

On My Own



BC LONES NEWSLETTER



WINTER 2011 Issue: 44

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On My Own

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Credit as to source would be appreciated.

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JOYBUG'S LETTER



Now that the new Guiding year is well underway, it is time to set our sights on our program work and all the exciting events that will be happening over the next three months. Hopefully you have all been in regular contact with your Lones Guiders and have sent her some items to check off on your program record sheets.

What a fall this has been! The weather has played havoc with torrential rain and wind storms. If you lived on the southern west coast you may have felt the three earthquakes that struck off the coast of Port Hardy on Vancouver Island too. I wonder how many of you are prepared with an earthquake kit and extra supplies in case one strikes in your area? Now is the time to prepare ourselves in case of an emergency. There is an online test you can take to see if you are prepared in case the big one strikes – log on to <http://www.members.shaw.ca/qf6/earthquake.html>.

As I write this OMO letter to you all, I am preparing for my youngest daughter to depart to go work and live in Singapore as a high school teacher. It seems like only yesterday she was a small Spark who was so excited to put on her pink shirt and learn her Sparks' promise "*To share and be a friend*". In a blink of an eye she worked her way up and earned her Canada Cord and Chief Commissioner's Gold Award. Plus she became a Sparks Guider for a time before heading out on her own to Vancouver. This will be the first Christmas without her in 24 years and it will seem strange, but I know she will have a great time in her new adopted country and use the skills and knowledge she gained as a Member of Girl Guides of Canada to her advantage. She will also get the opportunity to see and experience new people, places and celebrations too.

This issue is full of ideas of ways you can celebrate Christmas, Chinese New Year, and World Thinking Day plus many other activities that come in the winter months. What are some of the celebrations you and your family take part in?

It seems hard to believe another year is coming to a close so quickly, but here is looking forward to another great year in Lones and wishing you and your family all a very ***Merry Christmas and a Happy New Year!***

Yours in Guiding
JOYBUG
Joyce Wenner
BC Lones Adviser

- Don't forget to send in your On My Own newsletter submissions of pictures and/or write-ups via e-mail to lones@bc-girlguides.org.

SPARKS

Bird Seed Wreath

With the cold weather coming soon here is a present for the birds in your neighbourhood.

Supplies

- 1 Bundt cupcake pan with multiple small cake cavities
- 3/4 cup flour
- 1/2 cup water
- 2 tablespoons corn syrup
- 2 cups bird seed
- pan spray
- 8 inches of red ribbon per wreath
- 1 chenille stick per wreath
- parchment or wax paper



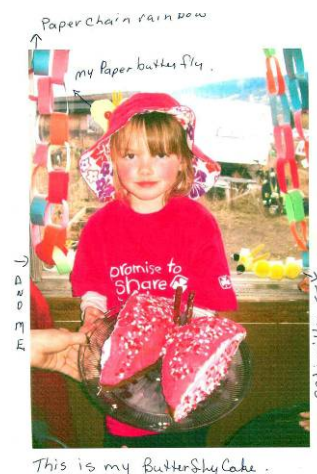
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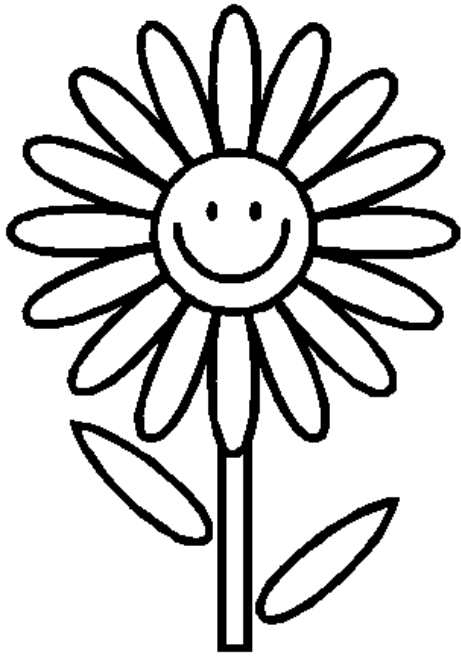
1. Spray your pan and set aside.
2. Mix the flour, water, and corn syrup together. Add in the birdseed. Mix well with hands and add handfuls to each cavity of cake pan.
3. Press firmly in place and allow to sit overnight.
4. Lay out a sheet of parchment or wax paper and turn your cake pan over so you are dumping out the contents.
5. Make a ribbon for the wreath out of a red chenille stick by making a loop and bringing it back over and making the second loop.
6. Tie a red ribbon around the wreath and add the red chenille bow.
7. Tie it outside for the birds to enjoy.

Tips: I used the red ribbon and chenille stick because I thought it would attract the birds better. This would make a wonderful gift for an older friend who enjoys bird watching or for someone who has everything. To give to someone else just wrap it in clear wrap and pass along the smiles.

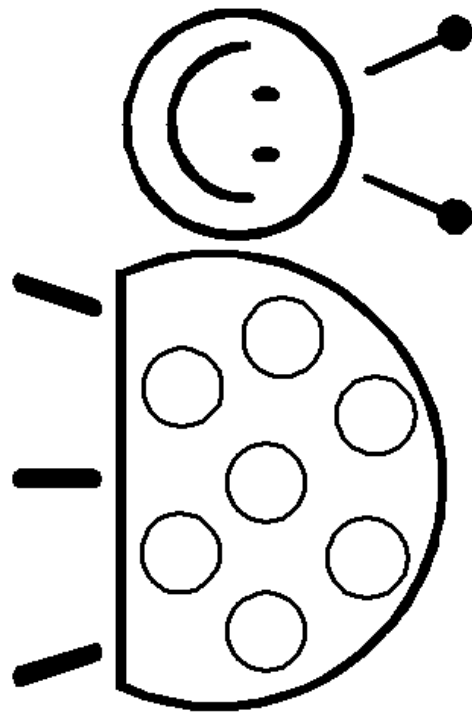
If you don't have a cupcake Bundt pan – use a wreath cookie cutter and make them one at a time or a regular cupcake pan will do too.

Lones Spark Lexus and her butterfly cake

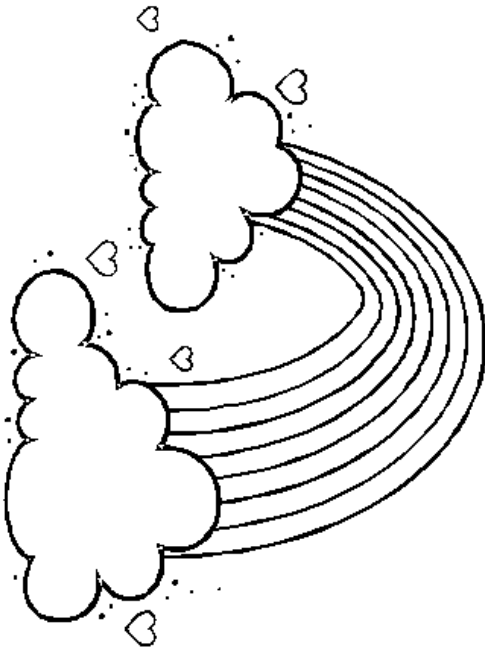




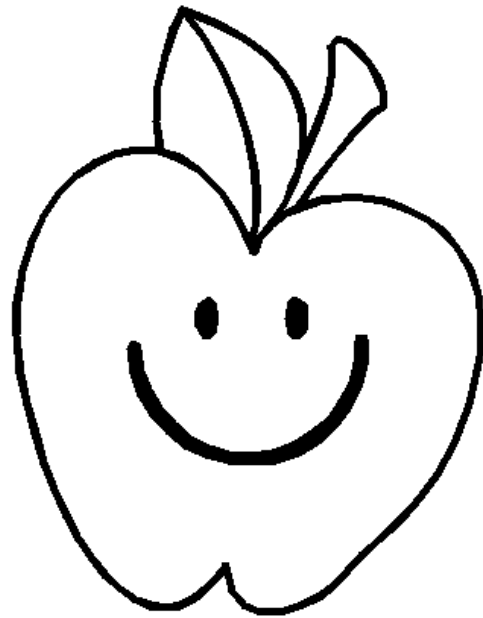
In the USA we're called the **Daisies**



In Ireland we're called the **Ladybirds**



In England we're called the **Rainbows**



In New Zealand we're called the **Pippins** (a kind of apple)

BROWNIES

BC Diversity Challenge

The BC Diversity Challenge developed by the BC International Committee. This challenge has been created to encourage girls to explore the concept of diversity and what it means in the community where they live.

