton. Wool and synthetics like polypropylene, nylon are very popular because they don't absorb water, and will keep you warm even if wet plus they also dry quickly. Make sure your outer layer is also windproof. This will hold more heat close to your body. A rain coat works well.

You lose more heat through your head than any other part of your body. Cover it up with a toque and don't hesitate to put on a windproof hood.

One good rule is that you wear one layer for each 10 degrees below 90° (32° C). So at 80° (27° C) a T-shirt is fine, at 70° (21° C) wear a jacket, hypothermia is more of a problem at 55° (13° C) than 30° (-1° C) because people are more prepared at colder temperatures.

Hot Weather

It is wise to wear a wide brimmed hat to protect you from the sun but it is better to stay out of the sun when possible and use sunscreen as needed. Also drink plenty of water. A wet bandana around your neck is an excellent way to help cool you down.

Wet Weather

Get a good rain coat – like *Goretex*™ or any another breathable fabric if you can afford it. Breathable fabric lets some of the moisture made by our bodies out so you don't get as wet and sweaty and makes you more comfortable. It is best to get a rain coat larger than you would normally wear so you can put layers on underneath for cold weather. A hood is also very important too to keep your head warm. We lose most of our valuable body heat from our head, hands and feet. A poncho isn't nearly as good as a rain coat especially in windy conditions. You'll also want a pair of rain pants. It's not as important to get a breathable fabric, but zippers at the cuffs are important for putting on especially over your boots.

Imagine that you dropped your pack into the water for a couple minutes. How would your gear fare? It is best to pack everything in plastic garbage bags and zip-lock bags. Important gear like your extra clothes should be in zip-lock bags inside garbage bags. Sleeping bags should be inside a trash bag and a waterproof stuff sack. Also take some extra plastic bags along just in case. In an emergency, you can fashion a makeshift poncho and hood from a plastic trash bag. Cut a slit in the side near the bottom corner.

Camping Notes

- You always should pack your own equipment in duffel bags or backpacks. This is important so you know what gear you have and also where it is in your pack. Never carry things loose or in plastic or paper grocery bags. It should all be inside your pack for safe keeping.
- All gear should ideally be packed in large zip-lock bags. These bags are placed in large plastic garbage bags and then placed in a waterproof duffel bag or pack. You never know when it will rain.
- You don't need to pack a pillow, just stuff some clothes in a pillow case or your sleeping bag stuff sack.
- After a campout, always be sure to air out and clean up your tent, ground cloth, and sleeping bag. If they are dirty, they will suffer more wear and tear. If they are not dried out totally they will mildew and be ruined.
- After camp, it is a good idea to check for ticks. They are especially active in the spring and summer months. Ticks like places that are difficult for people to check themselves. (If you need more information on ticks, ask an adult Guider or see a doctor for more information or search online for more about Lyme disease.)

Outdoor Survival

Stress

While in the woods it is best to learn some techniques for not getting lost and being put in a wilderness survival situation. There are some stresses that can occur when you are lost in the woods and put you under mental and /or physical pressure.

Things like.....

- Fear and anxiety
- Pain, illness and injury
- Cold and/or heat
- Thirst, hunger and fatigue
- Sleep deprivation
- Boredom
- Loneliness and isolation



It is no use giving up and people can survive impossible situations if they have determination and think positive - just like the woman from Penticton who survived 49 days alone this spring in the Nevada wilderness after her vehicle was mired in mud. It is also important to be healthy and fit plus have good training and equipment.

Positive Mental Attitude - The most important item you have is your **brain**. Remember the word **STOP**

1. **Stop** - *Hug a Tree*. Relax. Look for safety (from weather, water, or animals), shelter (from cold, rain, and heat), and visibility (so you can see and be seen). A person who stays in one place is much easier to find than a moving one.
2. **Think** - What went wrong? Can I help myself? Can I help others find me? Don't make hasty decisions.
3. **Observe** - Am I hurt? What do I have that may help me? What's the weather going to do? What natural resources are available?
4. **Pray/Plan** - Set up camp, make a shelter if you can and also a fire.

