



# MONASHEE NEWS



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**Next Submission Deadline:**  
December 30 , 2010

## Why Training?

*By Sheila Fergusson, Area Training Advisor*

We are all busy women and Guiding is only one part of our lives (often a large part). Why should we make the effort to schedule some of our time for Girl Guide training?

The rewards are much greater than the time commitment. At a Girl Guide training you know you will learn about your girls and the Guiding program. This will certainly make you a more competent and confident Guider. However, it is so much more!

At trainings, you will be connecting with other Guiders – learning not just from the "Trainer" but also from a lot of other women, like yourself, who are fun, creative and committed. Even if you have not thought of yourself as creative, you will soon find you are coming up with new ideas with a little encouragement. It's a safe and supportive place to learn and experiment.

Often you will be learning by doing. You will have lots of fun playing games and doing activities, before you take them back to your units to use. You will get new ideas to help plan a dynamic program and enrich your meetings. Your eyes will be opened as to how flexible our programs can be. See how you can use the girls' ideas and interests in meeting the program goals, livening them up with drama, art, music and games. You and the girls will learn more and have a lot more fun than just doing it by the book.

You will also find trainings that are aimed more towards you and developing yourself personally, or giving you the skills to work in a position supporting other adults. For example, you can explore your personal values, learn about conflict, communication or time management. There is a long list of Enrichment modules to try.

Whether you are new to Guiding or a "lifer", trainings will energize and inspire you. They may be just the thing you need to ignite your little Guiding light again.



## COMMISH'S CORNER

*Roni Carson, Area Commissioner*



### Girl Guide Leader Trainings

Why bother?? Let me tell you why.

When I first joined Girl Guides I had a need to know what the expectation was – I didn't realize how much knowledge was out in the field, and how many different people wanted to help me succeed.

The greatest thing that taking trainings have taught me is that by me giving up a day, an afternoon or an evening to take the training - I gain so much more time, by not having to recreate the wheel – the Trainers give me the tools I need to run a great meeting, and to give the girls the program that they were meant to get from belonging to Girl Guides.

If you have never attended a training to be a Girl Guide Leader – you are missing out on some great networking and ideas

Meeting all the other women who are involved in Girl Guides – from across our Area is another amazing experience. I have met women from around the country that I call my friends – from attending trainings.

As your Area Commissioner, I am attending a training this weekend to learn how to be a better Area Commissioner to help our Area grow and to help the girls in our communities have the opportunity to belong.

I have been an adult member for over 20 years and am still learning (they are trying to teach me finance this weekend!!) I can read a financial statement, deposit money and collect cookies – but everyone who knows me – knows that I won't be a treasurer (I love those women who can do this job!!)

So my rant to you today – is please take as many trainings as you can – you might find yourself learning a great skill that will help you in your paid career, you may learn a skill that you want to have as your paid career – or your just might meet your new best friend.

I hope to see you all at the Choices Training in Vernon in November – I will be your cook, and I am bringing new Area Crests for all participants.

***Roni Carson***

Monashee Area Commissioner  
Summer, 2010

## VOLUNTEER OPPORTUNITIES

*Volunteers aren't paid, not because they are worthless, but because they are priceless. ~ Anonymous*



### Membership Advisor

**Needed immediately:** do you have a love of Guiding and want every girl and woman to have the great experience you have had in Guiding? Can you sell our organization in such a way that everyone wants to join? Can you help our commissioners and advisors find meeting spaces, leaders and girls? If so, this job is for you; **please send your recommendation or self-nomination to [commissioner@monasheegirlguides.com](mailto:commissioner@monasheegirlguides.com).**

### Awards Advisor

**Needed immediately (to sit on the Membership Committee):** our girls and women deserve recognition and if you are the right person for this job you are passionate about ensuring that our girls and women receive acknowledgement for their great work. **Please send your recommendation or self-nomination to [commissioner@monasheegirlguides.com](mailto:commissioner@monasheegirlguides.com).**

### Public Relations Advisor

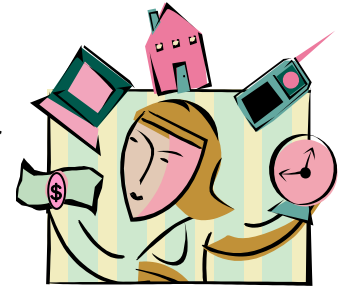
**Needed immediately:** We need an enthusiastic Guider who can work to present and promote a positive image of Guiding in British Columbia, both within and outside the organization. **Please send your recommendation or self-nomination to [commissioner@monasheegirlguides.com](mailto:commissioner@monasheegirlguides.com).**