Core Challenge

1. Play a game that demonstrates socio-economic inequality. Draw a picture or make a collage of different kinds of houses around the world. Would you be comfortable living in one? Why or why not?
2. Look up on the internet or in your library or hear a guest speaker, such as a public health nurse, teacher or parent, to talk about hidden disabilities or developmental challenges like learning or physical disabilities.
3. Talk about different kinds of families. Learn about one type of family that is not represented in your family.
4. Make a picture collage your cultural heritage.

Additional Challenges

- If you are a Spark, do two other challenges from any category.
- If you are a Brownie, do one challenge from each category.
- If you are a Guide, do six challenges, including at least one from each category.

Socio-Economic

1. Learn why GGC has a Twinning country and how we can help people in our Twinning country.
2. Participate in an activity such as: Hike for Hunger, Food Bank, Christmas Hampers, Soup Kitchen, and Salvation Army Kettles. Why are these important?
3. What kinds of transportation are available in your community? What kinds of people would use each form of transportation? If possible, use a different type of transportation than you would usually use.
4. How many vehicles does your family have? How does this fit into your lifestyle? What are they used for?
5. Plan a nutritious meal to feed a family of four people for \$5. If possible, shop for and make this meal. Discuss any challenges you encountered.

Disability

1. Take a tour of your meeting place to see how accessible it is for people with physical disabilities.
2. Increase your awareness of physical disabilities by participating in activities while using one or more of the following:
 - Wheelchair
 - Crutches
 - Glasses with Vaseline or waxed paper on the lenses
 - Blind fold
 - Ear plugs
 - Gloves with cotton balls in the fingers
3. What challenges did you have using these?

4. Learn how to express something in an alternative form of communication such as Braille, sign language or picture communication.
5. Write your name or draw a picture holding the writing utensil with your mouth or toes.

Personal

1. How do you feel about the way you look? What do you think influences your feelings?
2. Look at magazine and media portrayals of girls and women. What do they say about how girls and women should look? How do you feel about this?
3. Find a magazine picture of the kind of person you would like to date. Why did you choose this picture? Do the characteristics that attracted you represent good qualities in a relationship?
4. What do boys like to do? What do girls like to do? Try something that is usually considered to be a boy's activity. Why do you think boys and girls like different things?
5. Find out what jobs in your community are available for women. Can women do all the same jobs as men?
6. Visit a senior's home or plan an activity for seniors.

Cultural

1. What are three different religions or faiths in your community and, if possible, visit their places of worship.
2. Talk to a person from another culture and learn what is different about her life compared to yours.
3. Think of different ethnic foods that are available in your community. Plan a neighborhood walk or scavenger hunt focused on learning about one or more of these foods.
4. Try foods from two different countries.
5. Learn how to say "Hello" in two different languages other than your first language, English or French.
6. Name the five WAGGGS Regions and the WAGGGS Official Languages.
7. Compare uniforms from two different WAGGGS countries. Are there cultural reasons for the differences?
8. Sing three different songs from three different countries OR play three different games from three different countries.
9. Plan an international-themed get-together for your family, class or friends.
10. Plan an imaginary international trip you would like to take.
11. Learn about First Nations peoples in your area and compare to another cultural group.
12. Attend a cultural event or celebration in your community.

Note: Crests will be available from your BC Lones Adviser when you have completed the challenge lones@bc-girlguides.org.



GIRL GUIDES



Heather



Avril



IN PICTURES

Gemma

Last year we had 2 Lones Guide Units with some very enthusiastic girls. Here are some of the 2nd Lones Guide Unit Members who enjoyed various camps, sports, musical theatre and helping in their local communities. Congratulations girls on a job well done!

Personal Growth

One of the most important things about growing up is learning the basic life skills that will take us on to adulthood. These skills are used in our day-to-day lives and although we may at times think they are unnecessary and a pain to do, but once you are out living on your own at school or in your own place they will be very useful. As a Girl Guide many years ago, I remember being taught how to change a washer on a water tap, use a hammer, drill and saw to fix things and use various home appliances. One of the first things I gave both my daughters was a small tool kit to take with them for such emergencies or problems that would crop up in their day-to-day lives.










































In the Guide program book there is a section ***You and Others*** and one of the outlook badges - **Life Skills** deals with these issues.

To complete that badge you must do six of the eight activities.

1. Learn how to use and care for two major appliances and two small appliances in your home.
 - This means keeping them clean and in good running order and making sure little things like removing lint from the trap after each load when using the dryer is followed.
2. Learn how to use and care for three hand tools - not electric - and under supervision use one electric tool.
3. Explain the weekly chores necessary to help keep your home neat and tidy. Help so these chores for at least two weeks.
4. Help with the disposal of garbage in your home. Include kitchen, bathroom and bedroom areas. If you recycle learn how to separate your garbage and when to put it out for collection. Do this for a minimum of two weeks.
5. Be familiar with garment care label symbols on your clothing.
6. Under supervision help with the laundry for yourself and your family for one week.
7. Learn how to write a cheque, deposit slip and a withdrawal slip for a bank or trust company – OR - Learn how to use an ATM and how to withdraw money, transfer money to another account and pay a bill.
8. Choose an activity of your own choice that relates to life skills.

Washing Clothes

Care Label Symbols are required by law for your information to help you make informed garment purchase decisions. The Federal Trade Commission (FTC) requires manufacturers to attach a permanent label to textile garments that provides directions for their care. According to law, manufacturers and importers must list at least one method of safe care for a garment. It also requires that the label must be easily found and that it will remain legible during the garment's useful life. The label must warn about any part of the recommended care method that would harm the garment or other garments being laundered or dry cleaned with it. It must also warn when there is no method for cleaning a garment without damaging it.