Water

One of the most important things to take on any outing for basic survival is water. It is one of the 4 main parts necessary for survival in the wilderness along with food, fire and shelter. Did you know an average adult can survive only 3 days without water so it is important that you don't run out of it? Always look for fresh clean water before you run out and conserve your supply.

Some ways to conserve water and keep your fluid loss to a minimum are:

- Avoid over exertion.
- Keep cool – stay in the shade under a tree or rock overhang. Erect a cover to provide if it is not available using tree limbs and branches to make a lean-to.
- Do not lie on the hot ground or heated surfaces.
- Don't eat or eat as little as possible - it uses up fluids and increases dehydration.
- Don't talk and remember to breathe through your nose – not your mouth!
- If you have to ration your water - drink it in sips.
- Use clothing to soak up water that can be sucked out or wrung out if running short.



Did you know that salt is an important mineral for your body to survive?

Our body needs at least 10 grams of salt each day. We lose salt through sweat and urine so we need to replenish it. The first signs of not enough salt are: dizziness, muscle cramping, nausea, tiredness. A good idea for your survival kits is to bring salt tablets to break up and put into your water supply.

Food

- An average person can live 3 weeks without food.
- An average person requires 70 calories an hour to breathe and basic body function.
- Food is needed to supply heat and energy to our bodies.
- A healthy body can survive on stored nutrient reserves.

Tent Care 2011

Sleeping in the outdoors is one of the best activities in Guiding whether it's in a shelter, hammock or tent. One of my favourite ways is camping in a tent - which is not only your shelter but also protection from the elements. With proper care, a good tent will provide you with many days and nights of clean, warm, comfortable shelter. However you need to take care of your tent to make sure it will last for many years.

There are many ways a tent can deteriorate. Weather or the UV rays from the sun will both ruin the fabric and decrease the protection your tent can give you. The UV rays have the most harmful affect on lightweight or synthetic tent fabrics and can also cause the fabric to fade, lose strength, and eventually disintegrate.

Make sure that you pitch your tent in shade and not pitched in the sun when not in use. If a tent must be pitched in the sun, put a tarp over the tent to protect from weather and UV rays. You can also minimize damage to a tent by following the care instructions included with each tent and repair things as quickly as possible before they get too big.

Here are some tips to help you keep your tent in good working condition:

Prior to Camp

- Before you take your tent camping, set it up out of direct sunlight.
- Check the tent and make sure nothing is missing. Put on the fly and make sure to anchor it down and draw it tight.
- Are all the guy-lines there?
- Do you have enough tent pegs (that aren't bent)?
- Are there any tears or damage to the flysheet?
- Any holes or damage in the groundsheet?
- Are the stitched seams still fully sealed on the inside?
- Do all the zippers run freely?
- Usually the poles are first items to break, since they receive the most stress. Think about the torturous bend they have to go through in order support your tent and the amount of stress this puts on the metal. Check all poles carefully.
- Another common problem is a ripped pole sleeve. Duct tape can be used to repair small tears. Duct tape does not stick to moist areas and when it is cold. With adult supervision, use a lighter to warm up the tape and apply it to the rip. Continue to use the lighter on the tape so it can meld to the tent fabric better.
- Inspect all zippers. Tent zippers have to zip in circles or arches and are under incredible stress from the tent.



During Camp

- If at all possible never roll-up or pack away a wet tent as this will result in fungus and will destroy the tent. Always pack the tent as loosely as possible
- While packing the tent to fit it in the stuff sack, don't fold the fabrics at the same place every time as over the period of time, an established fold line creates a pleat that can crack the waterproof coating.
- Never use insecticide, hair spray, etc. inside or near to the tent, as this may harm the tent fabric and cause leakage.

- Never pack or store a dirty tent. Dirt encourages fungus to form and ruin the waterproof coating on your tent. Fungus will cause your tent to smell and can eventually delaminate and damage the polyurethane coating. This will cause the tent to leak.
- To protect tent poles and to keep the segments sliding easily, apply a light coat of lubricant on regular intervals. Also lubricate the zippers to keep them moving smoothly and to prevent them from freezing.
- Never store food in the tent, as there is a chance of animals tearing their way into the tent in order to get the food.
- Sweep out all refuse, and remove dirt with a damp cloth. After that allow the tent to dry completely before it is packed and stored.
- When the tent is wet, avoid pushing, pressing or contacting the tent material in any way.
- Never use candles, matches, or open flames of any kind in or near a tent.
- When the tent is collapsed - open up its doors and windows to allow air to escape.