### Program Advisor

**Needed immediately:** a very imaginative Guider who interprets the different Guiding programs in unique ways - we would like someone who can inspire Guiders to deliver program work in new and innovative ways - hopefully involving the community at large. **Please send your recommendation or self-nomination to [commissioner@monasheegirlguides.com](mailto:commissioner@monasheegirlguides.com).**

### Area Treasurer

**Needed January 2011:** a detail-oriented person who can keep our Area Council on track, and who is girl-focused. Ideally this person can train other treasurers. **Please send your recommendation or self-nomination to [commissioner@monasheegirlguides.com](mailto:commissioner@monasheegirlguides.com).**



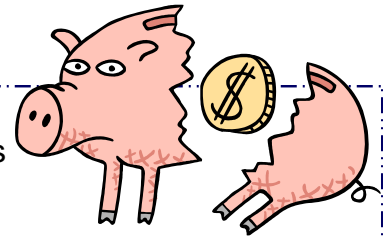
### Cookie Advisor

**Needed immediately (to sit on the PR Committee):** are you a cookie diva? Do you believe that cookies are the gateway to ensuring girls have an affordable great experience in Guiding? If so, you are the woman we are looking for - **please send your recommendation or self-nomination to [commissioner@monasheegirlguides.com](mailto:commissioner@monasheegirlguides.com).**



# TREASURER'S TIDBITS

*Brenda Anthony, Area Treasurer*



I have worked with many Monashee Area Guiders on the Financial Management Training during the last few years. This is a hands-on training and we fit a lot of information into a three hour time slot. Sometimes we seem a little rushed but there's so much information that Unit Guiders need in order to do a good job with their books.

Recently, there have been many questions on how to handle the HST at the Unit and District levels. As well as the three hour Financial Management Training at November's Choices event, I am also giving a one hour session dedicated to the HST. I'm hoping that by once again using the hands-on approach the Treasurers will understand the completion of the Event HST Form and the bookkeeping entries required for their event.

If you are struggling at all with your books or HST and are unable to attend Choices, I hope to offer both sessions again starting in the New Year. Please let me know if your District has Guiders who would be interested in attending these sessions.

If you're ever unsure how to handle something of a financial nature in your Guiding position, please feel free to email me at [treasurer@monasheegirlguides.com](mailto:treasurer@monasheegirlguides.com)

*Brenda*



BHanna Parker, Brooklyn Balic (2nd Creekside Orchards Guides) and Adrianna Balic (OKM Brownie) had a great time selling cookies door-to-door. All the girls are first time sellers and did a great job.



Cookie Box girl photo submitted by Maryann Brock



### Great PR (Public Relations) Send us your PR highlights

If your Unit or District does something to help promote Guiding or make Guiding visible in your

## SERVICE PROJECTS

*GOAL: 100 Service Projects in 2010*



The 1st Creekside Orchards Pathfinders did a service project at Mission Creek Mall, Kelowna, handing out candies for the Trick or Treat Trail around the mall.



Peachland Girl Guides cleaned up the shoreline of Antlers Beach Regional Park as part of a national conservation partnership to keep the environment safe for marine animals.



In Sun Valley District, Knox Mountain Guides, Brandt's Creek Guides and Knox Mountain Pathfinders have all been busy in the past few weeks helping sort and package items and stock the shelves at the Kelowna Food Bank. Please note: all food banks are in need of disposable diapers and baby products.

Layer Cake Mountain District held a Food Bank collection challenge with all of its units in October.



### When logging actions, please follow these steps:

1. log in to your Unit profile using the Unit's iMIS number (find your number on your unit roster through Member Zone)
2. click on the "ADD ACTION" button
3. scroll down past the Unit Information to the box that states "tell us what you've been up to"
4. input the total actions taken and a description of what you did (both are required to log your action)
5. click the "ADD" button
6. log out of your Unit's profile

<https://2010.girlguides.ca/profile>

## WE LOVE TO CAMP!

*Colleen Aven & Patrice Schoepfner, Area Camping Advisors*

Watch for information coming soon on the many camps Colleen and Patrice are planning for 2010 and 2011.