CONSUMER GUIDE TO CARE SYMBOLS																	
 Wash	Machine wash cycles  normal  permanent press  delicate / gentle  hand wash	Water temperatures (maximum) <table border="1"> <tr> <td>(140F)</td> <td>(120F)</td> <td>(105F)</td> <td>(65F-85F)</td> </tr> <tr> <td>60C</td> <td>50C</td> <td>40C</td> <td>30C</td> </tr> <tr> <td>●●●</td> <td>●●●●</td> <td>●●</td> <td>●</td> </tr> </table>			(140F)	(120F)	(105F)	(65F-85F)	60C	50C	40C	30C	●●●	●●●●	●●	●	Warning symbols for laundering  do not wash  do not bleach  do not dry (used with do not wash)  do not iron
	(140F)	(120F)	(105F)	(65F-85F)													
60C	50C	40C	30C														
●●●	●●●●	●●	●														
Bleach  any bleach when needed  only non-chlorine bleach when needed																	
 Dry	Tumble dry cycles  normal  permanent press  delicate / gentle  line dry / hang to dry	Tumble dry heat setting  any heat  high  medium  low  no heat / air  drip dry  dry flat			Additional instructions (in symbols or words)  do not wring  do not tumble dry  in the shade (added to line dry, drip dry, or dry flat)  no steam (added to iron)												
	Iron—dry or steam  maximum temperature 200 C (390 F) high  150 C (300F) medium  110 C (230 F) low																
 Dryclean	Dryclean  normal cycle any solvent	Professionally dryclean —requires modified drycleaning  reduce moisture  short cycle  no steam finishing  low heat	 any solvent except trichloroethylene  petroleum solvent only	Warning symbol  do not dryclean													

PATHFINDERS



Be a Model Citizen Module and Pathfinder Citizenship Certificate

You have the opportunity to shape the future of the community you live in. This is one of the fundamental rights of being a Canadian set out in the Charter of Rights and Freedoms. This module will give you an opportunity to discover more about the idea of citizenship and to explore what it means to you.

Requirements for the *Be a Model Citizen* module

- Complete any four activities from any of the sections.
- If you cannot find an activity you want to do, look at the goals listed under each section. Do you have an idea for an activity that fits this goal?
- Talk to your Guider about developing this idea into an activity.

Requirements for the Citizenship certificate

- Complete two activities from each section OR one activity from each section plus a service project.
- If you want, you can do an activity of your own as long as it meets the goal of the section.

Government

Goal: Understand the process of elections in Canada; how it works; what the government does for the community and society as a whole.

1. **Imagine you are shipwrecked on a deserted island.** There's lots of rainwater, which you can drink. Food is more of a problem because it is not always easy to get – you have to either gather fruit or go fishing. It is obtained from fishing and by gathering fruit. The materials for making shelters are scarce. Everything must be shared. How can you create a just society that provides equal opportunity to all? What would be the rights and responsibilities of the citizens on this island? How would you govern yourselves? Would you hold elections? How would disputes be settled? Create a system of government. Drawing a map showing where your resources are may help you to visualize how things would work.

2. **Do an election dissection.** Is there an election happening? It could be national, provincial/territorial or local.

- Find out who the key players are and visit their websites or pick up their information pamphlets.
- Research the political parties and the current politicians plus their platforms.
- Report on the platforms, explain what the party or politician represents.
- Research the party platforms and share your information with someone important in your life.
- Next tell who would you vote for based on this information?

If there is no election happening in your community

- Find out what it takes to campaign for an office.
- Create your own election platform. Give them the opportunity to
- Present the platform to the Unit Guider and others in your Lones unit

- Take part in a debate if possible with your Lones Unit online or at school.
 - Hold a mock election
3. **Get the 411 on a local politician.** Find the name and contact info of a local politician, either online or in the phonebook. This politician could be a member of municipal, provincial, territorial or federal politics.
- Do some research and learn about him or her personally and politically.
 - Find out how they have influenced the community – what they have done as a politician.
 - Write them a letter to let them know what you think of them and possible issues that are going on in the country.
4. **Discover what it's like for women in politics.**
- Interview or talk a female politician to visit your Unit (MP; MPP/MLA; councilor) or visit a legislature, parliament or local council to see how it works.
 - Take a look at the Equal Voice *Experiences* program website. Politicians from across the country have signed up to participate in speaking engagements, and can be accessed by visiting equalvoice.ca/experiences/book_speaker.htm.
 - Take some time to understand and study women in office. What challenges do women in politics face?
 - Discuss with female politicians why it is important to be democratically engaged as young women.
5. **Be a news “Gawker”.**
- For one week, do your best to watch a news broadcast or read the newspaper or online news once per day.
 - If you see news regarding immigration, politics, youth, the environment or women's rights, quickly write down the main points of the piece.
 - Are some issues more common on the news? Do some interest you more than others?
 - Present the news you have collected from the week to your Unit Guider.

Ceremonies

Goal: Understand why ceremonies are important and why they are celebrated

6. **Wave your own flag.**
- What do flags mean to you? What if you made your own? Buy a meter sheet of broadcloth at the store (preferably white) or see if someone can donate/wants an old sheet or pillowcase to recycle and cut into a rectangle flag shape.
 - Ask yourself: “What things do you like most about Canada?”
 - Use coloured Sharpies to create artwork that represents what you love most about Canada and make a flag to represent them.
 - On a piece of paper explain what you chose to put on your flag and why.
 - Some topics to explore around flags include other flags like the WAGGGS and Girl Guides of Canada flags, the various ceremonies we have surrounding flags, and the other symbols we choose to represent our patriotism.
7. **Join in the celebration!** Participate in two different celebrations or ceremonies.
- Some options include a citizenship ceremony, a unique cultural ceremony (such as Chinese New Year), Canada Day or Remembrance Day, but there are many others that you might choose from.
 - Before the ceremony, do some research and learn about its significance and why it is celebrated. Share with someone what it means to you.
 - After the celebration reflect upon it.

- What was the ceremony for?
- What is the significance of this ceremony?
- What was the ceremony like?
- What did you learn about the people there, your community and yourself?
- How is it celebrated in different communities, provinces or territories?

8. **Create your own ceremony.**

- What are ceremonies?
- What are the ceremonies you participate in?
- What other ceremonies can you think of?
- What do you think is important in a ceremony?
- What role do ceremonies play in your life and the life of your communities? Invent your own ceremony for your own purpose

9. **Find a way to make a difference where you live.**

- Get involved in life in your community by volunteering to help at a community event for a local women's organization or other community organization of your choice. **(This is separate from the Citizenship certificate service project, but could be counted towards your Community Service Award.)**

What being Canadian means to me

Goal: To develop your identity as a Canadian; find out the rights, responsibilities, and privileges you have living in Canada.



10. **Show your true patriot love.**

- Organize a night for Pathfinders, class at school or a group of friends or family to bring in something that represents Canada to them. Have everyone present their item and explain to the Unit why they think this represents Canada.

11. **Explore what it means to be a Canadian citizen.**

- What are the rights, responsibilities and privileges of a Canadian citizen?
- How do these compare with the rights, responsibilities and privileges for citizens in other countries? Review these and discuss what they mean, why they are important and which ones you relate to the most.
- Come up with a fun way to share some of these with other people, such as a skit, a comic book, a story or anything else you can think of.

12. **Get creative with our national anthem.**

- Read all the verses of "O Canada." How does the national anthem relate to being a citizen of Canada? Which of the verses do you like best? Why?
- Create a collage or paint a picture of what the words mean to you. Host a gallery night showing off your great works of Canada.

13. **Shout out loud about Canada.**

- Create a rant, poem, or rap, about what Canada means to you.
- Have a talent night to share these with other friends or family.

14. **Make some cross-Canada Guiding connections.**

- Find out about life in other parts of Canada by writing to Pathfinders in another province/territory.

15. Put your citizenship to the test.

- What does it take to become a Canadian citizen?
- Research the criteria online, or at a local library. You could even take a practice test yourself. There are many tests found online, like this one from the CBC: cbc.ca/citizenship/test.html.
- Compile a list of the necessary steps in applying for Canadian citizenship. What are the different ways that people come to Canada and why would people choose to come here?
- Interview someone who has become a Canadian citizen (it could be a family member, friend, neighbour, or even yourself!) about the application process, and how they felt about becoming a citizen of Canada. Write down their stories and share them with other people.

Multiculturalism in Canada

Goal: To make yourself aware of the cultures in Canada and discover cultures you were unaware of.

