

THE LAMPLIGHTER

Winter 2015
Volume 38, Edition 1

Southern Vancouver Island Area
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Girl Guides
of Canada
Guides
du Canada



The exuberant 2nd Woodwyn Pathfinders jump for joy at the Fisgard Lighthouse during a fall oTENTik camp at Fort Rodd Hill. Photo credit: Kate Wood

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From the Commissioner's Desk	3
Awards Recipients	5
Hats Off	6
Gone Home	7
Our Chalet	8
Thinking Day Message	12
Congratulations	13
Chocolate	13
Did You Know	14
Ocean Aware Challenge	16
Cooking with Girls	17
A Paddington Station Enrollment	18
Soap for Hope	20
A Century in Oak Bay	22
The Spirit of SVI	24
Scrapbooking & Cardmaking	25
A Step Back in Time	26

The Lamplighter will be published three times a year and posted to the SVI website. Go to www.svirlguides.bc.ca, select Guiding in SVI, and choose Lamplighters from the drop down menu. Arrangements can also be made with the SVI Area office for black and white hard copies to be mailed to your home address. *The Lamplighter* will be dedicated to promoting celebrations, special activities and accomplishments and disseminating non-time sensitive material to Guiding members in SVI. Send your submissions by email to svilamplighter@gmail.com or mail to The Lamplighter, c/o Guide House by October 1st, February 1st and May 1st for inclusion in the Fall, Winter and Spring editions.

SVI Area Council 2014-2015**Area Council**

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From the Commissioner's Desk...

February is always the time when International Guiding takes centre stage for me. I think about the many people from foreign countries that I have met through Guiding, the many amazing District events we held in Shoal Bay, using round robin stations with International Guiding as the focus, and the many songs, games and stories that I have shared based on my international experiences.

In the summer of 2014, it was announced that for the next two years BC and Quebec will be partnered with Peru for Twinning 2020. The purpose of this twinning program is to help share culture and customs, while expanding and strengthening Guiding in each country. This held special meaning for me as this is a country that I backpacked through in 2010 during my South American adventures. I read parts of the Instant Meeting Resource, which was produced by the BC International Committee, and got excited once again, thinking about all the amazing things that the girls can learn. This document, and all the information about how it relates to program, games, language, crafts, songs and info on Peru, can be found at http://www.bc-girlguides.org/Documents/BC/program/Guides_PeruTwinning.pdf. I belonged to the BC International Committee from 2002-2007 and it remains one of my favourite Guiding experiences. I loved having a hand in producing exciting resources about girls in other countries – their interests, language, tastes, and daily life - for all levels of Guiding. I would strongly encourage all of you to take a look at the Twinning project and use the information there to teach your girls about their Peruvian sisters!



We met Amaelia on the Uros, a group of 44 or so artificial islands made of floating reeds (totora) on Lake Titicaca. These islands are accessed from the city of Puno. Their original purpose was defensive, and they could be moved if a threat arose. The boats, houses, and watchtowers are all made from reeds, and the locals eat them too! They create beautiful handwork on the islands and I bought a pillow cover that Amaelia stitched. Her daughter Katarina joined us as we rowed around Lake Titicaca (the world's highest navigable lake at 3,812 meters) which is between Peru and Bolivia.

