

# Pathfinder Canada Cord Booklet



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## Introduction

I created this resource for my Pathfinders many years ago and have updated it from when there was a Gold Camp format to the newest Program. The girls that have used it in the past have found it helpful in keeping them organized as they work towards their Canada Cord.

You will see that I have provided sample menus, grocery lists etc. This helps the girls to see what you are looking for as they are completing the different steps of camp planning and event planning. I ask that they prepare a booklet of their final camp with menu, equipment lists, grocery list, safe guide paperwork and itinerary for their camp/event.

I hope you find this resource helpful.

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## How to earn your Canada Cord

Congratulations in deciding to work towards earning your Canada Cord. There are six parts to completing your Canada Cord. You will need to start planning/goal setting what parts you will accomplish in each of your three years as a Pathfinder.

The five steps to earning your Canada Cord:

1. **Program Modules:** There are 9 Program Modules in the Pathfinder program. Each module has a number of different badges that you can do to complete the module. In some of the modules there are specific badges that you will need to earn and in some of the other modules you can choose any of the badges to complete.
2. **Camping / Leadership:** In this portion you can choose to either focus on camping or on leadership as the events that you will complete. The choice is yours. You will need to complete three camps/events. These camps/events should be done in progression (hint: there are three stages, one for each year that you will be in Pathfinders).
3. **Community Service Award:** This is an award you will receive once you have completed 15 hours on three different community service projects that you/your unit create, plan, execute and evaluate.
4. **Bridging Activities:** A great way to mentor the younger girls and encourage the Guides to come into Pathfinders. It is also a great way for you to explore the Ranger program.
5. **First Aid:** Complete the First Aid badge or a Standard First Aid Course.
6. **Citizenship Certificate:** By completing the Be a Model Citizen Badge, you will receive the Citizenship Certificate.

***Did you know that by earning your Canada Cord you can receive two High School credits, just by taking in your Canada Cord Certificate to your High School Guidance Counsellor?***

On Page 4 you will find a tracking sheet to record your progress. Be sure to mark off each badge as you earn it. In the remainder of this booklet you will find tips and hints to help you as you work through the requirements of your Canada Cord. Good luck!



## Part 1: Canada Core Checklist

		Date completed
<b>Part 1 - Program Modules</b>		
<b>Finding the path</b>	Choosing your own direction	
	Bridging the gap	
	Beyond Pathfinders	
	Broaden your horizons	
<b>Creating your future</b>	Lending a hand	
	Find your inner leader	
	Event planning (leadership option)	
	Be a model citizen (8 activities)	
	One module (leadership option)	
<b>Lets take it outside</b>	Outdoor know how	
	Survivor girl-prepared for the outdoors (camping option)	
	Camping here we come (camping option)	
	One module, your choice	
<b>Girl stuff</b>	Relationships, values and choices	
<b>A world to discover</b>	One module, your choice	
<b>Living well</b>	One module, your choice	
<b>My music, my movies &amp; more</b>	One module, your choice	
<b>On my own</b>	Safe at home or out and about	
	Prepare for the unexpected	
	First Aid	
<b>Exploring a theme</b>	One module	
<b>Part 2 - Leadership Role-Camping or Leadership Event/Project</b>		
	1 <sup>st</sup> camp/event-Participant, help in the planning	
	2 <sup>nd</sup> camp/event-Assistant to the leader	
	3 <sup>rd</sup> camp/event- Leader of a team	
<b>Part 3 - Community Service Award (15 Hours)</b>		
Supporting your community - _____	= _____	hrs
Going global international - _____	= _____	hrs
Environmental awareness - _____	= _____	hrs

**Part 4 - Bridging activities**

Activity #1 with Rangers, activity \_\_\_\_\_

Activity #2 with Rangers, activity \_\_\_\_\_

Prepare and lead the following for younger girls

- outdoor games and/or activities
- games/activities on Guiding values/international Guiding
- programming based on a theme