- Go in depth to find out about the different cultures that have made and continue to make Canada what it is.



16. **Explore your local landmarks.** Many different cultures have made Canada what it is today. Visit an historic site i.e. petroglyphs, an Underground Railroad stop, a Métis settlement, a pioneer village or other sites that exist in your community.

- Why is this site important to Canadian history? If you are unable to visit a specific site, go to a local community museum or archive.

17. **Culture at home.** Find the different types of culture in your own community.

- Go on a community walk to identify all the multicultural things in your community such as statues and street and building names – where did they come from?
- Do you think this is a healthy exchange of cultures or do you think that the dominant culture has taken over aspects of another culture without fully understanding it?
- Find out about cultural appropriation. What is it? What does it mean? How does it make people feel?
- What is the difference between cultural appropriation and cultural sharing?

18. **Make a local connection.** Interview someone who has lived in your community for a long time and interview someone who has just moved to your community.

- Compare the two interviews – what was life like in the community years ago and what is it like today?

19. **Be a cultural explorer.**

- Learn about a culture in Canada other than your own.
- Present the information to other people in a fun and informative way.

20. **Put the word on the street.** Create a publication for young women.

- Make a magazine write up, comic, pamphlet or newsletter using text and graphics, either computer formatted or scrapbook style, that focuses on issues important to you and other young women.

Doing a service project

Goal: to learn about and help to solve a problem in your community, or to raise awareness of it so others in the community know about it.

- **Provide service, take action or speak out on an issue that is important to you.** Connecting with a local organization that you support or working with a charity of your choice is a great way to support your community. (A reminder that you cannot fundraise for other organizations, but you can volunteer.)
- Your project should involve a minimum of five hours, including planning as a Unit or individually.

NOTE: This service project is for the completion of your Citizenship certificate and does not count towards your Community Service award.

Lone\$ Fun Page

Did you know

1. Why are people in the public eye said to be '*in the limelight*'?
A: Invented in 1825, limelight was used in lighthouses and stage lighting by burning a cylinder of lime which produced a brilliant light. In the theatre, performers on stage '*in the limelight*' were seen by the audience to be the center of attention.
2. Why do ships and aircraft in trouble use '*mayday*' as their call for help?
A: This comes from the French word *m'aidez* - meaning 'help me' – and is pronounced '*mayday*.'
3. Why is someone who is feeling great '*on cloud nine*'?
A: Types of clouds are numbered according to the altitudes they attain, with nine being the highest cloud. If someone is said to be on cloud nine, that person is floating well above worldly cares.
4. Why are zero scores in tennis called '*love*'?
A: In France, where tennis first became popular, a big, round zero on the scoreboard looked like an egg and was called '*l'oeuf*,' which is French for 'egg.' When tennis was introduced in the USA, Americans pronounced it '*love*'.
5. Why do X's at the end of a letter signify kisses?
A: In the Middle Ages, when many people were unable to read or write, documents were often signed using an X. Kissing the X represented an oath to fulfill obligations specified in the document. The X and the kiss eventually became synonymous.
6. What was the first city to reach a population of 1 million people?
A: It was Rome Italy in 133 B.C. FYI There is a city called Rome on every continent in the world.
7. The water of Angel Falls (the world's highest) in Venezuela drops 3,212 feet (979 meters) which are 15 times higher than Niagara Falls.
8. Where is the driest place on Earth?
A: It is in the valleys of the Antarctic near Ross Island, where has been no rainfall there for two million years.
9. Istanbul, Turkey is the only city in the world located on two continents – Asia and Europe.



Riddles – see answers on page 31

1. What do you call a cow wearing a crown?
2. What is bright orange and sounds like a parrot?
3. What do you call a bear with no teeth?
4. What has two hands but can't clap?
5. What did the fork say to the knife?



RANGERS

New From National

All Girl Guides of Canada (GGC) Members can join WAGGGS' new global advocacy campaign, ["Stop the Violence. Speak Out for Girls' Rights"](#). Building from a whisper to a shout, members need to talk, join together and inspire action around the world on violence against women and girls. The Chief Commissioner Chris Burton invites you to learn more and ["add your voice"](#) to the campaign so together we can change people's minds and change girls' lives!



GGC is empowering girls in their own communities too through the **Girls for Safer Communities** (GFSC) program which is about increasing awareness of the safety concerns of girls and women while mobilizing girls as community leaders. Pathfinders and Rangers can participate in leadership and safety training at a GFSC workshop or can receive leadership and safety training through their Guider that prepares them to lead group safety audit walks – with their peers, younger Units or community members – and identify safety concerns in their community. Girls will go on to work with members of the community to make recommendations and create action plans that will improve safety. Girls participating in GFSC will be completing branch programs and earn the corresponding badges or pins.

This program officially launches November 2011 when Guiding Units across the country are asked to take part in the Safety Audit Campaign and help make their communities safer! The first 100 Units to complete a safety audit and tell us about it (through our online report card) will receive Girls for Safer Communities limited-edition crests for each girl in their Unit. Check out the **Girls for Safer Communities** webpage for more information and download the GFSC overview and materials. Rangers can also check out the 2011 fall issue of *Canadian Guider* for more info.

Scholarship News: 2012 GGC scholarship applications are now online! 35 scholarships valued at \$62,000 were awarded last year to adult and girl GGC Members enrolled in college, university, apprenticeships and technical schools. Make sure you submit your application.

NOTE: The 2012 Ranger RACket will be held April 27-29 at Camp Kanaka.

Congratulations to the new Ranger Advisory Committee (RAC)

☺	President	Paige (Fraser Skies Area);
☺	Secretary/Treasurer	Hannah (Fraser Skies Area);
☺	News RAC Editor	Sarah (Fraser Skies Area);
☺	Public Relations	Emily (Kootenay Area);
☺	Ranger Rep.	Zoe (West Coast Area)



**New BC Program Adviser
Julie Thomson at SOAR 2011>>>**

**<<<Ranger Adviser
Ciara Martin Relaxing at SOAR 2011**



SOAR 2011 As a Ranger

By Mandy and Laura
1st Lones Rangers

Going to a Guiding camp as a Ranger, is a unique experience. It's completely different from going as a Guide or a Pathfinder. In some ways, it could be considered getting the most out of the camp because we have more freedom and more diverse events than the younger girls.

As Rangers we got to go away from our sub-camp for three days on an out trip. Both of us ended up going on the same out trip — Historical Theatre. It had been two separate trips that were combined because of the lack of interest that many of the girls showed in it. However, the 1st Historical Ranger Out Trip had the most fun out of all of the out trips; because we didn't spend all day tiring ourselves out, we were able to spend every waking minute laughing our heads off. With campfires and graveyard walks at night, a nearby train track perfect for squishing pennies, a walking tour of Yale, and character sketches, even the least dramatic of us, were bound to have fun. We first bonded over our SOAR skits, revolving around the faux pas of SOAR; they became satires that had us rolling around on the floor laughing.

Our favourite part of the trip though, was when we got to do the character sketches. We were able to read about people who had actually lived in Yale, before we were given the opportunity to find clothes to wear in a haunted house, and walk around in character around the museum. Laura played Jason, a misbehaving son, who was prone to drinking in saloons, and locking himself in jail. It is safe to say that the mother of the seven year old was none too impressed. That night, we played improvisation games, until it was dark. Then we slipped through snail slime as we made our way down to the graveyard, where we soon saw actors dressed up like ghosts. Amidst shrieking and giggling, we enjoyed the opportunity to bond with other girls from our sub-camp.