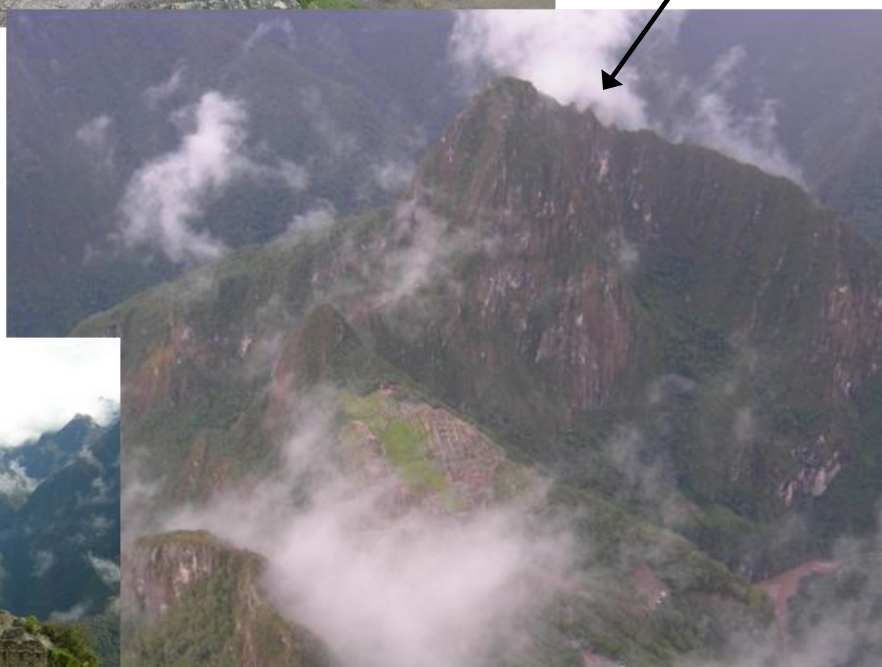




Also in Puno, we visited a museum where we saw the many forms of costumes involved in Peru's Carnaval. The masks were amazing! Do you recognize me?! We also ate some interesting foods...I could not bring myself to try guinea pig but alpaca was delicious!



We then visited Machu Picchu. After exploring the ruins, we hiked way up, further than most tourists go. We could look down to see the entire site and the mountain it sits atop, the one tourists usually climb. It seemed so small, down in the valley in the distance.



I encourage each of you to explore Peru with your girls as it is a fascinating place and the BC International Committee has made it easy by providing this wonderful resource in time for Thinking Day!

SVI Area Commissioner, Sharon Doty

2014 Canada Cord & Chief Commissioner Gold Award Recipients



Please join me in congratulating this years' elite group of young women who have worked very, very diligently to achieve the coveted Canada Cord and Chief Commissioner's Gold Awards for 2014, with pride:

Back row – Canada Cord: Ciarra Grant, Charlotte Clar, Alice Brown, Mya Rivers, Laura Fraser, Emma Jackson, Mattingly Dudderidge and Stephanie Milburn

Front row: Margaret Collins - Canada Cord, Anna Podhorodeski – Chief Commissioner's Gold, Emily Crowley – Chief Commissioner's Gold, Katherine Silversides – Chief Commissioner's Gold, Mackenzie Rampton – Chief Commissioner's Gold and Megan Bott – Canada Cord

Absent from photo: Canada Cord: Angela Chou, Jaiden Kavvrin, Renee Landree, Hannah Norris and Emma Wong
Chief Commissioner's Gold: Ying Tong Chen, Charlotte Galbraith, Kimberly Jones, Samantha Jones and Cheng Yin Liu

Wishing each of you every success in all your future endeavours.

Submitted by Amy Fischer, SVI Area Awards Adviser



Hats Off...

To newly appointed Deputy Area Commissioner, **Gillian Hurwood**. Gillian will be assisting Sharon and Sheilagh with the financial end of things. Welcome back!

To new Harbours District Co-Commissioners, **Jill Wark** and **Becky Sutherland**. Welcome ladies! Thanks to **Colleen Lafleur** and **Gillian Hurwood** who stepped in to cover the position, either in an acting capacity or behind the scenes.

To **Sheila Fowler**, whose term as Area Training Adviser is finished. Sheila has been very proactive in encouraging Guiders to take trainings and has been the driving force behind many very successful Area Training Days. Thanks Sheila! Your hours and hours of hard work and dedication have made a big difference!

To Camas Sparks Guider **Amber Layton**, whose photographs earned first and second place in National's photo contest!

To **Charlotte Galbraith**, a recipient of the inaugural Youth Commitment Award, presented for the first time last year. Her name was inadvertently left off the list in the last edition of *The Lamplighter*. Our apologies! Charlotte is currently working as a volunteer at Our Chalet. Check out the article her Mom, **Carol Whitehouse**, submitted about their family holiday in Switzerland as well as Charlotte's Thinking Day message.