### SPARKS MOMMY & ME CAMP – May 29 - 30, 2010

~ submitted by Julie Thomson



The Sun Valley District Sparks units had a wonderful Mommy & Me Eco-Pak themed camp on the weekend of May 29 - 30, 2010. We had 21 Sparks and 21 Mommies all join together at Camp Arbuckle for an "In This World Experience".

We learned about how everything in the world is connected - we all became part of the ecosystem and visually saw how it effects everyone when just one element is removed. This is the "Weird Web" of life.

We mined chocolate chips out of cookies to learn about preserving the environment while removing precious metals (or precious chocolate chips!) from the Earth. We also



made crafts, had a "real" campfire and, along with a "friendship fruit salad", we made "bearly there" s'mores - teddy grahams, chocolate chips and mini marshmallows "roasted" over a tea light for mug up. This was a huge hit with both the Sparks and the Mommies! Before bed we had bedtime stories for everyone.



On the Sunday morning after duties we hiked along the lake to Kopje Regional Park where we saw a ton of marmots and



enjoyed a blindfolded nature trust walk before heading back to camp for a closing group photo.

For this camp all of the Moms participated in running the activities, which made the weekend enjoyable for all. You can find a complete plan for our camp online at <http://guidingjewels.ca/> under "Camp Plans".



## AROUND THE WORLD AT ARBUCKLE CAMP – August 8 - 13, 2010

~ submitted by *Patrice Schoepfner*

What a busy week we had at the Around the World at Arbutle summer camp!! The week started off with the Guides and Pathfinders showing up on Sunday to set up their camps, followed by barbeque hamburgers.

On Monday the Guides and Pathfinders took canoe lessons with Angela after she gave them an hour's lesson on water/canoe/boat safety.

The Brownies and Sparks arrived Tuesday afternoon and now camp was CRAZY!! The Brownies set up their tents and the Sparks set up their beds in the dorm, before they flew off to their first of the Four World Centers.



**"Leaves of three, let it be."**

Classic poison ivy in full swing. Some leaves are notched. Some leaves are not. New leaves are shiny and still somewhat reddish. Older leaves are duller.

<http://www.poison-ivy.org>

Wednesday was a busy day with 21 Guides and Pathfinders going to the waterslides in Vernon and the other 10 going horseback riding at Lake Okanagan Resort. The big excitement of the day was when the Sparks and Brownies went on a hike along the lake to Kopje Regional Park; on their way there they found out what poison ivy looked like, which led to them all having a bath with all of their clothes on when they returned back at camp. Thanks to Cathy O'Shea we didn't have any itchy outbreaks!!

Thursday was another busy day preparing for Moms & Dads who were coming for a Pig Roast supper. It was terrific to see so many people show up for supper and we raised \$85.18 for CWFF. The Sparks went home after they were treated to a campfire hosted by Sheila McKenzie Brown and Susan Thesen. A few more Brownies and Guides also went home with mom and dad but we were pleased at how many girls actually stayed for one more night of camp after seeing their parents.

We said good-bye to all the girls and our new friends Friday morning. It was a fun full week that I hope all enjoyed!! Thanks to all the CORE Staff and ALL the Guiders that came out to help during the week!!



# ISLAND ADVENTURE – Summer 2010

~ submitted by Maryann Brock



The Salmon Arm Guides went on an "Island Adventure" this summer. Beginning on Canada Day in Victoria where we took part in the "Living Flag", played tourists and generally had a fun time. We moved on to Sooke where we stayed at a fabulous Guide Camp with cool beds. We ended up in Chemainus, our home base for a few days - while there we attended a great theatre production of Guys & Dolls and challenged ourselves with both a great ropes course and sea kayaking. Beachcombing and relaxing were also great hits!



## PROGRESSION OF CAMP SKILLS

~ from the BC Camping Committee, October 2006

### SPARKS - Go Sparks, Go!

*Sparks should experience:*

- helping with chores
- deciding what to wear on a outing and what to take
- a sleepover or
- a day camp or
- a residential camp

*Sparks should be introduced to:*

- the environment and how she help to keep it clean
- the environment and what grows there and what lives there
- nature (hug a tree)



### BROWNIES - Can do it!

Camping is fun and there is so much to do and learn!

*Brownies should experience:*

- helping with chores
- how to prepare for an outing
- an overnight outdoor camp
- packing own gear
- a weekend residential camp

*Brownies should be introduced to:*

- map and compass
- laying a fire and striking a match
- basic first aid
- basic environment conservation (recycling, etc)
- nature (nature bingo, nature treasure hunt, etc)
- knots (reef knot etc.)



