



THE LAMPLIGHTER

Kusafiri 2018 Participants in Uganda

Read more on page 17



**Girl Guides
of Canada**

**Guides
du Canada**

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From the Commissioners' Desk

Well, it was a snowy day as we ventured to Vancouver on Feb 8th for our very first Provincial Council meeting at the new Guide House in North Vancouver. We immediately had to revert to 'Plan B' as my long driveway was impassable, even for a 4X4 Jeep! Instead of using my car as planned, Deb drove us to the ferry where we parked

for the weekend, and walked on the ferry. I was grateful to Deb for her familiarity with the transit system, and with my new Compass transit pass, she guided us straight to our destination. There was absolutely no snow in Vancouver! Everyone at the Provincial Council meeting was very welcoming and friendly, starting on the Friday evening with the Area Commissioner's round table discussions. On Saturday, Deb and I were officially enrolled as Area Co-Commissioners, followed by a full day of meetings. We also got to meet Diamond Isinger, who is now our new Provincial Commissioner elect, and we welcome her to her new position.

Sunday was the day of the grand opening of the new Guide House, and we all helped prepare for the two waves of guests. It also started to snow that day.....heavily! By 1:30 or so, after the first wave of guests had been, the snow was really piling up, so Deb and I asked if we might be excused so we could start our way to the ferry. Another AC was heading to the ferry terminal too, so she offered to give us a drive which we gratefully accepted. The snow was really accumulating and was quite slippery, with some cars doing lots of sliding! Fortunately, our driver had chains, and so we were able to pull off onto a side street.....Deb was the rock star who actually got them on so we could continue on our way with much improved traction. Interestingly, the usual one hour trip wound up taking 4 hours! We really lucked out that the ferry was late, as we managed to catch the 6:00 ferry, after arriving at the terminal at 5:55.

All in all, it was a great weekend,.....one to remember for some time to come, as it was quite the introduction to our first Provincial council meeting!

Respectfully submitted by Sharon Lohr

Pictures above: Sharon & Deb pictured with Darlene Kent, Deputy Provincial Commissioner

Hats Off!

... to **Deb Buckle & Sharon Lohr**, for agreeing to be the new SVI Area Commissioner team! Thank you so much ladies!

...To **Tara Bussanich** and her 2nd Woodwyn Pathfinders who did such a great job of planning and decorating for the Woodwyn District Snowflake Ball, to **Erlene Amero**, who was recovering from surgery and could not attend but was an enthusiastic supporter, to the indomitable **Jeannie Cosgrove** who stepped in at the last minute to provide ratio for the sleepover, for liaising with the Open Door and delivering our donations with her vehicle packed to the max, to **Brenda Matthews** for being the onsite photographer and for all her work behind the scenes, to Miss BC Globe **Maddy Godfrey** for graciously posing for pictures with the girls and sharing her story, to **DJ Gary** for donation his time and equipment, to **Christine Jones**, our fallen comrade, who broke her wrist when she was helping take down



decorations, and to all the **Guiders in Peninsula Shores and Woodwyn** who came out to 'lend a hand'. It was a glittery, magical afternoon.

...To Provincial Deputy Commissioner **Darlene Kent** who has been the acting Area Commissioner for SVI during the six months it took us to find a replacement for the outgoing commissioner team of **Gillian Hurwood, Wendy Halpen and Adrienne Blandford**. It was not easy providing leadership and direction from across the pond, and her efforts to keep us informed and on track are greatly appreciated.

Compassionate Resource Warehouse Global Community Service Night

Once again, the 1st Cordova Bay Guides completed some service work by volunteering at the “Compassionate Resource Warehouse” (CRW) for an evening in December. This is one meeting they had done last year, and asked to repeat again this year because they enjoyed it so much!

If you’ve never heard of CRW, they are a local charitable organization that does great global work by collecting, sorting, and packing donations of various surplus items from Victoria into standard shipping containers, and sending them to places of great need around the world. The surplus items may include basic and/or high quality medical equipment and supplies, clothing, linens, educational materials, tools, sewing machines, toys, and



bicycles. All items are shipped clean and ready-to-use, after being prepped as needed by volunteers. Pre-qualified organizations abroad, in regions of need, submit a request for a container and the types of items most needed, which influences the contents and packing of each container to be customized for its destination. Every inch of the container is carefully packed to maximize the goods sent. While more than 65 different countries have received containers in the past, the most recent containers have been sent to Haiti, Laos, Ghana, Pakistan, Thailand, and Libya.

The CRW lead, Dave Peacock, is a wonderful storyteller. He engaged the girls by speaking about how children in poorer countries live with very little material goods. With photos and

Below: Sorting sportswear with precision.



maps, he showed the Guides where their efforts would end up, and asked them to think about how different their lives would be if they lived in one of those countries.

The Guides helped by rolling bandages, a task Leader Cricket remembers doing as a Guide many decades ago. Other fun tasks were packaging straight pins (harder than you think), sorting stuffies (their favourite), folding and matching athletic jerseys with shorts (Leader Kiersten's favourite), and matching boxes with lids (more fun when you see how high you can stack the completed boxes).

The organization was very appreciative of the Guides' time and efforts, and the photo collage shows lots of smiles!

Thank you to leader Shayla Brown for organizing the meeting for us! If anyone is interested in working with this great organization with their units, you can visit their website at <https://www.cwarehouse.ca/> They are very accommodating, and very easy to work with - we would definitely recommend the experience!

Submitted by:
Angie Zemanek
1st Cordova Bay
Guides

(Photo credits:
Dave Peacock)



Left: Some of the girls concentrating on rolling bandages.

Below: Trying to package straight pins - more challenging that you would think!



1st Sangster Brownies' Evening of Art

In November 2018, the 1st Sangster Brownies visited the Creative Chameleon Art Studio for an evening of art. The girls all got to make personalized mugs, which were then baked in the kiln. They were able to take their creations home the following week - a fun memory of their Brownie meeting.



Submitted by:
Eva Herbert
District Commissioner, Straits District



1st Sidney Brownies...



In November 2018 the 1st Sidney Brownies had a unicorn themed meeting! The girls engaged in chemistry as they made (and played with) unicorn slime. They had fun creating their own art as they painted unicorn creatures. They also got to let out their inner unicorn as they got their heart rates up with some 'prancersize'! The girls (and adults) had a lot of fun!