**Part 5 First Aid - First Aid course or First Aid module**

**Part 6 Citizenship Certificate - Be a Model Citizen, 8 activities**



## **Part 2: Camping/Leadership**

### **Camp Agenda**

#### **Friday night**

7pm – Arrive at camp

7-8 – Set up / welcome / rules

**8 – Mystery Script**

**815 – Crime scene Kim's game**

**845 – 945 – Night Games**

945 – Mug up

10 – Bed

#### **Sat morning**

8 – Wake up

830-930 – Make breakfast, eat and clean up

**930 – 945 – Mystery Script**

**945 - 1045 –Geocaching**

**1045- 1200 – Craft**

1200 – Make lunch, eat and clean up

**130 - 145 – Mystery Script**

**145 - 230 – Make your own Maze**

**230 – Puzzles & Fingerprints**

**315 – Mystery Script**

**330 – 500 – Help with Brownies (Round Robin)**

530 – Make dinner, eat and clean up

700 - 715 – **Mystery Script**

715 – 800 – **Scavenger Hunt**

800 – Get ready for enrolment and campfire

830 – **Campfire/Enrolment**

930 – **Night games**

10 – Bed

### **Sunday**

8 – Wake up

830 – Breakfast, eat, clean up

915 – **Final mystery script**

930 – Start packing up camp

1030 –**Who dunnit? / closing**

11 – Go home!



# Menu

## Friday

### Mug-Up

- Hot Chocolate
- Chocolate Chip Cookies
- Roasted wieners

## Saturday

### Breakfast

- Egg McMuffins
- Milk, Apple Juice
- Strawberries & Whip Cream

### Lunch

- Tinfoil oven pizza
- Veggies & dip
- Milk, Apple Juice

### Snack

- Special trail mix

### Dinner

- One Pot Stew with dumplings
- Milk, Juice
- Pudding

### Mug-Up

- Banana Boats
- Hot Chocolate

## Sunday

### Breakfast

- Fruit & Yogurt Parfaits
- Muffins

## Grocery List

- Hot Chocolate
- Chocolate Chip Cookies
- Eggs
- English Muffins
- Cheese slices
- Ham
- Milk
- Apple Juice
- Sunny D
- Strawberries
- Oranges
- Whip Cream
- Buns
- Grated Cheese
- Pizza Sauce
- Pepperoni / Ham
- Pineapple chunks
- Pineapple rings
- Tin Foil
- Black Olives
- Cucumber
- Broccoli
- Celery
- Carrots
- Dip
- Yogurt
- Ground beef
- Vegetable soup
- Potatoes
- Bananas (8)
- Chocolate chips
- Mini marshmallows
- Muffins – choc chip / blueberry
- Granola
- Bisquick

## Equipment List

- 3 tents
- 2 stoves
- 2 lanterns
- 2 lantern flashlights
- Water pump
- Water bottle
- 2 Coolers
- 1 dry food container
- Pathfinder Tote w/supplies
- Fire starters
- Cooking dishes and dishpans
- 3 Tarps
- Peg and rope box
- Blue Pop up shelter
- Small folding table
- Propane
- Safe Guide forms & check out sheet for camp
- Health Forms & permission slips
- Program book
- First aid kit
- 3 boxes for tin foil ovens
- Activity supplies
  - Glue sticks, 10 pairs of scissors, twine/string,
- Enrolment Supplies
- Weiner roasting sticks
- Anything else you can think of...

**Budget**

Food (\$12 per person for weekend)	\$ _____
Propane/Fuel	\$ _____
Camp Fees (determined by the camp)	\$ _____
Program Supplies (crafts, games, props etc)	\$ _____
Other (big activity: eg. Kayaking)	\$ _____
Total	\$ _____

**Actual Fee charged to the girls** \$ \_\_\_\_\_

**Amount used by unit to offset costs** \$ \_\_\_\_\_

## Event Planning

### **Prior to your event**

1. Determine type of event (Unit/District etc..)
2. How many people will be there
3. Decide on location, start and end times of the event
4. Brainstorm ideas for your event (theme's are a great way to do this)
5. Create a timeline for the event
6. Create activity ideas
7. Determine format of the program (round robin stations, or everyone doing the same thing)
8. How will you communicate the event? (notices, emails, attend a district meeting to talk to Guiders etc..) will participants need to bring anything special with them. Do you need to know how many will be attending before the event (RSVP)
9. Will you charge a fee for the event?
10. Assign members of the team to complete specific tasks
11. Complete a budget for your event
12. Follow up with the team to ensure that everyone is completing their assigned tasks and help them if needed

### **At the event**

1. Coordinate with your team to get everything set up (need to be there early to get everything ready)
2. Opening: Be sure to communicate the plans of the evening to the participants
3. Run activities
4. Closing
5. Clean up (ensure everyone helps to get everything clean and tidy (leave it cleaner than you found it)
6. Evaluate the event (you can do this at the end of the event or at your next unit meeting)

## Part 3: Community Service Award

You will need to complete a total of 15 hours to earn the Community Service Award.