### GUIDES - Guides on the go!

Prepare, Experience, Respect, Protect.

Guides should be able to do all of the skills listed under the Brownie program as well as:

*Guides should experience:*

- a camp skills training
- cooking in a variety of different ways (on a camp stove, on a buddy burner, on a campfire etc)
- outdoor camping
- a District, Division, Area or Provincially sponsored camp

*Guides should have knowledge of:*

- |  |   |
|--|---|
| <input type="checkbox"/> making and using a fire starter | <input type="checkbox"/> washing dishes and cleaning of their cooking and eating area |
| <input type="checkbox"/> basic first aid                 | <input type="checkbox"/> proper garbage and liquid disposal                           |
| <input type="checkbox"/> camp and fire safety            | <input type="checkbox"/> local fire rules   |
| <input type="checkbox"/> storing food safely             |   |



*Guides should have the ability, with no help to:*

- roll a waterproof bedroll
- pack own gear
- put up a tent
- lay and start a campfire
- cook on a campfire
- plan a small program (game, craft, etc.)
- light a stove and lantern
- tie a sheet bend, clove hitch, round turn and two half hitches
- lay and follow a trail
- make a simple camp gadget

*Guides should have the ability, with help to:*

- string up a tarp
- prepare an emergency shelter
- plan a menu and do the shopping
- read a compass and negotiate an orienteering course
- practice basic first aid
- prepare a woodpile

**PATHFINDERS - Listen, Learn, Lead, Live!**

Prepare and prevent, Experience and evaluate, Protect and conserve, Challenge and lead. Pathfinders should be able to do all of the skills listed under the Guide program as well as:

*Pathfinders should experience:*

- an adventure camp (winter, kayaking, cycling, Backpacking etc)
- an outdoor camp of 5 consecutive nights
- applying for Provincial, Inter-Provincial, National, or International events

*Pathfinders should have knowledge of:*

- tent repairs
- different types of tents (dome, ridge pole, etc.)
- how to pitch a tent when the use of pegs are not possible
- storm lashing
- what camp equipment is needed (tent, rope, pegs, stove, lanterns, etc)
- National, Provincial, local and Girl Guide regulations
- their local environment (what lives, there, what grows there)
- emergency preparedness
- how to read the weather
- finding directions without a compass
- appropriate clothing for different outings (footgear, winter clothing, sleeping bags, backpacks, rain gear, etc)

*Pathfinders should have the ability to:*

- run a camp, providing leadership
- enforce good safety practices
- plan and carry out a program
- budget a camp
- make a more complicated camp gadget
- practice minimum impact camping
- return all camp gear clean, dry and in good condition
- use, sharpen and care for a knife, hatchet or axe
- use and care for a camp and hike stove
- prepare and use a first aid kit



## SOAR: SPIRIT OF ADVENTURE RENDEVOUS 2011

SOAR 2011 will be a large Provincial Camp for BC Guides, Pathfinders and Rangers, with visitors from the rest of Canada, the Pacific Northwest U.S.A., Alaska and other invited countries. It will be a true basic camping experience – tenting and patrol cooking, with a program full of challenge and fun. Join the “Adventures” in water activities, canoeing, arts, crafts, sports, and exploring the Lower Mainland part of BC. There will be a specific program for Rangers. Be prepared to meet over 2,000 girls and women.

Thirty Patrol Guiders (15 teams of 2 guiders) from Monashee Area have been chosen to each take a patrol of girls to SOAR July 24 to August 30, 2011 in Agassiz, BC. The Patrol Guiders are currently putting together their patrol of girls. Watch for more news on these patrols soon. Some patrols may require girl members to fill their patrols so if there are any girls (born in 1993 to 2000) that are interested in possibly attending SOAR and not in a patrol please send their information to Patrice Schoefner, Co-Camp Advisor, [camping@monasheegirlguides.ca](mailto:camping@monasheegirlguides.ca)