After our out trip we were walking on clouds, constantly seeing people from the trip, and sharing inside jokes. There were only a few days left until camp was over, and we were sad to be losing the smiling faces of our newfound friends. In less than a week, we had become a family. On the day of the fair, we spent the morning making bandana bags and Laura spent the afternoon shucking corn. Shocking as it may seem, she also spent the afternoon winning. Laura was crowned Corn Shucking Queen later that day, after husking thirty-five cobs of corn quicker than anyone else.



The last day of camp is always bittersweet; leaving behind our new friends, we are reunited with our own homes (and soft beds). After a week of camping we are always sad to see the end, but we have the memories of our camping experiences to tide us over until we camp again.

At SOAR 2011, we were able to do cartooning and clowning, sew hats for the homeless, and paint wooden designs, go to the Othello Tunnels and go rappelling, make miniature bedrolls for Barbie and create bandana bags.



***Fun, friendship, and lots of sun —
that's what camping is all about!***

Mandy and Laura

Chinese New Year

This holiday is partially determined by the lunar phase of the moon and usually starts on the first day of the first month of the Chinese calendar, and the celebrations last for 15 days. On January 23, 2012 starts the **Year of the Dragon**. On Chinese New Year's Eve, relatives return home for a family reunion dinner and give thanks. Visits to friends' places also occur. Red envelopes are passed out during Chinese New Year's celebrations, which often contain even numbers of money. The red symbolizes good luck.



Paper Fortune Cookies

During the celebration of Chinese New Year, children and adults all will take part in dances, feasts, and parades. This is meant to clear the way for a happy and prosperous year ahead. One tradition families enjoy is writing and displaying **chun lian**, simple expressions of wishes for good fortune in the coming year. You can easily create these fortune-filled paper cookies for their friends and family.

Materials

- Paper to make fortune strips
- Coloured or foil paper cupcake baking liners
- Markers
- Craft glue



Instructions

1. To make a batch fortune cookies, write some fortunes by hand or on the computer on small slips of paper.
2. For each cookie, fold a paper cupcake baking liner in half and crimp center together to form a crescent shaped cookie.
3. Slip the note inside the folded cupcake liner, and apply a dot of craft glue to the bottom of the liner to secure the cookie closed and to keep the fortune it in place inside.

Chinese Dragons

Celebrate Chinese New Year by crafting this mini version of the monster-size dragon used during holiday parades and festivities.

Materials

- Craft foam
- Colored glitter glue
- Wired ribbon
- Tacky glue



Instructions

1. Enlarge Dragon pattern.
2. Cut out the body shapes shown here from different colors of craft foam -- or use template.
3. Decorate the shapes with colored glitter glue and let them dry.
4. Cut a length of wired ribbon (ours is about 3 1/2 feet long by 2 1/2 inches wide). Lay it flat and use tacky glue to attach the body shapes. Be sure the glue is dry before curling the ribbon.

To view pattern go to <http://familyfun.go.com/chinese-new-year/chinese-new-year-crafts/festive-ribbon-dragon-671681/>.

Lone\$ in the Outdoors



Guide Kelly and Brownie Hailey

Spark Lexus at camp



Sparks Guider Lora-Lee



ME cooking my Hotdogs.

READING SUGGESTIONS

<p>SPARKS</p> <p>Library Mouse by Daniel Kirk</p> <p>Sam the Library Mouse lives in a hole in the wall behind the children's reference section. He thinks life is great because he loves to read - in fact, he will read just about anything. Sam loves reading so much that he decides to write some books himself. When he puts his books on the library shelves to share with other visitors they become so popular that people want to meet the author himself!</p>	<p>BROWNIES</p> <p>The Christmas Genie by Dan Gutman</p> <p>It's the day before Christmas vacation and Mrs. Walter's class can't wait for school to be over, until a meteorite crashes into their classroom! When Bob the Genie is released from his thirteen million years prison he grants the class one wish, stipulating that they must all agree.</p>
<p>GUIDES</p> <p>Geronimo Stilton: The Amazing Voyage</p> <p>Geronimo returns to the Kingdom of Fantasy to discover that it is frozen in an endless winter and that the Queen of the Fairies is in trouble! He goes to new lands and travels in a magical talking ship in order to put out a dangerous volcano. Will he be able to restore peace to the Kingdom in time? Join Geronimo on another extraordinary quest!</p>	<p>PATHFINDERS</p> <p>Deadly by Julie Chibbaro</p> <p>It is 1906 and Typhoid Fever is ravaging New York City. Unfortunately for Mary, the fever is following her. Every inhabitant in each house that she has worked as a maid becomes a victim of the powerful epidemic. Can Mary lead scientists to a cure, before the public's superstitions kill her?</p>

Christmas Craft Ideas

Beaded Reindeer Ornament

Materials

- 2 googlie eyes (15mm oval)
- 16 large (18mm) brown star flake shaped beads
- 1 small (10mm) red pompom
- 1-12 inch piece of gold tinsel pipe cleaner
- Scissors
- Ruler
- Craft glue

Directions

1. Cut the 12 inch tinsel stem into three pieces. One 8 inch piece and two 2 inch pieces.
2. Onto the 8 inch tinsel pipe cleaner - slip 16 star flake beads and slide them to the center.
3. Twist the ends of the tinsel stem together to form a circle. The extra tinsel stem will now become the antlers. Twist the 2 pieces of tinsel stem (cut in Step 1) around the antlers. Shape them to make a 3 prong antler.
4. Glue a red pompom to the bottom center of the circle to make the nose.
5. Glue 2 googlie eyes close together at the top of the circle to finish the face.

Button Ornament

Materials

- Clear plastic ball ornaments
- Buttons small enough to fit through the opening
- Glue gun and glue sticks or Tacky glue (to glue the metal cap on)
- Ornament hanger, ribbon, or string/yarn to hang the ornament

Directions

1. Carefully take the metal cap off of the ornament and set aside.
2. Carefully insert the buttons through the opening until the ornament is almost full, being sure that the narrow part of the ornament is still empty to ensure the cap will fit back on.
3. Insert the prongs of the cap into the ornament but do not push the cap all the way down.
4. Apply a thin strip of glue to the "neck" of the ornament and carefully press the cap of the ornament down into place.
5. Let dry for at least 30 minutes to seal.



Snowman Chalk Ornament

Materials

- Fat sidewalk white chalk
- 2 X 6 mm googlie eyes
- Fabric scraps
- Felt or old gloves - use fingers only
- Black and orange Sharpie markers

Directions

1. Paint on eyes (or glue on 6mm googlie ones).
 2. Paint a carrot nose in orange.
 3. Add a ribbon or strip of fabric around the neck.
 4. Glue a stocking cap made from fabric or cut off a woolen glove finger and roll it back to make a brim - will work perfect for a cap!
 5. Paint black dots for mouth and also down front for buttons (or glue tiny black pompoms).
 6. Add the poem card see below.
 7. **Optional:** Spray with sealer and glue on a ribbon hanger for a Christmas ornament.
- Caution:** Do not give to very young children, especially if using googlie eyes and pompoms.