...Unicorn Themed Meeting



2nd Colwood

Sparks'

Lego

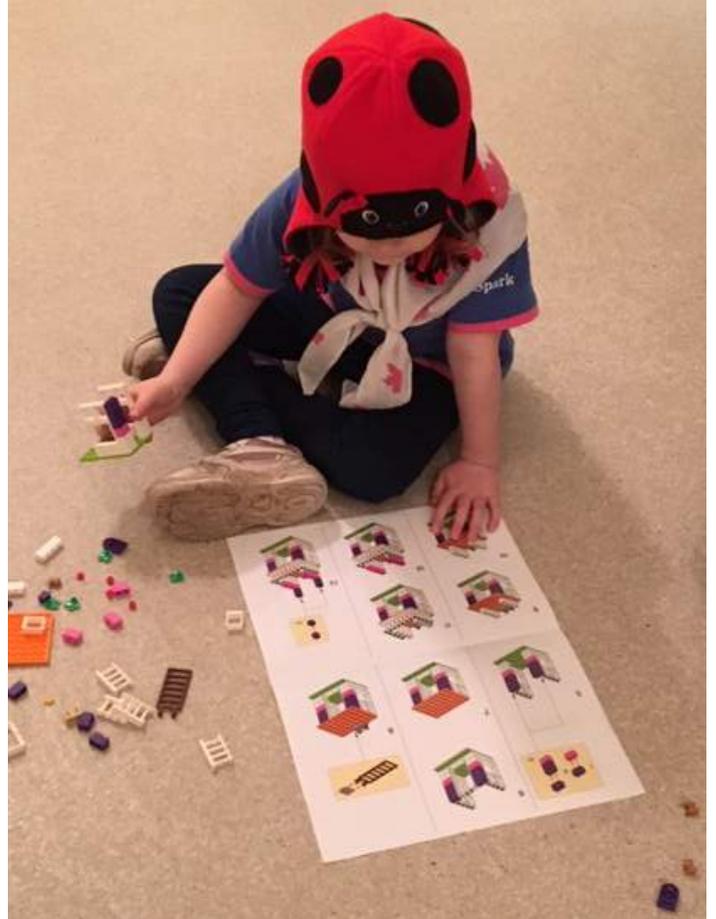
Creations

The 2nd Colwood Sparks recently

enjoyed creating

with Lego Kits. Some of the girls chose to follow the instructions provided with the kits, while others chose to create their own version of a playhouse. The process and the results were fun to watch as the girls created. They enjoyed playing with the Lego and were very excited to find out they got to take their Lego creations home!!

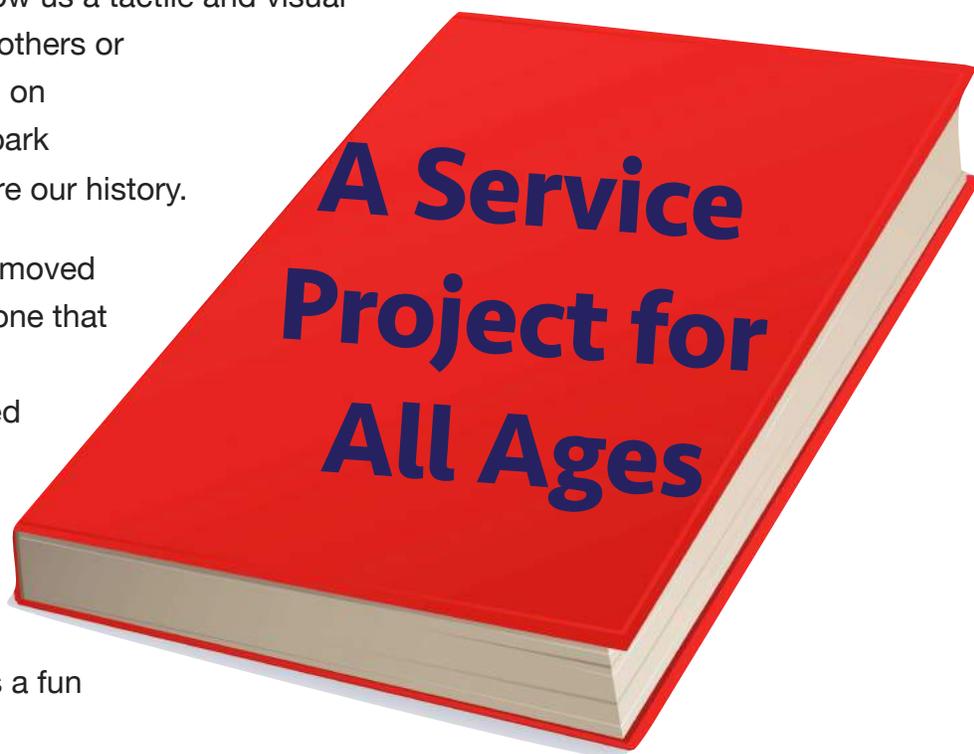
Submitted by: Eva Herbert
District Commissioner, Straits District



I love books. Printed books allow us a tactile and visual experience, easily shared with others or treasured alone. Books take us on adventures, teach us things, spark imagination, inspire us and store our history.

The new Guiding program has moved away from a printed format to one that is computer based. Are printed books becoming an endangered species?

Something else that can be hard to find is a service project for younger girls. Saanich Peninsula Literacy has a fun opportunity this summer.



Three years ago, I volunteered to be our district Literary Agent for the WAGGGS Literacy Challenge. I spent time with each unit learning about literacy. It was a lot of fun and while gathering resources and finding service projects for the girls, I met many dedicated people in greater Victoria who are passionate about literacy. The girls gathered books for donation, painted wheeled suitcases for carrying books and, in the end, we wrote our own book.

I also found an opportunity to explore books, outdoors, on the seaside in Sidney. Every Tuesday morning, starting at 10 a.m., in July and August, community volunteers with Saanich Peninsula Literacy set up tents and lay out picnic blankets full of books. People of all ages, especially families, spend hours reading and everyone takes home a book.

Literacy in all its forms is a skill that is best started at a young age. Families can start teaching and role modelling literacy to children long before those children can read. Handling books, listening to stories and enjoying time spent with an important adult builds language, imagination, and important connections in the developing brain.

Saanich Peninsula Literacy is always looking for volunteers for setup and take down of the tents and books. Anyone can help and this is an opportunity available for a Spark aged girl and her family to help the community.

At Iroquois Park, 2295 Ocean Ave., in Sidney, the Open Air library has already united hundreds of new books with human friends. It is a free drop-in program sponsored by Saanich Peninsula Literacy in partnership with The Town of Sidney, PCEC “1000 X 5” Children’s Book Recycling Project, GVPL, Sidney / North Saanich Library, Sidney by the Sea Rotary and many others community groups.

Every Tuesday is different at the open air library. You may find; a singer inspiring a troupe of tiny dancers; old friends sharing a coffee and the latest news of the royals from the magazine collection; a daycare group out for an adventure in the sun; parents and children enjoying each other’s company in a chance to slow down the pace of life with an open book; and volunteers carefully watching to make sure everyone is made welcome, the book supply is topped up and the cookies and coffee are fresh.

This is community building at its best, volunteers coming together to support the cause of literacy, with the support of diverse community groups and the Town of Sidney.

To volunteer with the open air library this summer, contact Shantael Sleight at smsleight@gmail.com or go to southislandliteracy.com.

Submitted by: Carol Whitehouse
Peninsula Shores District Commissioner



Discovery Camp 2018

Your Game of Life



Each autumn, SVI Leaders welcome Pathfinders and Rangers to Jubilee Camp for a weekend of, as the name implies, “Discovery”. Planning these camps is challenging; requiring logistics, core staff recruitment, and communication. But the most creative challenge is how to keep 60-80 girls, aged 11-17 years, engaged, and thinking.

That challenge confronted the SVI Camp Committee in the spring as we brainstormed themes and potential guests. We resurrected a theme from 4 years ago – unusual careers and jobs for women. Although organizing guests was nail-biting, they all arrived on schedule.