## UPCOMING CAMPS

### Cupcakes & Candles

(3rd Year Guides & Pathfinders)  
February 18-20, 2011, Camp Arbuckle

### Under the Boughs Winter Camp

(Pathfinders & Rangers)  
Date and location TBA

### Area Sparks Day Camps

Central Region - March 12, 2011,  
Camp Arbuckle

North & South Regions, TBA

### Area Brownie Camps

Central Region - May 13-15, 2011,  
Camp Arbuckle

North Region - May 13-15, 2011,  
Location TBA

South Region - April, Camp Mewata

### Area Pre-SOAR Camp

(Patrols going to SOAR)  
May 27-29, 2011

For more information on these and other camping opportunities check out

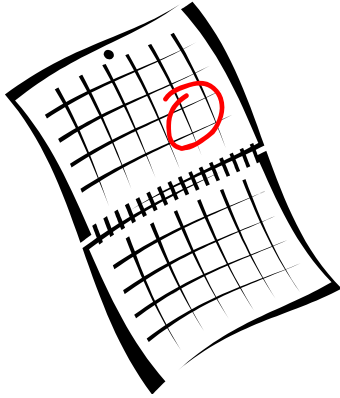
[www.monasheegirlguides.com/camping](http://www.monasheegirlguides.com/camping)



## TRAINING

Sheila Fergusson, Area Training Advisor

### Upcoming Trainings



# CHOICES

Guiding Leadership Development Trainings  
For new and returning Guiders

**Sat. Nov 13th/10**

**8:30 AM to 4:30 PM**

Trinity United Church

3300 Alexis Park Drive. Vernon, BC

**New Guider Orientation ~ Safe Guide**

**Guider Modules ~ DC Training**

**Program Ideas, Camp skills**

**Networking & Sharing**

Registration Fee (lunch provided): **\$20.00**

Registration package containing session descriptions can be found on the  
Monashee Area website at

<http://www.monasheegirlguides.com/training.html>

More info: Sheila Fergusson

[training@monasheegirlguides.com](mailto:training@monasheegirlguides.com)

## JUST FOR FUN

### Monashee Music Makers



If you like to get together and sing Guiding songs just for the fun of singing, come join the Monashee Music Makers! We meet monthly in Vernon for an evening of friendship and joyful noise. We'd love to have you!

**Where:** The People Place at 3402 27 Avenue in Vernon, BC

**When:** 7:00 to 9:00 PM, on the 4th Monday of every month  
(next date: Nov 22)

**Questions?** Contact Dorothy Lind at [secretary@monasheegirlguides.com](mailto:secretary@monasheegirlguides.com)

## OAL 2010 - Outdoor Activity Leader Training

~ by Brenda Anthony

This year's OAL Training Weekend at Camp Mewata was a soggy affair. This didn't dampen the spirits of the participants, who still managed to be enthusiastic and have smiles on their faces. We had ten Guiders taking Path, eight Guiders in Trail and four Guiders who took some advanced skills training with Colleen Aven. We also had thirteen of the Guiders' children attend for the weekend, who were well looked after by the Pathfinders and Maureen Barkley.

On Friday evening the whole group got together to play icebreaker bingo, make grace placemats, water bead laces and armpit fudge. The children and some of the participants also tried out some night games - luckily the rain had not yet begun!

On Saturday morning, we broke into two groups with the Path participants having to make the long hike up the hill to the upper site. They spent the day there working on their camping skills and preparing their lunch and snacks, while the Trail group worked on the lower site. We were very happy that most of the Path participants stayed for our buffet supper on Saturday evening followed by a great campfire lead by Marian Berry.

On Sunday morning, Colleen Aven worked on the advanced skills training and Julie Thomson ran the geocaching session. Deb Kaufman led the closing of a very successful weekend.

### Armpit Fudge

#### Ingredients: (single serve version)

2 oz. powdered sugar (1/2 cup)  
1 Tbsp butter  
2 tsp cream cheese  
dash of vanilla  
2 tsp cocoa

Place all ingredients in a sandwich-size plastic zipped bag. Squeeze out all the air. Squish and smooch (under the arm!) the bag until all the ingredients are well mixed with a creamy consistency. Add any favorite flavors or other stuff (raisins, M&M's, peanut butter, chopped nuts, etc).



Path training on the upper site.



Camp safety Jeopardy.



Learning about bedrolls.



Making dinner on the lower site.



Making campfire éclairs.



Edible campfires were a big hit.



## HATS OFF

- ◆ **Jennifer Read**, Link Member, Sun Valley District for being selected as a recipient of a 2010 GGC National Scholarship in the amount of \$2,010.00
- ◆ **Teresa Watts**, Naitaka District on becoming a grandma
- ◆ To all the **Monashee Patrol Guiders** chosen to attend SOAR 2011
- ◆ **Gail Rose**, Creekside Orchards District, for receiving her 50 Year service pin
- ◆ **Susan Hilmer**, Creekside Orchards District, for receiving her 45 year service pin

## WE ARE ONLY LEADERS

We are not experts. We're your next door neighbours. We're not perfect, we are just parents like you.