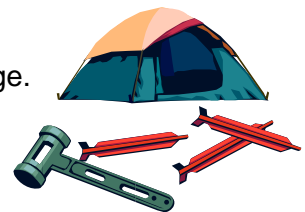
Basic Tenting Rules

1. Check your campsite before pitching your tent - you're looking for two things; to make sure you're not placing your tent on top of rocks, roots or uneven ground that can cause damage to your tent and an uncomfortable night for you. Find a nice, flat, smooth area making sure it is not the lowest point on the campsite. Otherwise you could be flooded out in a storm when all the water runs downhill into your tent.
2. Use a ground cloth - this helps protect the exterior floor of the tent as well helping to prevent water from gathering under the floor. The best way to do that is to take a tarp or piece of 3 mil plastic sheeting and cut it just a little smaller than your tent's base area so that the edges of the tent floor extend out slightly beyond the ground cloth's edges. If you don't make the ground cloth smaller, then water will gather on top of the ground cloth and then run in between the ground cloth and the exterior floor of the tent. Not a comfortable feeling in the middle of the night. If your ground cloth is larger, fold the edges under. Also use a ground cloth inside the tent to avoid any moisture contacting your sleeping gear.
3. Keep it clean inside. Remove your shoes at the door to avoid tracking dirt and water inside the tent. If you can't or don't want to leave your shoes or boots outside the tent, use a plastic bag or the built-in pockets to store them inside. If you do get dirt or a stain inside, *clean it up immediately* to reduce the chance of further damage.
4. Keep it clean outside. There is almost no way to avoid getting dirt, stains, bird droppings, tree sap droppings and lots of other various things on the exterior of your tent. Always use clean water and a rag or sponge to clean up those stains or dirt as soon as possible.
5. Make repairs as soon as you see the problem - duct tape is a tent's friend. You can use it to quickly patch a rip or tear and prevent it from getting worse, seal up split seams, fix broken support poles and many other repairs. The **key** is to make those repairs immediately, before they become unmanageable.

After Camp

1. Tent Care

- After each trip, set up your tent outside on a clear day and let it air out.
- While it is up, wipe both the inside and outside thoroughly with a damp sponge.
- Store your tent only after it is completely dry.
- Store your tent in a cool, dry place out of sunlight. High temperatures may disrupt the coatings.



2. Pole Care

- **DO NOT** allow the shock cord to snap the pole sections together, this can damage the poles.
- Wipe poles with damp cloth to remove any dirt and saltwater, as saltwater can cause corrosion on the poles.
- Store your poles only after they are completely dry. Store them in their own bags.

3. Zipper Care

- Keep loose threads trimmed.
- Keep free from dirt.
- Spray periodically with a non-greasy, non-staining silicone spray designed for fabrics.
- To prevent salt water corrosion on zipper pulls, make sure you rinse with clear water after exposure.

4. Cleaning your tent

- Do not wash the tent in a washing machine or with hard detergents as this may damage the seams or the coating.
- The best way to clean up the tent is that one can set it up and wipe it down with a sponge and mild detergent or hand-wash it in cold water.
- When cleaning the entire tent, wash it with cold water. **Never use hot water**, bleach, dish washing soap, pre-soaking solutions, or spot removers. Leave stubborn stains in place, and dust them with cornstarch or talcum powder to avoid its transfer to other parts of the tent in storage.
- Dry your tent by pitching it in the shade or by line drying only.
- Mildew Cleaning Tips: A musty odor, and/or small cross-shaped spots on the tent fabric indicate mildew. This fungus actually penetrates the urethane coating of the tent fabric and grows between the tent fabric and coating, eventually lifting the coating from the fabric. Water proofing is lost and the fabric is eventually destroyed.
- Should mildew begin to form, take immediate action to hinder further growth. Wash the tent as instructed above. Next, sponge-wipe the tent with a diluted solution of anti-fungal product. Sponge over the affected areas and allow to air dry, out of direct sunlight, without rinsing. This will kill the mildew on the tent, and prevent it from getting worse, but it will not remove the mildew marks. Or you can make a 5% solution of hydrogen peroxide (125ml in 5 litres of cold water). Sponge the solution on and, when the mould is gone, rinse off and wash the tent as directed above.