Five women from the Shirley Fire Department drove up in their fire truck, demonstrated their skills and passion, and allowed everyone a chance to try their hand directing the fire hose. Two young trades women brought supplies and all the girls got to crimp pipe, and heard

that women in trades are resulting in higher productivity at the worksite and more cooperation. Guider Tamara shared her interest in science and travel, and the local female ambulance driver declared she wouldn't change her job for anything.

The added twist for this camp was the addition of a game to connect the girls and challenge them. The game was a "board game" without the board. What better choice to fit the theme than the *Game of Life*.

Those of you familiar with the *Game of Life* will recall that players move their car around the board, encountering life decisions, such as, "do I go to college?". For some life events there is no choice - a player has to get married, you have to buy a house. For major life choices, the player draws a card - for their type of housing, amount of salary and career. For other life events, the player rolls dice, lands on a square, then receives the benefit or pays the fine.



Taking the traditional version of the game and modifying it for camp was so much fun. The *Game of Life* became "*Your Game of Life*" to distinguish the Guiding flavour. The basic concept was to replace the dice playing portion of moving around the board, and give the girls lots of choices. Each Patrol participated as a team, deciding how to make choices and involve everyone.

On Friday evening, each Patrol chose whether to attend college (eg, BCIT), university (eg, UVic) undergrad or higher, or no post secondary education. Not surprisingly, all the Patrols

chose some kind of post secondary education. Then they drew a corresponding career card that matched the required education, for example, undergrad led to careers requiring a degree, graduate education led to doctors and lawyers, while college led to trades, business careers or medical practitioners. A salary card was chosen, loans handed out, and they began the game.

Patrols chose activities they needed to complete while at camp: community service (maintenance around camp), shelter (using tarps and ropes, build it – one patrol even slept out one night in their shelter, at a temperature barely above freezing), art (create a poster identifying their Patrol), and travel (create a travel poster). Core Staff handed out “life events” in a grab bag, giving patrols chances to earn money or happiness credits. In addition to the type of life events in the traditional game, more modern ones and some related to Guiding were included.



Just before the “day of reckoning” which was 10:00 Sunday, each Patrol had to guess whether their team had the highest tally (they hadn’t yet seen their happiness credit total). That Patrol went to “Millionaire Hectares”, then the other Patrols by chance spun the counter wheel odd or even. If an odd number was spun, they received more happiness credits and went to the “Life Was Beautiful” retirement home. If an even number they didn’t get more happiness credits and they went to the “Life Sucked” retirement home. Then the

happiness credits were counted, and the Patrol with the most money and happiness credits won.

Amazingly, the Ranger Patrol had become doctors and amassed a large amount of money. They chose to go to “Millionaire Hectares”. Before the wheel spinning they unknowingly did have the most money and credits. After the wheel spinning, the winner was actually the Patrol who had way more happiness credits than money. How appropriate that the outcome of *Your Game of Life* was an example of a very desirable life goal – aim for happiness rather than money. Of course everyone won because they all had fun and everyone got crests and chocolates.



SVI Area office has the *Game of Life* board game, the rules and printable materials so you could hold *Your Game of Life* with a group of Patrols or individuals. Watch out, though, *Your Game of Life* may make your life a lot more fun, as we all learned at *Discovery Camp 2018*.

Heaps of thanks to the SVI Area Camping Committee members that planned *Discovery Camp 2018* – Araina Golding (Chair), Erlene Amero, Susan Zedel, Tracy McLeish-Schmit, Jeannie Cosgrove (photo credits) and Colene Wood (author).

Submitted by: Colene Wood



Kusafiri in the Pearl of Africa



I still remember learning about the World Centres when I was a Guide, many years ago. I was fascinated by them, and it quickly became my dream to visit all of them. So when Kusafiri, the travelling world centre was introduced in 2011, that too became part of the dream. Admittedly, Kusafiri was the world centre I knew the least about, and being in Africa and not in a fixed location, seemed like the least likely I would ever make it to. This fall, one of the guides I volunteered with at Our Chalet 5 years ago, sent me a link - an application to attend the 2018 Kusafiri event. I applied, and was shocked and thrilled to be one of 50 participants selected by WAGGGS to attend the Cultural program being held at Kusafiri 2018 in Uganda. This part of the dream was going to come true! I was able to talk with some of the participants before the trip (thank you modern technology) to arrange an 8 day safari before Kusafiri, at the suggestion of the Ugandan Guides.



Kusafiri with the Ugandan Girl Guides

Before I knew it I was on my flight to Uganda - I could immediately feel the energy and the heat as soon as I left the airport - even though it was 11:30pm! I have never been more warmly (by the weather and the people) welcomed anywhere. I met one of the Kusafiri participants (who would be joining me on safari before our program at Kusafiri began) the next day in the hotel, who happened to be from Vancouver - the irony is not lost on us that we live a ferry ride away from each other, but travelled across the world to meet in Uganda! We decided to venture out into the

capital, Kampala, for a tour of the city. We weren't sure what we were expecting, but Kampala blew us away! A city of over 6 million people that was bustling with energy, that was full of history, and that really was the heart of Uganda. Our first foray out on our own was an experience we won't be forgetting - we were truly in awe of our surroundings.

The next morning we embarked on our Safari to see as much of Uganda as we could before returning to Kampala for Kusafiri. On our

first day we visited the Ziwa Rhino Sanctuary to see the only Rhinos in Uganda, getting as close as 10 feet away from the very large & majestic animals. While driving to our first



Cultural Participants group picture at the local farm we visited

Innocent, Becca and I - some of my wonderful new friends

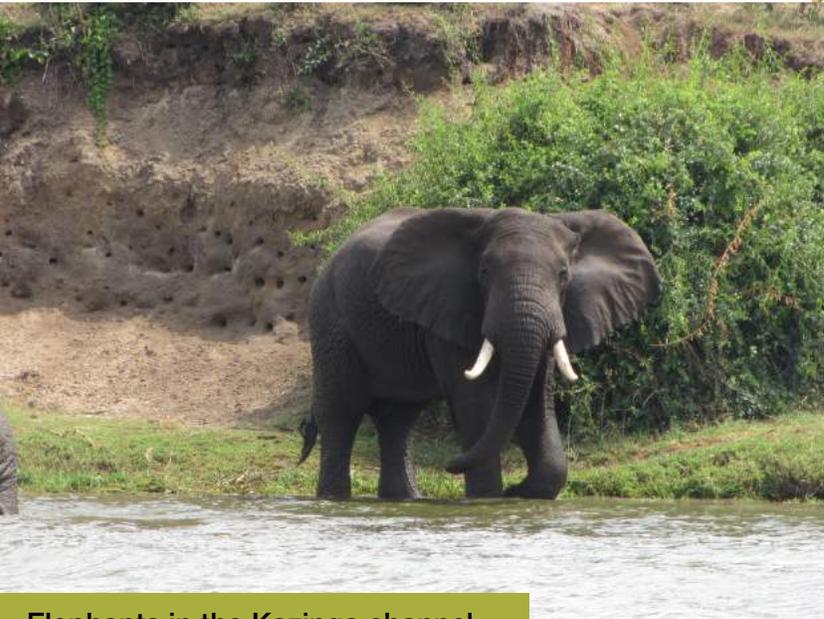


national park, we passed a herd of elephants on the side of the road! The herd of 100 elephants then crossed the road right behind our car - it was remarkable. The next day we woke up before the sun to watch it rise while on a game drive in Murchison Falls National Park. I'm not sure what I expected, but my expectations had already been blown out of the water - and I still had 2 more magical weeks left! We

met the third member of our safari tour, a Guider from Winnipeg, on a boat in the Nile river, as she was delayed joining us due to flight issues; talk about an unforgettable meet-cute. The next week would be full of game drives, river tours, chimpanzee treks, very close wildlife encounters, hiking with mountain gorillas, dancing, singing, trying new foods, hiking to the top of waterfalls,