We don't have any more spare time or energy than you do, we all work full time and juggle our families and our schedules and try to keep it all together as best we can.

The only difference between us is that we believe in what Girl Guiding has to offer. So much so, that we contribute our time, our miles, and our talents to help our girls and your girls grow in Guiding.

We complete authorization forms, budgets, and registrations, and fill our homes with boxes of paperwork that you will never see.

We are required to take many hours of training as well as attend various meetings so that we can meet our greatest challenge - providing a variety of programs which meet the needs and interests of very individual girls.

We try to involve parents who want us to understand that they don't have the time to drive on outings or help at meetings. We rejoice at the generosity of others.

Sometimes we find ourselves going in too many directions, We run out of steam. We have memory lapses. Communication lines break down. Time slips by. But that doesn't mean we don't care.

So many evenings we spend on the phone, seeking advice and support from other leaders when disappointments or problems occur. "How do I keep my girl's attention?" "What are your ideas for the ceremony?" "How do you work with girls in different grades?"

Our dining tables are covered with bits of rope, menus, trip permits, craft supplies, paper work and badges for each and every girl in the unit. A couple of them won't show up, and don't think to call and let us know. Sometimes we feel unappreciated.

Yet, these girls can fill us with pride at their determination and accomplishments. Their smiles light up a room; and when they say "Thank You" it makes it all worth it.

We help these girls build relationships. Some struggle more than others. Considerate, loyal, helpful, friendly... is encouraged by the Girl Guide Promise and Law. And sometimes we too must learn these lessons over and over again with the girls. But we are willing to keep learning.

Please be patient if we appear distracted or frustrated or overwhelmed at times. Forgive us if we are not the kind of Leader you would be if you had the time. Instead, provide us with encouragement or offer your help. Keep us in your thoughts and prayers.

We are, after all, only mentors...role models...leaders. Volunteers who have taken an oath to give these girls, your girls, the most precious gift we have to offer - the gift of time.

## Girl Guides of Canada

**Monashee Area**  
**Deb Deorksen**  
**Julie Thomson**

Newsletter published end of  
 October, January, April & July

**Submission Deadlines:**

Sept 30th, Dec 30th, Mar 30th & June 30th

Send to [pr@monasheegirlguides.com](mailto:pr@monasheegirlguides.com)



Girl Guides  
 of Canada  
 Guides  
 du Canada

E-mail: [pr@monasheegirlguides.com](mailto:pr@monasheegirlguides.com)



Web Contact: [Tara Thompson](mailto:Tara.Thompson)

## WHO YA' GONNA CALL?

Area Commissioner	Roni Carson	<a href="mailto:commissioner@monasheegirlguides.com">commissioner@monasheegirlguides.com</a>
Deputy Area Commissioner	Maureen Barkley	<a href="mailto:deputyac@monasheegirlguides.com">deputyac@monasheegirlguides.com</a>
Treasurer	Brenda Anthony	<a href="mailto:treasurer@monasheegirlguides.com">treasurer@monasheegirlguides.com</a>
Secretary	Dorothy Lind	<a href="mailto:secretary@monasheegirlguides.com">secretary@monasheegirlguides.com</a>
iMIS Advisor	Michelle Sommerville	<a href="mailto:imisadvisor@gmail.com">imisadvisor@gmail.com</a>
Camping Advisors	Colleen Aven & Patrice Schoepfner	<a href="mailto:camping@monasheegirlguides.com">camping@monasheegirlguides.com</a>
International Advisor	Vacant	
Program Advisor	Vacant	
Training Advisor	Sheila Fergusson	<a href="mailto:training@monasheegirlguides.com">training@monasheegirlguides.com</a>
PR Advisor	Vacant	
Membership Advisor	Vacant	
Awards Advisor	Vacant	
Creekside Orchards/Sun Valley District	Paula Humphries, Commissioner	
Layer Cake Mtn District	Barb Wilson, Commissioner	
Mountain Ridge District	Vacant	
Naitaka District	Claire Sokoloski, Commissioner	
Revelstoke District	Roma Threatful, Commissioner	
South 5 District	Vacant	
Cliffview/Sunnyshore District	Kate Keene & Terri McKay, Co-Commissioners	
Vernon District	Vacant	