Tent Tips

To minimize condensation in tents keep the upper tent vents open, and lower vents clear of sleeping bags, pads and other bulky items. This will lower the amount of condensation formed from breathing and, therefore, you will be warmer during the night.

Mosquitoes will gather on the lee side [the side of something that is sheltered from the wind] of objects when the wind is blowing. If you pitch your tent so the door is into the wind you won't bring a cloud of bugs into the tent

- ☺ For more camping ideas go to the BC Camping website at: www.bc-girlguides.org
- ☺ For Safe Guiding rules - ask your Guider to explain Safe Guide. You can see the document and the forms that go with it on the Member Zone
http://patrol.girlGuides.ca/safe_Guide_and_forms

You never know, your Guider might just ask you to put together the SG.1 for your next adventure.

Knots

One of the best knots for camping is the Trucker's Hitch which is also one of the easiest methods to tie guy lines for tents and tarps. Because the loop works like a pulley you can increase the amount of "pull" you have on the rope. This knot also allows you to avoid cutting long ropes and allows for easy release. It is a variation of the sheepshank knot by adding the half hitch to make it more secure.

Look for tying instructions on making one at: http://www.netknots.com/html/truckers_hitch.html.

Knife Safety

One of the most important things you need to keep in your camping gear is a knife. The two most common knives are a paring knife which has a stationary blade, and a pocket knife with a locking blade. One type of pocket knife is called a Swiss army knife which is a multi use-multi tooled item that comes in handy.

A knife is practical and should be made of quality steel and hold a sharp edge. It is a good idea to learn how to clean and sharpen your knife to keep it in good shape.



There are rules to follow to stay safe and avoid personal injury

- A pocket knife is a tool and not a toy.
- Keep your knife sharp and dry.
- Use the knife in a "circle of safety". Your circle is created by extending your arm in a circle around you with your knife in your hand.
- Sit down or stand still when using a knife and stop working if someone comes into your circle of safety.
- Keep the knife closed when not using it and always close the knife when passing it, or walking around.
- If you can't close the knife then lay it down before picking it up.
- Use strokes that push the knife away from you and never towards you.
- Never disfigure any plant or animal life.
- Never put a knife into the fire.
- Do not use a knife to pry things open.



Sleeping Bags

A sleeping bag is a protective "bag" for a person to sleep in, essentially a blanket that can be closed with a zipper or similar means, and functions as a bed in situations where a bed is unavailable. Its primary purpose is to provide warmth and thermal insulation although a tent performs those functions better. It also protects, to some extent, against wind chill, precipitation, and exposure. The bottom surface also provides some cushioning, but a sleeping pad is usually used in addition for that purpose.

Down Filled

Pros

- A down sleeping bag is lightweight
- Gives the best insulation

Cons

- When it gets wet it loses insulating value
- Hard to dry out
- Usually costs more

Synthetic Filled

Pros

- does not readily absorb moisture
- dries easily
- provides some warmth even when thoroughly soaked
- material is also firm and resilient



Cons

- Synthetic fill cannot be compressed as much as down and it weighs more, causing such bags to take up more space and weight when not in use.
- Synthetic insulation tends to break down faster than down

Care for Sleeping Bags

Keep the sleeping bag dry. This is the number one rule - there is nothing more unpleasant than a night in a damp or wet sleeping bag!

- To make sure it stays dry; always keep the sleeping bag in a waterproof outer bag. This is especially important if you are using it in snow or wet areas and during wet seasons.
- Good idea to not consume drinks near or in your sleeping bag.

Air the bag. Every morning, where possible,

- It is important to air the sleeping bag for at least 10 minutes. If you have sunshine, this is perfect. It will dry out any perspiration, condensation or dew that may be on the bag.

Line your sleeping bag with a bed sheet prior to sleeping in it.