At the Rhino sanctuary

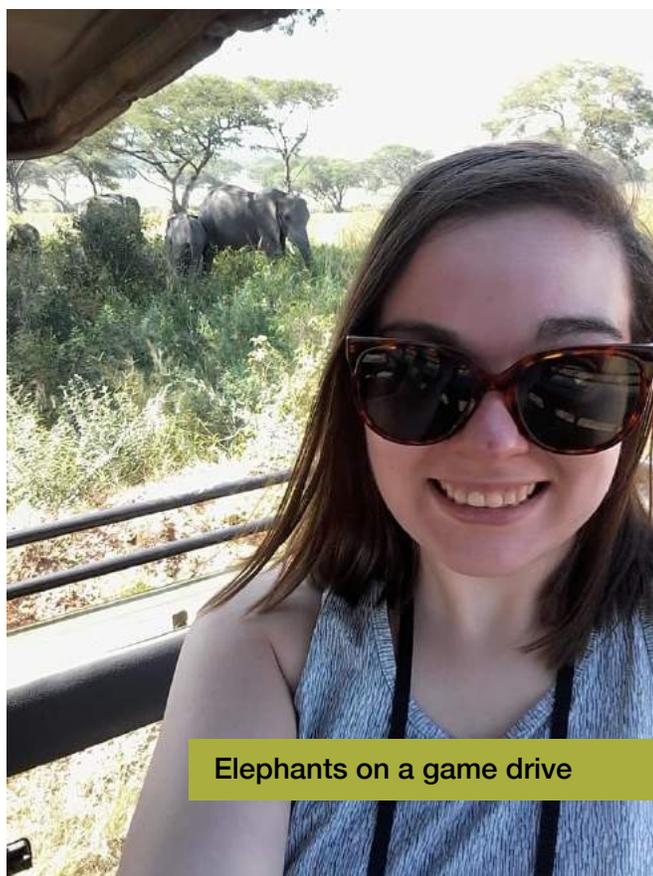


Elephants in the Kazinga channel

shopping in bright markets and so much laughter. It was amazing that we started the safari as 4 strangers, and finished as 4 very close friends. It was a truly magical beginning to my adventures in the Pearl of Africa, a title I was beginning to understand perfectly suited this incredible country.

At the end of our safari, it was hard to say goodbye to our tour guide and new friend, but incredible to be at Kusafiri. I felt like I was leaving one dream, and walking right into another one. A whole new set of adventures awaited us during this week. We were greeted by the Kusafiri volunteers and by Guiding friends made from other adventures - it was amazing seeing all of the reunions. We got settled in our rooms - my roommate was Olivia from Hong Kong, who had recently been a volunteer at Our Cabana, where she first tasted Canadian Girl Guide Cookies, her favourite treat. Our Kusafiri program began the next morning. I woke up and had to pinch myself, because I felt like I was still dreaming. There were 70 participants attending the Juliette Low Seminar Facilitator training, and 50 of us participating in the Cultural Program, and then the Ugandan Girl Guides who were our gracious hosts for Kusafiri.

The morning started with the Opening Ceremonies which were amazing. We were welcomed by the Kusafiri staff & volunteers, as well as the Ugandan Girl Guides. They had some of the local Scouts and Guides perform wonderful dances they had prepared - it was



Elephants on a game drive

so much fun to watch them, and to get up out of our seats to join in the dancing fun. The guest speaker for the ceremonies was the Ugandan Speaker of the House, who is herself a Girl Guide. Hearing her speak and welcome us was so inspiring. She told us how her skills and experiences as a Guide are such an asset to her position. She was remarkable, and we were thrilled to have her open Kusafiri 2018. The rest of the day both the Cultural Program



On the Chimpanzee Trek - a remarkable experience (Photo Credit to Samantha Yarimy)

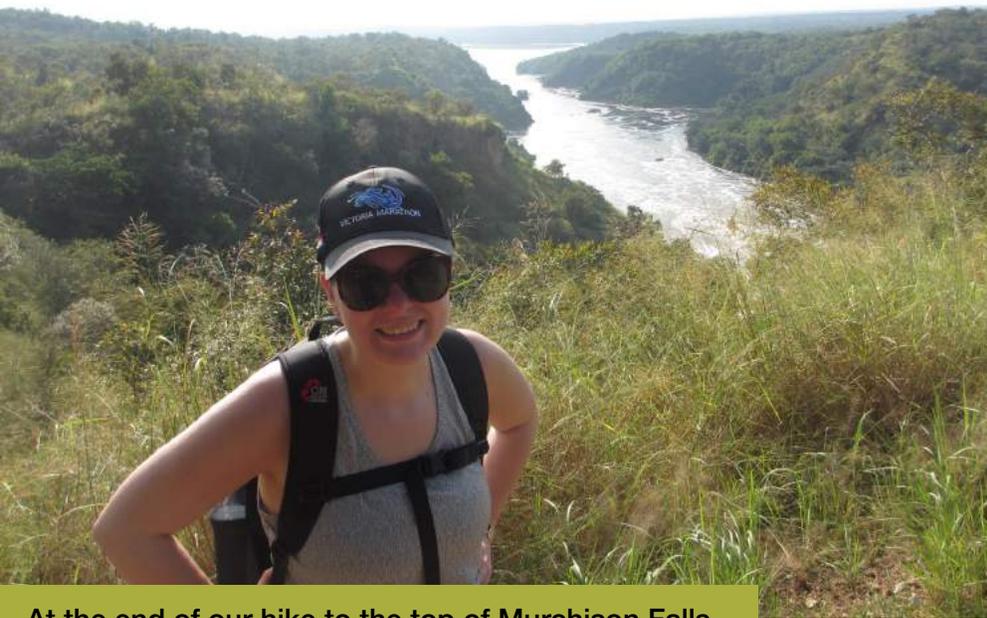


Presenting our Safari guide, Innocent, with Girl Guide Cookies in thanks at the end of our tour

participants and the Juliette Low Seminar Facilitators all worked on a WAGGGS wide game, and learned more about current WAGGGS initiatives and programs. Our night finished with a presentation by another inspiring woman, Nabukenya Sophia, who is a poet using her art to challenge negative gender stereotypes and an activist working to improve the lives of women in the slums she grew up in.

The remainder of the week I went off with the cultural program participants to participate in activities like cultural discussions, cultural sharing, touring a local farm, visiting empowering community partners and so much more. One of the days of our program was 'Ugandan Day' - this was one of my favourite days. The Ugandan Girl Guides led us in a day of learning traditional Ugandan crafts, followed by learning about traditional Ugandan cooking, and topped off by learning traditional Ugandan dancing! It was such a fun day and one that I will remember for many years to come. That evening we were invited into the homes of Ugandan families for a traditional Ugandan supper. I had dinner with a Ugandan Guider who had been in Guiding for over 50 years - she even knew Lady Baden-Powell!