Cute Melted Snowman Pin

Materials

- Tacky Glue
- Brown pipe cleaner
- White Cardstock
- Black plastic top hat – found in the Craft sections at Walmart, Dollar or Craft stores
- 2X googlie eyes
- Small black beads or small black pompoms for buttons X 2
- Orange Craft Foam scraps
- Scissors
- Jewelry Craft Pin backs



Instructions

1. Cut pipe cleaner into four pieces and shape into two arms plus fingers.
2. Cut a small triangle nose shape out of orange craft foam.
3. Squeeze out a puddle of tacky glue on a piece of white cardstock. You can use low temperature glue sticks but Tacky glue is easier however it needs to dry over heat.
4. While the glue is still wet press in a mini top hat, triangle shape for nose, 2 googlie eyes, pipe cleaner arms and black pompoms for coal buttons.
5. When dry - cut excess cardstock around snowman.
6. Glue a pin to the back.
7. **NOTE:** You can omit the hat if you want

Puzzle Pieces Snowman

Materials

1. Old Puzzle Pieces
2. White acrylic paint
3. Tacky™ White Craft Glue
4. Black and orange craft foam scraps
5. 2 googlie eyes
6. red pipe cleaner
7. ribbon
8. small black pompoms for mouth and nose
9. small black or coloured buttons
10. paint brush
11. scissors

Instructions

1. Paint 10 puzzle pieces white. You can use more or fewer puzzle pieces. Let the paint dry.

Candy Cane Card

Materials

- Construction paper - green, red and white
- White glue

This easy Candy Cane Card is great for Sparks to practice making a pattern with.

Directions

1. Fold a piece of green construction paper in half width wise then in half again to make a card.
2. Draw a cane shape on the front of the card.
3. Cut 1-inch squares from red and white construction paper.
4. Glue the squares along the cane to make a striped candy cane.
5. Write a Christmas greeting inside.



Geodesic Ball Ornament

Materials

- Recycled Christmas cards
- Scrap of cardboard for templates
- 6 inch piece of yarn or narrow ribbon for hanging loop
- Glitter glue
- Small beads (optional)
- Glue gun

Instructions

1. Draw a circle 1 ¼ inches in diameter on a piece of cardboard.
2. Using it as a template, cut 20 circles from used Christmas cards.
3. Draw a triangle with each side measuring 1 inch long.

Puzzle Pieces Snowman Cont'd

2. The white puzzle pieces form the base of snowman. Lay them out how you want them and glue together. When dry, flip your snowman over glue where the pieces join to make it a little stronger.
3. Cut a top hat shape out of craft foam - glue to top and add piece of pipe cleaner for a hat band.
4. Glue on two eyes to your snowman and a small Δ shaped piece of orange craft for carrot nose.
5. Using a few tiny black pompoms draw a mouth.
6. Glue a few buttons down the front. You can add a bow tied from ribbon, or anything else you like.
7. Now you should cut a piece of ribbon about 8- to 10-inches long. Fold it in half, and glue the ends to the top back of your snowman's hat to make a loop for hanging the ornament.

Geodesic Ball Ornament Cont'd

4. Center the triangle template over the right side of a circle, folding the outside edges upright around the triangle to create flaps. Repeat for the rest of the circles.
5. To make top dome of ornament, place five circles on a flat surface, right side up, with one point of each triangle facing toward the center. Apply glue to wrong side of flaps and stick together. Repeat for bottom of ornament.
6. Place remaining 10 circles on a flat surface with points of triangles alternating up and down so as to create a straight line. Glue together the flaps that are touching to make a strip, then glue ends together to make a ring.
7. Glue top and bottom dome sections to this ring, creating a ball.
8. Glue loop of ribbon or yarn to center top of ornament.
9. Apply glitter glue to outside edges of all flaps. If desired, glue a bead at every point where flaps.

CAMPFIRE SONGS

Out in the Woods

<p>The other day (repeat) I met a bear (repeat) Out in the woods (repeat) A-way out there (repeat) (repeat all the words)</p>	<p>The lowest branch (repeat) Was ten feet up (repeat) I'd have to jump (repeat) And trust my luck (repeat) (repeat all the words)</p>
<p>He looked at me (repeat) I looked at him (repeat) He sized up me (repeat) I sized up him (repeat) (repeat all the words)</p>	<p>And so I jumped (repeat) Into the air (repeat) But I missed that branch (repeat) Away up there (repeat) (repeat all the words)</p>
<p>He said to me (repeat) Why don't you run (repeat) I see you ain't (repeat) Got any gun (repeat) (repeat all the words)</p>	<p>Now don't you fret (repeat) And don't you frown (repeat) Cause I caught that branch (repeat) On the way back down (repeat) (repeat all the words)</p>
<p>And so I ran (repeat) Away from there (repeat) But right behind (repeat) Me was that bear (repeat) (repeat all the words)</p>	<p>That's all there is (repeat) There ain't no more (repeat) Unless I meet (repeat) That bear once more (repeat) (repeat all the words)</p>
<p>Ahead of me (repeat) Was a great big tree (repeat) The biggest tree (repeat) Oh glory be (repeat) (repeat all the words)</p>	<p>And then I met (repeat) That bear once more (repeat) Now he's a rug (repeat) On my bare floor (repeat) (repeat all the words)</p>

The Rainbow of Guiding

*This poem was adapted from one written by: Sara H. and Malinda H.,
31st Orleans Pathfinders, May 20, 1998.*

A rainbow is beautiful in many ways.
It's the beauty after the rainstorm, the harmony of the sun and rain.
The colours represent many things; unity, joy, peace, and change,
Much like the colours of Guiding.

From the softness of the pink, to the boldness of the blue,
We too, like the rainbow,
Share these attributes in the sisterhood of Guiding.

The pink Sparks, the first beam of Guiding, promise to share and be a friend.
The Brownies represented by orange,
Add to their knowledge from being a Spark, and learn to lend a hand.
The Guides, dressed in blue,
Learn to be prepared.

The Pathfinders, dressed in green,
Learn from their experiences, and become prepared for any situation that arises.

Red is one of the primary colours of the rainbow that represents the Rangers
Who like the other levels of Guiding apply their knowledge to their homes,
community and themselves.

The Guiders take their successes and failures,
And with that wisdom, teach other sisters of Guiding to be all they can be.
As each colour of the rainbow increases its beauty,
Each person makes the family of Guiding more beautiful.

World Thinking Day 2012

Coming soon is the annual World Thinking Day celebrations for all Members of WAGGGS held in honour of Lord and Lady Baden-Powell's joint birthday on February 22. The Canadian World Friendship Fund (CWFF) consists of money raised by all Members of Girl Guides of Canada. This money is used for many different worthwhile projects that help Canadian girls and Guiders as well as our sisters in Guiding worldwide!

The Fund gives financial assistance to many areas of Canadian and International Guiding. Thanks to the Canadian World Friendship Fund, both girl and adult Members in Canada have benefited from travel grants including several girls registered in Lones who went to Ecuador, England and Mexico.

CWFF money is used to support:

- Disaster relief
- Twinning projects
- Mutual aid projects
- World Centers
- WAGGGS
- International travel
- In/out travel grants
- Western Hemisphere region work



More information about these projects can be found on the Girl Guides of Canada and WAGGGS websites www.girlguides.ca and www.wagggsworld.org

It used to be that we donated an average of \$2 per Member but sadly, the average donation in British Columbia for 2010 was only 42 cents per registered Member! This average includes a percentage taken from Membership fees. The Canadian World Friendship Fund needs ongoing and sustained support from all levels of Guiding in the province to be able to continue assisting initiatives funded by the Canadian World Friendship Fund.

This year I challenge you all to make a donation to the CWFF by either giving to your local District or by sending in your money to the Lones Adviser by February 22.

How do we collect for the Canadian World Friendship Fund?

If you are looking for ways to raise CWFF money here is a small list of ideas for you to try. Of course the possibilities are only limited by your imagination. Let the sky be the limit!