- This will absorb perspiration and prevent body oils from soiling it.
- After camping the sheet can be pulled out and washed. This also helps with the cleaning tips for sleeping bags because washing sleeping bags wears them out faster and can damage them.
- An added benefit of a sleeping bag liner is the extra layer of material also provides for extra insulation and can increase the comfort rating of a sleeping bag by 1-2 degrees.

Store the bag properly. Try to place the bag in the stuff sack as randomly as possible, which decreases the folds and creases so the filling won't develop "flat spots".

Going on a Hike? Here are two nature games you can play

Small Search: each person has a small cardboard square 2 cm X 2cm. Find all the things on the hike that are smaller than the square. Remember not to remove them from their natural habitat.

Alphabet Scavenger Hunt: look for objects that have their names beginning with the letters of the alphabet. **A**= acorn **B**= butterfly **C**= caterpillar and so on.

POISON IVY or STINGING NETTLES

- Grows about 2-7 feet tall
- Ivy can be trailing or upright
- 3 variable greenish leaves white berries
- Nettles are erect wiry green stem with serrated leaves and brownish flowers
- Causes itching and red rash
- If you get a rash, soak in a lukewarm bath and wash skin with a paste of baking soda and water. You can also use peroxide to wash affected area or put baggies of ice on the affected area

GIANT HOGWORT

- nasty weed
- causes burning blisters and even blindness
- flowers between June and August
- large, fuzzy leaves, a green stem dotted with purple specks,
- Clusters of white flowers that spread out like a massive umbrella.



<<<<<<Poison Ivy

Stinging Nettles>>>>>>>



Summer Ideas



Build and decorate a birdhouse and learn about the **birds that will use it in your backyard.**

Go outside with some large pieces of white paper and crayons and draw all the nature she sees, such as birds, butterflies, gardens and trees.

Create your own illustrated **nature journal**, keeping track of all the things she hears, sees, touches and smells outside over the summer months.

With an insect book in hand, discover the creatures living in your garden, and learn about their benefits.

Plant veggies (cucumbers, peas, tomatoes), flowers or herbs in your garden or a large pot. You can help tend to them, water them, watch them grow and then pick them when they're ripe.

Go for a walk and collect leaves and flowers as you go. Back at home, use a field Guide to help you find out what the plants are called.

Take a trip to your local farmer's market and learn about local fruit and vegetables. Don't forget to try new ones you haven't tasted before.

Designate one day out of each week in July and August as Earth Day and help with cleanups in your local park and community.

Participate in your local library's summer **reading program**, or create one of your own. Pick a theme that interests you and sign out a book to read each week or month on the topic.

Write a short novel and draw illustrations about something you like to do.

Recycled Craft Ideas

Swan Plant Container

* Thanks to Barbara Sweet for this unique craft

Using just a plastic gallon milk jug and some paint, you can create a swan plant container that you can grow your favorite flowers in.

What You Need

- 1 empty gallon of milk
- White paint (acrylic or enamel paint works well)
- Paint brush
- Paper napkin or a 3 inch Styrofoam ball
- Construction paper or craft foam
- Scissors or X-acto knife.* – parent help may be needed here for younger girls
- Glue

Directions

1. Use the scissors to the top of milk jug cut down about ½ down to the middle of the handle.
2. Cut the sides in a zigzag pattern horizontally across the gallon, leaving the handle intact
3. Bend the zigzag edges slightly outward; these will form the swan's feathers.



4. Use the white paint on the entire outer part of the container.
5. Crumple up a white paper napkin into a tight ball or use a styro foam ball, to be the swan's head. Glue it to the top of the handle on the container.
6. Cut one small triangle and two small circles out of the construction paper for the eyes and beak. Glue them onto the head and let the glue dry.
7. Put some soil into the swan and plant your desired flowers.

Beach Rock Vase

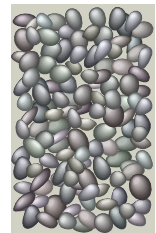
I like to go walking along the beach or by the lake or river and look for different coloured smooth stones. I found a great way to show them off plus make something useful too to keep my flowers standing up in a vase or old clean jar.