We also got to visit the source of the Nile River in Jinja. This was an incredible experience to get to see the exact spot the Nile river begins, and to learn about it's massive cultural significance from it's very start, to it's end. On one of our last days of program, we



At the end of our hike to the top of Murchison Falls,

with the Nile River in the background

were delighted to dinner and a show at the Ndere Cultural Centre. We ate a traditional Ugandan dinner while watching a performance of the most incredible music, dancing & drumming. It was so mesmerizing, and such a fun night that ended with all of us on the stage dancing with the performers. Our last day at Kusafiri came way too soon, as it always seems to with any

Guiding event. We had closing ceremonies, reflections, and then an evening full of Ugandan food, drinks, crafts, dancing and singing to finish off what has been a truly remarkable week. It was a magical experience that none of us wanted to end. As we woke the next day, it was time to pack, and to say our goodbyes. We said goodbye to our new friends, to the Ugandan Girl guides who opened their culture and their country to us, and to Uganda, a country many of us fell totally in love with.

So what did I learn from my time at Kusafiri? Kusafiri it is in a different location within the African Region each year, hosting a program or an activity that members of WAGGGS and members of the African Region can apply to attend. Kusafiri has been in 8 countries in the African Region so far. This was the biggest Kusafiri yet, hosting the most participants over two programs. In 2019, Kusafiri will be in Tanzania, and the event offered this year



With new friends at the source of the Nile in Jinja during an out trip at Kusafiri

will be hosting one of the 20 Juliette Low Seminar hubs. To me, Kusafiri is about the people, more so than the other World Centres. Because there is no physical location, or long history associated with Kusafiri, it really is about the experience and about the people - which makes it an extra unique Guiding experience. The word Kusafiri in Swahili means 'to journey', a perfect name for this Guiding experience. Kusafiri isn't about a building, or a location, or a long history, it really is about the journey. Its journey throughout the Africa Region, but it's also a personal journey



Sam, Becca & I with our Guide Medi after an incredible morning of Gorilla Trekking in Bwindi National Park

With some of my new friends in Jinja.



- whatever that may look like for you.

I would be happy to share more about my adventures and my experience at Kusafiri with any units, groups, or individuals in SVI, and would be happy to assist with meeting planning to include Kusafiri.

Lord Baden-Powell once said "Look wide, and even when you think you are looking wide - look wider still." Attending the Cultural Program at Kusafiri in

Uganda allowed me to look wide, and to see and experience things I couldn't have even dreamed of. I'm thankful for the old friends I got to reunite with on this adventure, and for the many new friends I made - I can't wait to see what adventures we will get up to



together in the future. I'm thankful for the opportunity I had to experience a new culture, a new country, and a new continent; I understand now why Africa was such an important place to Lord and Lady Baden-Powell. I'm thankful to be able to fulfil another part of the dream that started when I was a Guide. I learned through this experience that even when a dream feels out of reach, nothing is ever impossible, especially with your Guiding family supporting you. I cannot wait to see where Guiding takes me next!

**Submitted by: Danita Duguay
Lampighter Editor**

Top Left: Learning Ugandan Cooking Methods from the Ugandan Guides

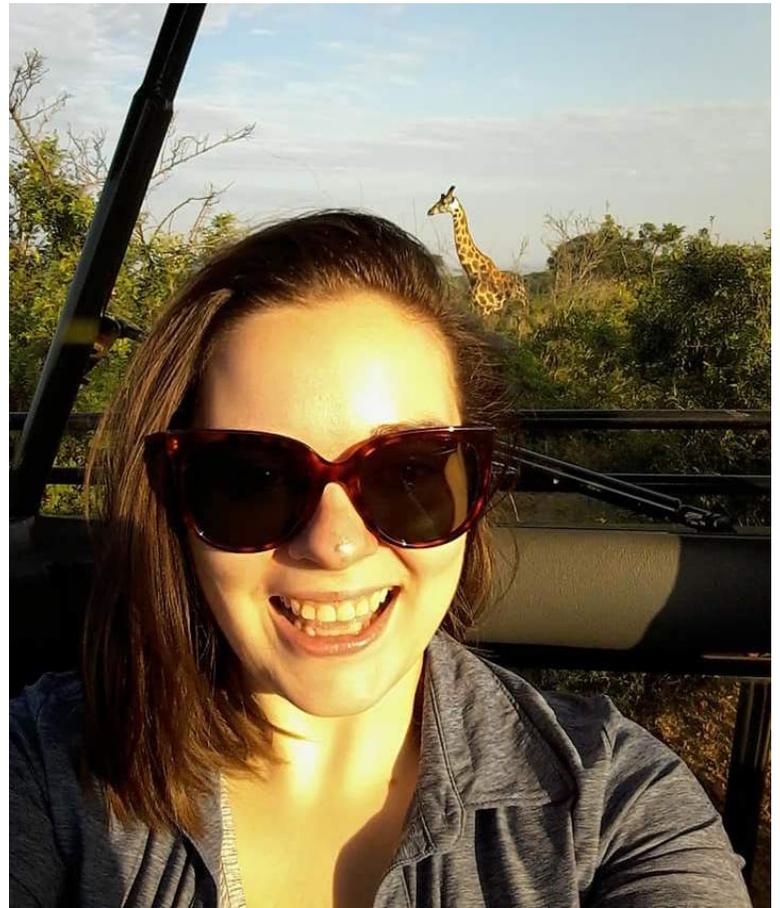
Bottom Left: Sam, Becca & I about to try grasshoppers - a seasonal delicacy

Bottom Right: In Bwindi, Learning how to eat Jackfruit - it's sticky - but so tasty

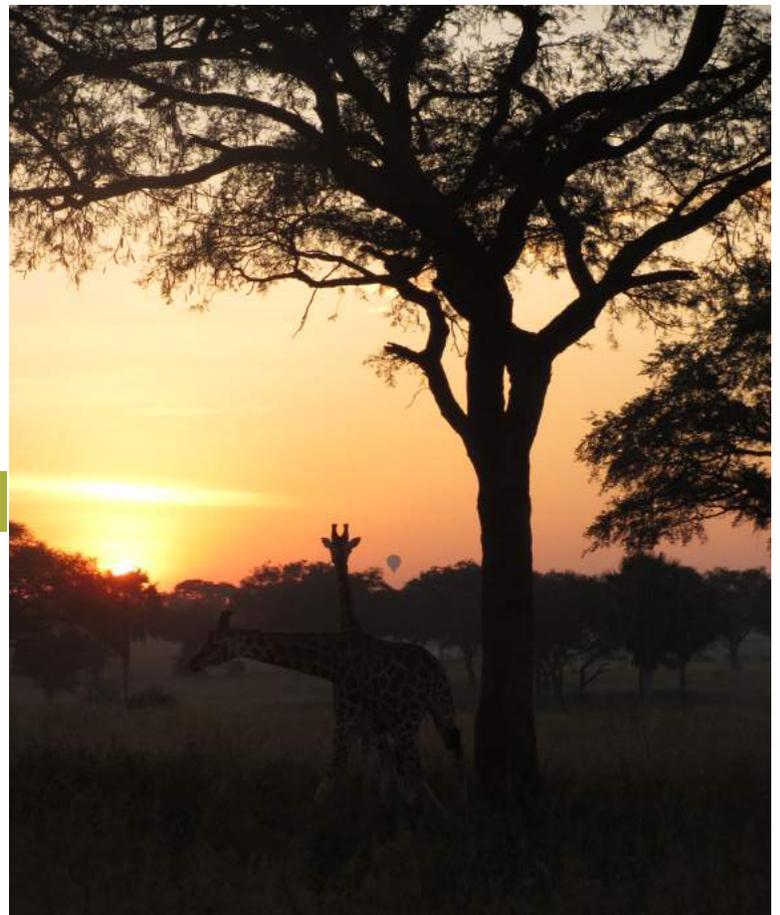




Top Left: Some of the Canadians at the CanadaTable



Top Right: So excited to see giraffes on the game drive



Bottom Right: Sunrise on the game drive

Kusafiri 101

Resource Manual

Since Kusafiri is the newest world centre, with a very different model from the other 4, it can be a bit challenging to figure out how to best deliver this World Centre to your unit.