You will need to create or choose an innovative community service project in three different areas (HINT: try to do one of these in each of your three years), you may divide the 15 hours any way you would like between the three projects.

As an individual or as a Unit you will need to determine the service project, plan, prepare and evaluate each of the three projects. Here is a guideline to help you out.

- Brainstorm ideas (on pg's 14-15 there are some ideas to help you along)
- Decide which project everyone likes best and determine which of the three categories it falls under (eg. Environment)
- Start planning the project use:
  - WHAT** – what is the project
  - WHO** – who will you be helping by doing this project
  - WHERE** – where will you complete the project
  - HOW** – how are you going to do this project
  - WHEN** – when are you going to do the project
  - MATERIAL NEEDED** – will you need to bring things with you, will this cost money (if it costs money, you will need to determine a budget)
- Create a timeline – you may need to do research, gather materials, or contact people. By creating a timeline of what needs to be accomplished, you will stay organized and on track
- If you are doing a project that involves donating something to a group or organization, be sure to contact/talk to someone in that group/organization to see that they will be able to utilize the materials you will be providing
- Set follow up meetings to communicate progress/follow up (if working in a group). Also be sure to keep track of how much time you spend planning, executing and evaluating the activity
- Complete your service project
- Evaluate service project. How did things go, would you do something different next time?



## Part 4: Bridging

Keep a list of all the different Bridging events that you participate in. If possible, try to bridge with all the different branches.

Bridging Event	Branch Bridging with	Date of the Event
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

## Part 5: First Aid

Choose to either complete a standard first aid course – just bring in your certificate

**OR**

Complete the First Aid module in your program book

## Part 6: Citizenship Certificate

When you complete eight activities in the Be a Model Citizen module you will not only receive the badge, your leader will also present you with a special certificate.

## Other Resources

Other resources you will need:

**All Safe Guide Forms:** Be sure that you are using the most current forms. Please go onto the National website before planning your events/activities.

Three different projects, one on each of the following themes for a total of 15 hours:

**Supporting Your Community**

Birthday Boxes for Food Banks	Adopt a Homeless Shelter – provide clothing, blankets, socks, food etc..	Assemble craft kits for a Guiding event
Toiletry bags for shelters/soup kitchens	Make scarves or hats from fleece and donate to shelter or deliver to homeless	Make “I’m Bored Bags” to donate to hospital
Help to serve dinner at benefit function	Run a water station or be part of the “cheering stations” at a benefit run/walk	Toy Washing at a local daycare centre or preschool
Organize a “book drive” and donate books to a local organization	Buckets of Joy – in ice cream buckets collect toys, books and art supplies	Camp cleanups, building items or painting benches etc..
Volunteer at a conference, admin support, rolling coins, stuffing envelopes	Babysitting/child care centre for PAC meetings	Volunteer at local food bank or other place that collects food
Knit beanies for babies	Make welcome kits for delivery to newborn baby girls at the hospital on Feb 22nd	Assemble baby bags for new moms that are in need of assistance

**Going Global International**

Penny auctions for CWFF	Hygiene kits for Red Cross/International relief	Participate / help in World partnership walk
School kits for underdeveloped countries	Make AIDS angels	Hold a craft fair and donate monies to CWFF

### Environmental Awareness

Start a recycling / composting project at your school	Tree planting	Graffiti clean ups
Adopt a Tree	Adopt a waterway, clean and maintain a waterway (stream, creek, etc.)	Apply for tree planting grant
Coordinate the “yellow fish” storm drain marking program for younger units	Volunteer at local conservation centre/wildlife area	Coordinate bird and bat boxes and install
Collect items that a wildlife rescue centre can use for the care of rescued wild animals and donate them		

### Leadership Projects (for Leadership option)

**An additional 25 hours to plan, organize and execute three different events or projects. (5 hours of this can be used towards your Community Service Award.**

Organize and Plan a Thinking Day ceremony for multiple units or a District	Camp clean ups	Graffiti clean ups
Invasive species program (broom, thistle etc..)	Help at a blood drive	Plan and run a Science Night
Plan and man a PR tent for a local PR or large local event	Participate in books on tape program	Eco project for the District or a younger unit (perhaps using Eco Pak toolkit)
Organize and run a District Halloween party	Plan and run stations for a skills day, District or unit camp or an Area event for younger girls	