Supplies

- Clean washed beach rocks.
- Large empty clean jar from instant coffee, pickles or spaghetti sauce.

Directions

1. Once cleaned and dry, the jar is decorated with rub on decals. (I found some cute beach designed ones at the Dollar Store and some flowered ones at Walmart that worked great with my bathroom design).
2. Layer the stones according to size or colours.
3. Place in some flowers in the vase and fill with water
4. Give as a gift or keep for yourself or give to a friend.
5. When flowers die you can still use it just clean off rocks, add a few shells and leave it for decoration.



Good Books to Read this Summer

Canadian Money

By Elizabeth MacLeod

Everything you need to know about money.

Money. We use it every day. But why do we need it? How do we make it? And where did it come from? The use of currency is explored — from early days of bartering to today’s Royal Canadian Mint coins and Bank of Canada notes.

Included in this informative book are chapters on:

- how and when the world began using money
- the money used by First Nations people
- how money is printed and minted
- how bills are circulated, how long they last and how they are disposed of

The Vampire Stalker

By Allison Van Diepen

Amy is in love with someone who doesn’t exist: Alexander Banks, the dashing hero in a popular series of vampire novels. One night, Amy meets a boy who bears an eerie resemblance to Alexander. In fact, he is Alexander, who has escaped from the pages of the book and is searching for an evil vampire named Vigo. Amy and Alexander set out to track Vigo and learn how and why Alexander crossed over.

Moose!

By Robert Munsch

Luke gets up early one Saturday morning and finds a moose in the backyard. He wakes up his dad, and mom who each declares that “moose never come on the farm” — only to be surprised by the moose itself! Luke feeds the moose carrots and decides to keep it in his treehouse, until his sister comes along, with a surprising solution to this unusual problem!

Hoping for Home

By Various Authors

In this new short story anthology by eleven of Canada’s top children’s authors who wrote stories of immigration, displacement and change while exploring the frustration and uncertainty those changes can bring. Each story features an assorted cast of boys and girls, each one living at a different point in Canada’s history.

Ghosts of the Titanic

By Julie Lawson

Kevin and his family are going to Halifax to check out a house they have mysteriously inherited from a man named Angus Seaton. It is mysterious because none of them have any clue who he was or why they would be named in his will.

While at the house, Kevin does his own investigating and discovers some old artifacts hidden behind a wall, including mysterious photographs dating back to 1911 of a young woman and her baby. This puzzling discovery leads to troubling dreams for Kevin.



Trivia, Puzzles and Riddles

Computers

- **Stewardesses** is the longest word typed with only the left hand and **lollipop** is the longest word that can be typed with only your right hand on the keyboard.
- The average person's left hand does 56% of the typing.
- **Typewriter** is the longest word that can be made using the letters only on one row of the keyboard.

English Grammar

- No word in the English language rhymes with **month, orange, silver, or purple**
- The words 'racecar,' 'kayak' and 'level' are the same whether they are read left to right or right to left these are called palindromes.
- There are only four words in the English language which end in 'dous': tremendous, horrendous, stupendous, and hazardous.
- **Dreamt** is the only English word that ends in the letters 'mt'.

Our Bodies

- Our eyes are always the same size from birth, but our nose and ears never stop growing.
- Women blink nearly twice as much as men.
- Babies are born without kneecaps. They don't appear until the child reaches 2 to 6 years of age.

Did you also know?

- **Almonds** are a member of the **peach** family.
- Peanuts belong to same botany family as beans and peas, and they are known as 'legumes'.
- Peanuts are one of the ingredients of dynamite.
- February 1865 is the only month in **recorded** history not to have a full moon.
- Leonardo Da Vinci invented the scissors.
- A '**jiffy**' is an actual unit of time for **1/100th of a second**.
- To make half a kilo of honey, bees must collect nectar from over 2 million individual flowers.
- Kites were used in the American Civil War to deliver letters and newspapers.
- A comet's tail always points away from the sun.
- Due to earth's gravity it is impossible for mountains to be higher than 15,000 meters.
- And last but not least: In 2011, July has 5 Fridays, 5 Saturdays, and 5 Sundays. This apparently happens once every 823 years!