Having experienced Kusafiri first hand, I have put together a little guide to serve as a jumping off point for planning and inspiration - I hope it helps leaders & girls to understand Kusafiri, and offer ideas of how to incorporate it into your program and meetings.

What is Kusafiri?

We all know that Kusafiri is the fifth world centre, and that it travels around the Africa Region. But beyond that, it can be a bit of a mystery. Kusafiri was established in 2010, to be a World Centre that would not be based out of a physical location. Instead it would take the form of events hosted throughout various locations in the Africa Region. To 'visit' Kusafiri, you need to attend one of these events, which are typically hosted once or twice a year in different locations throughout the Africa Region.

Helpful Resources

The best starting place to learn more about Kusafiri, current Kusafiri events, as well as past Kusafiri events is the website: <https://www.wagggs.org/en/our-world/world-centres/kusafiri/>

There is also a Kusafiri Facebook page - this is a great place to follow for current information and announcements about upcoming Kusafiri opportunities: <https://www.facebook.com/kusafiriworldcentre/>

There is also a great resource by BC Girl Guides from 2017 that has lots of really helpful information - this is a good resource to use if planning a meeting or activity focusing on Kusafiri: <http://www.bc-girlguides.org/web/Documents/BC/International/Kusafiri%20World%20Tour%20Oct.%2031.pdf>

Bringing Kusafiri to a Meeting

The following are some ideas of activities, crafts, and games that could be incorporated into a meeting relating to Kusafiri:

Crafts - Crafts such as jewellery making (bracelets, earrings, necklaces) are common throughout many regions of Africa, especially for women as these skills can provide women with an income to help pay for school fees and to support their families. This was an activity that was taught to the participants of Kusafiri 2018 by the Ugandan Girl Guides. This can be made as simple or as advanced as desired to suit the different age levels.

Food - It might seem daunting to incorporate African food to a meeting or event, but trust me, it's easier than we might think! Fresh fruit is a very common part of meals in many African regions, and would be a great addition to a Kusafiri themed meeting or event. Fresh fruits such as pineapple, bananas, watermelon, oranges, papaya, and mango would all be great options to include. While we in Canada tend to get most of the food we eat from grocery stores, throughout many regions of Africa, it is much more common that food be grown much more locally. This could be an interesting theme to bring to girls. Depending on which region of Africa you're focusing on, there are plenty more food options. One of the more authentic options I would recommend from the 2018 Kusafiri in Uganda would be Chapati - one of the most common foods in Uganda, which is a dense flatbread that can be eaten alone, with sauces, or as part of a larger meal. This can be purchased from some specialty stores in Victoria, or can be made from recipes such as this one: <https://www.africanbites.com/east-african-chapati/>

Dance - A great way to add in an active component is with music and dance! Throughout Africa, music and dance are a very important part of the African culture. This can be incorporated either by general dancing (maybe a dance party), by attempting some traditional dances, or by listening to some African music. Drumming goes hand in hand with African dancing - this would also be a great avenue to explore. Resources for simple typical dance moves can be found online - this is one I found: <https://www.youtube.com/watch?v=Ewqq-3xJFdl> . The Ugandan Girl Guides explained that many traditional African dances have origins from traditional activities such as the food harvests, hunts, and weather events. They also taught us that the most important part of African dancing is to relax, enjoy yourself, and have fun!

Language - Africa is one of the most linguistically diverse places in the planet! The African continent is home to 1/3 of the world's 6,000 languages. There are over 50 languages spoken in Uganda alone. It might be fun to learn about some of the different languages throughout Africa, or in a specific region or country. Your unit could even try learning a few new words.

Animals - One of the most famous things about Africa is the wildlife! Exploring what wildlife Africa has, where to find it, and what dangers are facing it can all be good additions to a Kusafiri event. For younger girls, watching the Lion King (or talking about the Lion King) could be a good way to introduce these animals and different landscapes to the girls. For older girls, learning about some of the different national parks, threats facing African wildlife (like climate change, destruction of habitat, and poaching), and what preservation efforts are being done (by international and African organizations) could be good activities.

Guiding - Learning about one of the Member Organizations in the Africa Region could be a fun activity, especially for older girls. As well, learning about the programs and community initiatives that the different African Member Organizations are involved with could be really interesting. There are also different opportunities coming up in the Africa Region, such as Kusafiri 2019 in Tanzania which will be a Juliette Low Seminar Hub location that girls, units, or adults can look into and learn more about. Lastly, Africa was a special place to Lord and Lady Baden-Powell, so much so that they were laid to rest in Nyeri, Kenya. Learning about their special connection to Africa, or learning more about their burial site in Kenya could be of interest.

While the opportunities are endless, I hope these ideas provide a jumping off point to help more easily bring Kusafiri to girls, or to simply learn more about the World Centre yourself.

If you would like to know more, I'm happy to provide whatever information I can from my experience at Kusafiri.

Submitted by: Danita Duguay
Lamplighter Editor



Straits District Christmas Party



In early December 2018, Straits District hosted their District Christmas party. At the party they completed the 1st Usk Guides Reindeer Challenge from England. To complete this challenge the participants made 'reindeer food', made three different reindeer crafts, decorated cookies, and played reindeer games. There was also a snowball fight with the socks that the girls brought as donations for the events - the snowball fight was a blast, and all of the socks were donated to Our Place Society.

Two big bags of socks were donated to Our Place, and fun was had by all at the party!

Submitted by: Eva Herbert, District Commissioner, Straits District





Straits District Enrolment

A selection of enrolment pictures from around Straits District - including the enrolment of a new Guider. Congratulations to all who were enrolled!

**Submitted by: Eva Herbert
District Commissioner, Straits District**





Rainbow Brownie Summer Camp

The Rainbow Brownie Summer Camp was held from August 7-10th 2018 at Milnes Landing Brownie Lodge. Our theme was rainbows, so we had lots of colourful activities, crafts and snacks. 22 girls attended from the SVI area with 6 adults. We played soccer, crochet, bocci ball, ring toss, had a treasure hunt, did a rubber duck hunt, played parachute games, a wet sponge toss, plus lots more! Girls also learned to dance with long poles. For the crafts, girls made rainbows, painted rocks, painted bird houses, did bead work, and painted miniature bird houses to take home. We also hiked to Sea Parc recreation center for swimming. The girls created a “Fairy Garden” in the Milnes woods, for all future campers to enjoy.