1. Collect loose change in a bank.
2. Donate a nickel for every year you have lived.
3. Make a piggy bank to collect the change in from September to February.
4. Do chores around the house for extra money.
5. Collect recyclable bottles and turn in to money.
6. Donate a quarter for every year you have lived or have been in Guiding.
7. Trace an outline of your body on a large piece of paper. Tape pennies to form the details of your uniform (Note you will end up with some very sticky pennies if you try this one).
8. Give 2¢ for every electrical appliance in your kitchen.
9. Give 5¢ for every pair of shoes you own.
10. Give 10¢ if every member of your family has a bed to sleep in.
11. Give 10¢ if your family has a pet.
12. Give 2¢ for every window in your home.
13. Give 1¢ every time you flush the toilet in one day.
14. Give 2¢ for every day you have had some sweets to eat for the past week.



World Centres



There are four world centers that belong to WAGGGS and the fourth centres called **Sangam** and was built in Puna, India. February 15-24, 2012 are the dates that will mark the centenary for India at Sangam with the WAGGGS 2012 theme "**we can save our planet**".

India is a large country in which each region has its own language, food, customs, and dress. There is a great diversity of religion that includes: Hinduism, Buddhism, Islam, Christianity, Sikhism, and Zoroastrianism. India along with the areas now known as Pakistan and Bangladesh began Guiding in 1911 and were founding members of WAGGGS in 1928. In 1948 India became a separate member on its own and was later known as Bharat in 1951 after India became a republic.

Facts About India

- Capital City New Delhi
- Largest city Calcutta
- Language - Hindi, English Sanskrit are the official languages
*there are 13 national languages total
- Area 3,287,590 sq km
- Currency Rupee

Interesting Facts About India

- The Peacock is India's National Bird.
- India also has more than 400 species of reptiles and snakes.
- Cobras - the longest venomous snake.
- India has 90 species of scorpions.
- Religions - Hinduism and Islam are two main ones
- Flag



India lies between China, Pakistan and Nepal

Clothing

The **sari** is one of the most common and oldest forms of dress for women in India and many regions have variations on this basic style. The fabric is either silk or cotton and can be a solid color or patterned; some are embroidered or hand dyed. Others are covered in tiny mirrors or metallic decorations. A sari is made of 6 metres of cloth that is wrapped to form a skirt and then draped over the shoulder. It is worn with a stitched, fitted blouse called a **choli**. To wear a sari, a woman begins to tuck one end of the fabric into a matching petticoat and wraps it all the way around her waist. She then pleats the fabric and tucks them all together into the front of the

petticoat. The remaining fabric is draped over her blouse and shoulder, falling behind her. This end, called the **pallav**, is often decorated with detailed patterns or embroidery.

Hindi Words and Phrases

na-mas-te	Hello or goodbye	dhan-ya-vaad	Thanks
kai-se-hain	How are you	aap-kaa naam kyaa hai	What is your name?

The customary greeting is done by putting your palms together and with a slight nod of the head, saying "namaste."

In Agra northern India stands one of the most beautiful and famous tombs in the world called the Taj Mahal. Built between 1630-1650, It took 2,000 workers to build the tomb in memory of Mumtaz Mahal who was the favorite wife of the Indian ruler Shah Jahan after she died in 1629. The Shah later joined his wife and their tombs are located the basement of the monument. The Taj Mahal is built out of gleaming white marble inlaid with semi-precious stones. It is decorated with floral patterned inlays and relief carvings.



The Sangam World Centre is situated on the banks of the Mula River in Pune, which is 90km (120miles) from Mumbai (formerly Bombay), in the state of Maharashtra, India. The word Sangam means '**coming together**' in the ancient language of Sanskrit. Since the Centre's opening on October 16, 1966 by Lady Baden-Powell, Sangam has been a safe, neutral place for Guiding and Scouting members to come together to share their experiences as well as their culture.

Guiding: There are three branch levels of Guiding in India today

- ☺ **Bulbuls** are ages 6 to 10 years old. A "Bulbul Flock" consists of 12-24 girls divided into groups called sixes, each named after a different bird. Before enrolment, a Bulbul must pass her Tenderfoot Test. She then progresses towards becoming a one - and two-star Bulbul, by working through a range of tests. The Bulbul Motto is **Do Your Best**.
- ☺ **Guides** are aged 10 to 18 years and like us they have the same motto **Be Prepared**. A Guide Company has between 12 and 32 girls divided into patrols of not more than eight girls in each, named after different flowers.
- ☺ **Rangers** are aged 18+ to 25 years. A Ranger Team consists of 4 to 24 girls and after her investiture a Ranger practices her promise of "Duty to God and Country", particularly by giving service to her community. She works towards the highest achievement for her section which is called the President's Ranger award similar to our CCGA. The Ranger Motto is – **Service**.



Front door to Sangam

<<<<<Bharat Girl Guides



Symbols

The promise badge is a cloth badge with the trefoil superimposed on the fleur-de-lis with the Ashoka Chakra with 24 spokes (spinning wheel denoting to be progressive all the 24 hours) in the centre of the trefoil. The colours are blue for Bulbuls, green for Guides and red for Rangers.

Happy Diwali

In India the New Year is called **Diwali** and they celebrate good over evil by lighting rows of lamps or '**diyas**'. A Diwali Diya is a small lamp that is lit especially at New Year's in India. Diyas are usually made of clay with Ghee or oil used as the fuel and cotton wool as the wick.

To make your lamp

Materials

- Clay
- Acrylic paint
- tealight candle

Directions

Choose either store bought clay such as Sculpey clay or prepare one of the clay recipe below. If using battery operated tea lights you can also use Plastercine.

Air Dry Clay #1

1. 1 cup Cornstarch
2. 2 cup Baking soda
3. 1 1/4 cup Cold water

Directions

1. Mix the cornstarch and baking soda in a saucepan.
2. Add water.
3. Turn heat to medium.
4. Stir for five minutes until thick.
5. Remove from heat.
6. Put on a sheet of waxed paper and knead for 5 minutes (when cool enough).
7. Form into flowers, animals, etc or cut with cookie cutters
8. Takes 48 hrs to one week to dry.



Air Dry or Bake Clay #2 * This is the cooking method of making clay.

- 1/4 cup salt
- 1/4 cup hot water
- 1/8 cup cold water
- 1/4 cup cornstarch

Directions

1. In a saucepan, boil salt and hot water.
2. Stir cornstarch and cold water together in a separate bowl. Once the cornstarch dissolves, add this mixture to the boiling water. Whisk constantly.
3. Reduce heat to low and cook until mixture is a stiff dough. Make sure to stir constantly so it doesn't burn.
4. Drop dough onto table and, once cool, knead for five minutes until firm.
5. Roll out the dough to about 1/4 inch thickness and cut with cookie cutters (just like you would cookies).
6. Store extra in a plastic bag for up to three weeks.

7. You can let air dry for 48 hours (in a dry, breezy location) OR Pre-heat the oven to 200 degrees. Bake on a foil covered cookie sheet for about 1 hour
8. NOTE: Paint with acrylic or tempra paint (acrylic coats better, but it doesn't wash out of clothes so be careful).

Making Your Lamp

Option 1: Pinch Pot method

- Roll the clay into a ball.
- Stick thumbs into the center of the ball, pinching the sides to make a hollow (you're making a bowl shape, not a donut). It should not be too deep (the flame of the candle should stick up over the top of the Diya).
- Flatten out the bottom of the ball to make a nice flat surface for the Diya (so it will sit sturdily on a table without risk of it falling).
- Let air dry or bake dry depending on the type of clay you are using. Use acrylic paint to decorate the pot however you like.