Q. Why did the computer go to the doctor?

A. *Because it had a virus*

Q. What is more amazing than a talking dog?

A. *A spelling bee*

Word Search Summer Time Fun

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

BEACH
COVERUP
OVERHEAT
SEA
SUNBLOCK
SWIMSUIT

BOATING
FLIPFLOPS
PROTECTION
SHADE
SUNGLASSES
WATERBOTTLE

BURN
FLOAT
RAFT
SHELLS
SUNHAT

CAUTION
HOT
SAND
SUN
SUNTAN
WAVES



Dates to Remember

June 21	National Aboriginal Day
July 1	Canada Day
July 23-30	SOAR 2011 at Agassiz
August 1	BC Day
September 5	Labour Day
September 10-18	National GGC Registration Week

News from National Girl Guides of Canada

Check out "*Crafty Tuesdays*" on GGC's Facebook page

Crafty Tuesdays on the GGC [Facebook](#) page it is all about sharing crafts online for other Guiders and girls to see and do themselves.

<http://www.facebook.com/pages/Girl-Guides-of-Canada/111161488925958>

Do you have a great craft? Share your craft idea or suggestion by e-mailing us at marketing1@girlguides.ca with your name and Unit, the craft title, complete instructions, the list of materials needed, and the age appropriateness for the craft. A photo of the finished product, or an online link to the source (if not an original craft) would be appreciated too. We will share the craft, and it may even be published in *Canadian Guider*!

New Canadian Guider Photo Contest Submission Deadline: October 1, 2011



Mail prints to	By e-mail to
Canadian Guider Photo Contest 50 Merton Street Toronto, Ontario M4S 1A3	CdnGuider@girlguides.ca
<ul style="list-style-type: none"> Clean focus and hi resolution pictures – if digital picture - make sure you used highest resolution. All photos of Guiding Members must have an IR.1 forms signed and entered into iMIS.. 	<ul style="list-style-type: none"> Must photos include a submission form that is found on page national website www.girlGuides.ca. Include name, Unit name and branch. Contact information.
<ul style="list-style-type: none"> Winners will be printed in Winter 2012 Edition. 	<ul style="list-style-type: none"> Do not staple, paper clip or write on your photos.

Check out the On-line Games on the GGC National Website

To play -log on to <http://ggcgirls.girlGuides.ca/ggcgirls/whatsnew.html>

			
GGC Word Search	Rapid Typer	Cookie Frenzy	Cookie Kitchen
			
Cookies 2 Camp	GGC Jigsaw	GGC Memory	Cookie Bounce Game



THUMBS UP

- Thank you to Lones Brownies: Hailey, Gracie and AJ for contributing to the Summer Newsletter.
- Thanks to Lones Members who keep in contact with their Guiders on a regular basis.
- Thank you to 1st Lones Guides: Sydney and Kelly for helping with the Lones Brownie enrolments.
- Thank you BC Camping Committee for the useful tent information.

Summer Fun Wordsearch Answer Key

```

J T O H U Q W A V E S S I S D H A O S Q
W G F S C M G Q F P O U A H T F C E S F
E Z O W G T K F T D A N H E G T D A L A
W A T E R B O T T L E G C L N A N I E Y
P N N V N P H U E H J L I L H D P R S B
T R L Z Y L A L N D B A G S H F K U X L
I C O B V Z Q J K V M S V A L N F F G X
U T O T A E H R E V O S J O E U W J Z F
S Y L V E C A K R R Q E P Y E S R T I C
M B J X E C P B A F P S F N A L B J V G
I M U Q M R T Y F Y J J I U Z J J A N I
W H R R K X U I T N Q G N C A U T I O N
S Y Q U N C S P O A P N B W V V T S F G
L S M Z S W O T J N G M L Y Z A U E W N
A Z V M U Y L L H N O H D C O N T S O E
R Z U P H V R G E Z H A H B H R A X H J
B W Y U X L L A H N L G L A O G O F M B
N A T N U S B A T O U A T D P M L B X X
T R V D T F A K K A I S G T K D F H P F
U E M E H Y X F W M Q B H J Q H D T Y F
    
```