I would like to thank Araina Golding, Linda Coyle, Dorothy Scott, Kelsi Sawatsky, Gail Sawatsky for all their hard work at camp as well as Linda Callander and Erlene Amero for their contributions before camp.

Submitted by: Barb Kerr





SVI Ranger Sleepover

On 25 January, 2019 twelve brave Rangers set out to make new friends and learn some fun and useful skills. They spent the night at Guide House participating in a number of activities. First up was a presentation from Chocolate Owl on the fun you can have with 3D Printers. She taught them a bit about the possibilities of what you could do with a 3D printer as well as brought in her own so that they could see it in action. The girls were fascinated and had many questions. Then, with lots of pizza and snacks to fuel them, they stayed up late playing board games and getting to know other rangers from around SVI.

The following morning, after a delicious breakfast of pancakes, scrambled eggs and sausage, they were off to Camosun College for a day of hands on learning. They they toured the trades classrooms and heard all about the Women in Trades program as well as some of the options that will be available to them after high school. The girls got to try their hand at a small construction project. In small groups, with the help of





a current Camosun student, they each built and took home a Bee Box to hang in their garden.

After a quick lunch break we were off to the automotive classrooms. As some of these girls have recently earned their learner's driver licence and other will be soon looking to get theirs, it was great timing for them to learn some roadside skills so they can better 'Be Prepared' for anything that comes their way on the road.

They got to try their hand at changing a flat tire, jumping a dead car battery, checking oil and other important engine fluids, and playing with how auto electrics work. They also had a chance to look around the shop and ask questions about mechanics and how the program works from the current students who spent their Saturday helping us out. Proving to the girls that even adults still have lots to learn, Groovy Owl took the opportunity to change her first tire.

To finish off the day, Chocolate Owl taught the girls how to wire an LED light strip. They learned what components were necessary to make the light strip work. They had to strip wires, figure out where to connect negative and positive components and then how to connect it all together in a safe way.

Thanks to the assistance of Lee Valley each Ranger was able to try all the aspects of wiring her own light strip.

It was a very fun and successful weekend overall.





Each Ranger earned the Girls Can Challenge as well as several components of their Ranger Program. Thank you so much to Dorothy for keeping us all fed and happy, to Chocolate Owl for sharing her knowledge and toys and to Groovy Owl for keeping us all in line.

Submitted by:
Meaghan Playle
SVI Program Advisor







SOMEWHERE OVER THE RAINBOW...

...Lies Costa Rica and
London, England

Woodwyn District's two international travellers for 2019, 2nd Woodwyn Pathfinders Quinna Young and Amy Bussanich, held a very successful bottle drive early in January to help fund their travels.

It was a typical winter day on the West Coast – the weather fluctuated from high winds and sleety rain to blue sky with the sun peaking through, all within the space of three hours, culminating in a rare and beautiful double rainbow. With a double rainbow you are witnessing two reflections, coming from different angles, a good omen for the girls' adventures on separate continents this summer.

Submitted by Carol Gamey, Woodwyn District Guider.

Pictures by Tara Bussanich





1st Victoria Trefoil Guild

The unit had some funds that we wished to use on the SVI camps, so we purchased fabric and stitched curtains for Upper Milnes for the 6 windows in the upper lodge, 1 window in the lower lodge, 5 windows in the bunk house, and 3 windows in the Kingswood Lodge. Many thanks to the 1st Victoria Trefoil members that came out to camp with sewing machines, cutting tools, and enthusiasm to brighten up our camps!

Another project that we were involved in, in February, was making twiddle muffs for Alzheimer and dementia patients. What is a twiddle muff you ask? It is a stitched or knitted muff that the patient can wear on their hands that contains things like buttons, ribbons, etc. that occupy their hands.



**Submitted by: Sharon Doty
1st Victoria Trefoil President**

From Top: The crew of curtain makers!; Sharon Dotty's mother, Kristine Beatty, a dementia patient who is enjoying one of the muffs that were brought to Glenwarren and Kiwanis Village; The group that met over a dessert feast and did the stitching of the Twiddle Muffs



Snowflake Ball on the Peninsula

Everyone loves to dress up and go to a party. So sixty-five Sparks and Brownies from Woodwyn and Peninsula Shores Districts did just that on the afternoon of Sunday, January 27, 2019 at the Prospect Lake Community Hall.

After arriving, the girls decorated a tiara and enjoyed some music before moving onto the first of four stations. Every twenty minutes, they changed to a new station: decorate a cupcake, snowball fight, photo booth and pack a sock (a service project).

Decorate a cupcake meant they could 'paint' their cupcake with icing and sprinkles and then wash it down with juice.



Each team tried to capture the blue snowflakes while using soft 'snow'balls to defend themselves.

Each girl had their photo taken, either alone or with Miss BC Globe (Maddy Godfrey) who came to enjoy the festivities with the girls.

The socks were packed with a variety of toiletries which were later taken to Our Place for distribution, along with some donated gloves, toques, scarves and coats. Donations came from parents and some community partners.

It just wouldn't be a party without the music and Gary provided some awesome, rockin' songs. The girls boogied alone, in pairs, in circles and with their Guiders. Everyone was jivin' to the tunes.

Most of the credit for the success of the Ball goes to Tara Bussanich and her Woodwyn Pathfinders. They gathered at the hall on Saturday afternoon to decorate the hall with the





lovely snowflakes from the Area's Snowflake Ball kit, added lots of twinkling lights and then set up the four stations before hitting the sleeping bags on the hall's mezzanine. The last-minute details were handled the next morning before the younger girls arrived in their best finery for an amazing afternoon.

Submitted by: Jeannie Cosgrove



Did you know?

Girl Guides of Canada SVI is registered as a team.

If you are 17 or older you can donate.

Phone number and a link to the web site to find out more:

1 888 2 DONATE (1-888-236-6283)

<https://blood.ca/en>

Anyone can donate as a part of the Girl Guides of Canada SVI team - you don't have to be a registered member of SVI. This means that non registered members, friends and family can be included, as long as they are over 17 years old.

If you would like to donate blood as a member of the Girl Guides of Canada SVI team, you have two options:

- 1) At the beginning of donation - let the person taking your information that you are on a team and would like to sign up
- 2) At the end once the donation is completed - at the coffee/tea table, tell the volunteer that you are on a team and would like to sign up

Once you have signed up as a member of the team, it should be automatically included each time you donate in the future.

Females can typically donate every 3 months, and males every 2 months.



**Canadian
Blood
Services**

**BLOOD
PLASMA
STEM CELLS
ORGANS
& TISSUES**

Want to learn more about Girls First?



Check out these e-modules:

➤ The girl-driven approach

www.girlguides.ca/girlsfirstmodule2

➤ All about Girls First

www.girlguides.ca/girlsfirstmodule1

You'll learn about program guidelines, badges, the girl-driven approach and more.

You'll also earn iMIS credit for completing these e-modules!

TWO ...to earn iMIS **WAYS** credit for **Girls First:**

1 Attend a Girls First Champion session.

2 Complete the e-modules:

➤ All About Girls First:
<https://www.girlguides.ca/girlsfirstmodule1>

➤ Girl-Driven Approach:
<https://www.girlguides.ca/girlsfirstmodule2>

Girls First - Updated Information

Guiders can either do in-person training, or the on-line modules for the new Girls First Programming.