Option 2: Coil Pot method

- Make a flat "pancake" of clay that's larger in diameter than the tealight candle. This will be the bottom of your Diya.
- Roll remaining clay into long snakes.
- Coil the snakes around the pancake of clay, building up the pot as you go.
- You'll need to squeeze the snakes onto the pancake and onto each other a bit so they stay together when the project dries.
- Let air dry or bake dry depending on the type of clay you are using.

Notes

- Use a paint to decorate the pot however you like. Some inspiration:
 - the colors of India's flag are green and deep orange
 - typically, Diyas were earthen pots so any brown, orange, yellow colors would be appropriate
- Let dry.
- It is safer to use battery tea lights available in Dollar stores to be safe.

If you add a tealight candle which you can actually light (make sure the flame doesn't touch the edges of the pot).

Peacock Paper Plate Craft

Did you know peacocks are native to India? Here is a craft for Sparks and Brownies to make

Materials

- 8-10 inch white paper plate
- markers (blues, greens, purples)
- blue, green, dark purple, orange and/or gold tempra paint
- template pieces – see below
- scissors
- glue
- stapler



Directions

1. On a paper plate, draw lines with blue, green and purple shades of markers, the lines should all cross in the center of the plate.

2. Dip your middle finger into a dark color of paint – blue, purple or green and make fingerprints here and there on the plate.
3. Now dip baby finger into a lighter color of paint and make fingerprint in the center of each middle fingerprint made in the previous step.
4. Set the plates aside to dry.

While That's Drying

Make the body

1. Cut out body pieces. We made the body blue, eyes black, top feathers black and beak mauve on the color version which closely matches real peacock colors, but you can use whatever colour combination you want.

Assemble the body

- The body is the largest piece, the head is the narrow part
- Glue the top feathers - rectangular piece - behind the head. Cut slits about 1/4 inch apart to fringe this piece.
- Glue on the eyes and beak (you could substitute googlie eyes for the template ones or just use a black marker to draw on eyes).
- Staple the body to the bottom of the plate and you're done your peacock!

For Peacock Template - Log on to

<http://www.dltk-kids.com/t.asp?b=m&t=http://www.dltk-kids.com/animals/image/bpeacock.gif>

Handprint Peacock

Supplies

- Blue Construction Paper
- Pencil or Marker
- Optional Crayons
- Scissors
- Sequins
- Glue and Toothpick



Directions

1. Enlarge and print peacock body pattern on photocopier.
2. Cut out and color the peacock body.
3. Fold a piece of blue construction paper in half. Trace around your hand with fingers spread.
4. Cut out through folded sheet. You will have two hands.
5. Place the thumbs side by side and glue palms together.
6. Glue to the back of the peacock body.
7. Use toothpick to dab glue dots of glue to the tail feathers. Add a sequin or glitter to each dot.
8. Colours - blues, green and purple.

Climate

Most of India has three seasons: cool, hot, and rainy. From March to the end of June is the hot season. During the hot season parts of the southern plateau remain cool and the northern mountains are cool or cold, depending on the altitude. Cyclones often bring storms to the coastal plains at this time.

From June to September is the rainy season when **monsoons** (violent seasonal winds) blow across the Indian Ocean. A mild winter lasts from October to February.

- **Did you know the Game of Chess was invented in India?**

February is Dental Health Month

Things to learn

1. Why are teeth important?
2. Do you know why we need teeth?
3. What do you think would happen if you never use a toothbrush to clean your teeth?



By brushing your teeth you will remove plaque from building up and living on your teeth. The bacteria from plaque feeds off of the food you eat. The acid that is a result from the bacteria then eats away at your teeth, creating decay, or rot. This decay is unattractive and painful and very easy to keep from happening.

4. Have you ever lost any teeth? Do you know why?

A child will usually lose 20 teeth between the ages of 6 and 12. These 20 teeth are called “deciduous” or baby teeth. Not only are these teeth here to help you chew your food, they are also there to save room for the adult teeth that are to grow in when they are older. So even though you will eventually lose your baby teeth, they are important for the growth of teeth later on.

The teeth that replace the baby teeth are called permanent teeth. You will have 32 permanent teeth by the time all their teeth have grown in. Wiggling the tooth is fine and can help the process along, but forcing the tooth to come out can cause infection. Losing teeth is an exciting time so enjoy it and have fun with it.



The Tooth Song

Sing to the tune of “Row, Row, Row Your Boat”

**Brush, brush, brush your teeth, Gently round your gums.
Merrily, merrily, merrily, merrily, Brushing can be fun!!
Brush, brush, brush your teeth brush them every day.
The front, the sides, the back, the top to keep decay away!
Floss, floss, floss your teeth. Floss without delay.
You need to do this every day to keep decay away!**

Things to do

1. Take a field trip to a dentist office.
2. Go to the store and pick out your own sample-size toothpaste and toothbrush.
3. Make toothy Apple Smiles for a snack to eat.
4. Find great stories and other activities on teeth and the tooth fairy at the library or online.



WILL THE GROUNDHOG SEE HIS SHADOW?



Groundhog Day is on February 2 each year. Do you know what the groundhogs will say? Will winter last another six weeks?

The tradition of Groundhog day began in the 18th century. It is said that if an animal sees its shadow on February 2, there will be six more weeks of winter.

In North America the most famous "groundhogs" are **Punxsutawney Phil** from the United States and we have **Wiarion Willie** here in Canada.

Things To Do on February 2

- Go outside and run around and stomp your feet to try to wake up the groundhog.
- Starting February 2 make a weather graph to see what really happens for six weeks.
- Turn on certain lights in the room or go outside and look for shadows.
- On a calendar count how many days there are until the first day of Spring.
- Check out the groundhog's record through the years on the internet.
- Learn more about Wiarion Willie.
- Learn more about Groundhog's Day!
- Try playing Shadow Tag with a group of friends.



THUMBS UP

- ☺ 1st Victoria Trefoil Guild for their generous donation
- ☺ Lianne Duina-Smith, BC Program, for all her help in proofreading the Lones OMO newsletters. We'll miss you.
- ☺ Lones girls - Laura, Mandy, Gemma, Avril Kelly, Hailey and Lexus who sent in items for the OMO newsletter this edition.



Dates to Remember

First Day of Winter	December 22, 2011
World Literacy Day	January 08, 2012
Chinese New Year – Year of The Dragon	January 23, 2012
Groundhog Day	February 02, 2012
Valentines Day	February 14, 2012
Flag Day	February 15, 2012
Mardi Gras	February 21, 2012
GGC World Thinking Day	February 22, 2012
International Women's Day	March 08, 2012
St. Patrick's Day	March 17, 2012
First Day of Spring	March 20, 2012

Riddle Answers

- | | |
|--|-------------------------|
| 1. What do you call a cow wearing a crown? | A. Dairy Queen |
| 2. What is bright orange and sounds like a parrot? | A. A carrot |
| 3. What do you call a bear with no teeth? | A. Gummy bear |
| 4. What has two hands but can't clap? | A. A clock |
| 5. What did the fork say to the knife? | A. You're looking sharp |

Merry Christmas and a Happy New Year!

Glædelig jul og godt nytår - Danish
Hyvää joulua ja onnellista uutta vuotta - Finnish
Hyvää joulua ja onnellista uutta vuotta - French
naye sāl kī hārdik śubhkāmnayeñ - Hindi
Buon Natale and Felice Anno Nuovo - Italian
Wesołych świąt i szczęśliwego Nowego Roku - Polish
A Blythe Yule an a Guid Hogmanay - Scottish
¡Feliz Navidad y próspero año nuevo! - Spanish

For pronunciation help go online to <http://www.omniglot.com/language/phrases/christmas.html>