This link has the answers to Frequently Asked Questions about Girls First: https://www.girlguides.ca/web/Documents/GGC/Girls_First/GF_PublicPage_Girls%20First%20Program%20FAQ.pdf

Guiders can also contact the SVI Girls First team at svigirlsfirst@gmail.com to find out more about the Spring Sessions.



Scholarship

Congratulations to Woodwyn District member Sarah Philion, a graduating student at Stelly's Secondary School, who was awarded with a Legion Manor Scholarship. This scholarship is awarded to a student with a passion for learning, dedication to the community, and who will be pursuing post-secondary education. Sarah has been a member of Woodwyn District since joining as a brownie in 2008. She has worked as a Girl Assistant with the 2nd Woodwyn Brownies, and is currently a unit assistant with the 2nd Woodwyn Sparks.

Way to go Sarah!



Guide House

A Modern Space With Lots of Charm

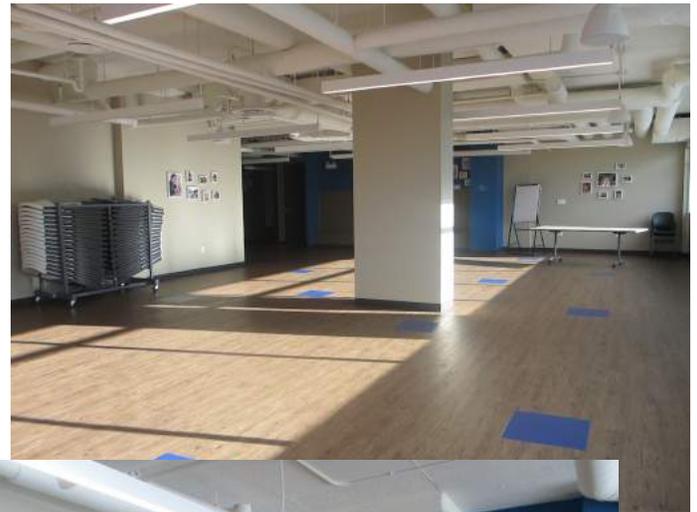
On a recent visit to Vancouver I was invited to tour the new Guide House - now located in North Vancouver. Guide House is located just a 5 minute walk away from the North Vancouver Sea Bus station, in a lovely quiet neighbourhood. Across the street from the new location is a park located on the waterfront. The location is fantastic.

The upon entering Guide House, it's apparent that this new space is a definite upgrade from the old one. The entry hall is currently hosting a display of Archives, the decor features trefoils and excerpts of the Promise, Law, and GGC mottos and slogans. Beyond that is a great kitchen space, with a TV screen & sitting area. There is also a proper conference room downstairs - a space for Girl Guides to thrive in the 21st century. The spaces are bright and open, and very functional. Upstairs are the true treasures of this space. There is another kitchen space, an open room with ample seating, and a little outdoor deck - there is even a view of the bay from the deck! The large windows provide lots of natural light in the space.



Upstairs there are more smaller multipurpose rooms that can be used for meetings, etc. There are also large, open spaces for sleepover, activities, and events. The Guiding decor carries throughout the whole space - nostalgic and inspiring at the same time. I can already tell that a highlight of this space is going to be the collection of large bean bags - for girls and adults alike to enjoy.

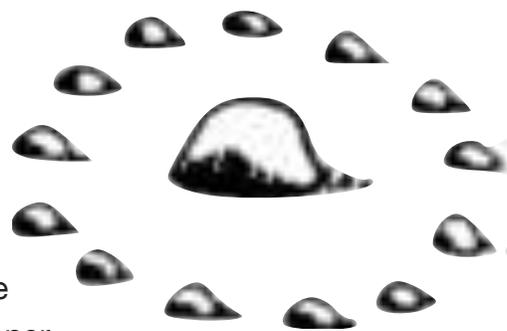
I will be the first to admit that I was sad when the news came of the fate of the old Guide House - it had sentimental value for me, as I had precious memories of visiting as a girl, attending my first conference there, and preparing for an international trip in the space. As someone who admittedly does not love change, I was cautious of what space could replace the one we had before. With that said, I will also be the first person to sing the praises of the new Guide House. The location is incredible, the facility itself is beyond what I could have imagined. I know that this space is going to provide so many memories for many years to come!



**Submitted by: Danita Duguay
Lamplighter Editor**

Gone Home

Thelma Clark (April 27, 2018) - Thelma was a former member of the 2nd Victoria Trefoil Guild. Thelma was involved with Guiding from 1960 to 2006. During that time she was a brownie leader, served as a District Commissioner, Division Commissioner, Area Commissioner, Camp Commandant, as Camp Advisor, and as Provincial Camp Advisor. Thelma wished to be remembered "by a kind deed or word to someone who needs you".



Elaine Killam (July 11, 2018) - Elaine joined Guiding in 1969, and over the next 30 years would be a Brownie, Guide, and Pathfinder Leader. She also held administrative positions at both the Provincial and National levels, before going on to serve as the BC Provincial Commissioner from 1994 to 1998. For her many years of devotion to Guiding, she was bestowed with an Honourary Life Membership.

Barbara McLintock (December 29, 2018) - An article by Barb's Guiding friend, Ann Scarfe, will be appearing in the next edition if the Pipeline.

Leslie Gwendolen Matthews (nee Lovett; Dec. 26, 1933 – Jan. 6, 2019) of Sooke passed away January 6, 2019 in Victoria, BC. She is survived by her daughter Susan, son Kevin (Donna), brother Eric (Sue), nephew Jeremy, niece Fiona, 5 grandchildren, 9 great grandchildren and 3 great-great grandchildren. Leslie was born in England, moving to Calgary with her husband Peter and two young children in 1959. Leslie had lived in Sooke since 2007, loving the natural surroundings and taking part in hiking groups, the Sooke Garden Club, volunteering with Sooke Philharmonic, as well as continuing her 60-year association with Girl Guides as part of the local Purple Shores Trefoil Guild.



Leslie began in Guiding in England as a Brownie, then a Girl Guide, during World War II. Following the war, she enthusiastically pursued Guiding activities as a Ranger, eventually having an honour-guard of fellow Rangers at her wedding in 1954. Highlights of her Guiding years in England include meeting Lady Baden-Powell and being part of an honour-guard inspected by Princess Margaret, the Queen’s sister!

Leslie resumed her involvement with Guiding in Canada as a Brown Owl, Tawny Owl and Guide Unit Contact Guider when her daughter, Susan, was in Girl Guides in Calgary. Subsequently she broadened her leadership role in Alberta by becoming a Deputy District Commissioner and a Music, Dance and Art Trainer, traveling to meetings, camps and special activities to teach Guiding songs and folk dancing to Guiding groups of all ages throughout the province. Her services to Guiding were recognized with a Gold Merit Award in 2002, followed two years later by Honourary Life Membership. Leslie was a member of the WestRockers in a Calgary Trefoil Guild in Calgary for five years before moving to Sooke, when she continued as a member of the Purple Shores Trefoil Guild. Leslie made many good friends and touched many lives in her Guiding role across the globe. She will be warmly remembered.