To all the teens, pre-teens and Guiders who worked at the TeenFest; **Sarah Duckett**, **Charlotte Clar**, **Maryna Ell**, **Alanna Lacharity**, **Brenda Lacharity**, **Nancy Fischer**, **Natalie Fischer**, **Stephanie Milburn**, **Mhina St. Hilaire**, **Taewyn St. Hilaire**, **Neala St. Hilaire** and **Hailey Finnigan**.

To **Peggy Morfitt** and **Pat Sinnott**, our new Area Fundraising Assessors. These ladies will be vetting the F.1 forms. Contact them c/o the Guide House office - svigirlguides@shaw.ca.

To **Brenda Fraser**, Area's new Yellow Assessor and to **Judy Macquarrie**, who held the fort singlehandedly and will continue in that role until her term expires in June.

To **Wendy Halpen**, the new Red Assessor for short term international trips.

To Sooke Ranger **Maryna Ell**, and Pathfinders **Elizabeth Bright** (4th Bay to Bay) **Sabrina Montgomery** (1st Sooke) and **Caledonia Warnock** (1st Colwood) who were accepted to the Junior Ambassadors Workshop in Vancouver, and were accompanied by Senior Outreach Officer, **Hailey Finnigan**.

To **Erlene Amero** for her technical assistance before the launch of the new SVI website; to **Heather Brass** for her excellent Google map which shows the District boundaries (JOIN US/About SVI); to **Darcy Wyllie** for catching all the bureaucratic balls that came her way with its implementation; and of course to webmaster **Jeannie Cosgrove** for masterminding and implementing the new website.

To **Laura Fraser** (Peninsula Shores) who was selected to attend the Bowron Lakes Canoe trip, and to **Chloe MacBeth** of Emily Carr Trex and **Kiersten Halase** of Chatham Pathfinders who were selected by Province to attend Island ROAM 2015. Congratulations girls!

To **Amy Fischer**, SVI Area Awards Adviser, who had an article published in the most recent edition of *The Pipeline*, entitled 'Musings from a Newbie'. Check it out!

To all those who worked so hard to make SVI's OAL Adventure Camp Training such a success; Trainers **Chloe Faught, Susan Zedel, Wendy Smylitopoulos, Adele Cooschek** and **Erin Debruin** and Area Training Adviser **Sheila Fowler**. Congrats to the Guiders in SVI who successfully completed seven of the eight modules: **Kate Bourne, Katherine Campbell, Samantha Harderer, Meghan Playle** and **Karalee Tremblay**.

To **Caitlin Davies**, 1st Chatham Brownie Contact Guider, who received a Bronze Merit award from her district on December 7th and her 25 year pin last June.

To Sooke Ranger **Maryna Ell** and 1st Victoria Ranger **Christina Martinusen**, who got their picture on the front cover of the Winter/Spring edition of the *Pipeline* wearing their Peruvian skirts. Christina is on the far left, Maryna on the far right.



Gone Home Dorothy Jean Baluch

BALUCH, Dorothy Jean Lefurgey November 14, 1925 - February 7, 2015. It is with extreme sadness that we announce the passing of our much loved mother, grandmother and great-grandmother. Jean passed away peacefully on February 7, 2015 at Hospice. She is survived by her children, Virginia and Jamie, 4 grandchildren, Jonathan, James (Katiegene), Carla (Paul), Dan (Melissa) and 4 great-grandchildren, Autumn, Maverick, Draven and Abbi. Her greatest joy was her family. We love you! No service by request. Condolences may be offered

at www.mccallbros.com



- See more at: <http://www.legacy.com/obituaries/timescolonist/obituary.aspx?n=dorothy-jean-baluch&pid=174124876&fhid=7253#sthash.83Xvqgmth.dpuf>

Jean was a calm, kind woman, with a quiet sense of humour that was unexpected and funny. She joined Guiding as a girl in Edmonton, and later served as a Brownie and Guide leader in Bowker District (Oak Bay). A faithful member of the 1st Victoria Trefoil Guild and its treasurer until September, 2014, she was an efficient and organized worker, stepping forward to do any job that was required. She arrived early to set up the coffee, participated in silly skits, gathered all the supplies for the Christmas crackers for the annual lunch and happily drove a car full of chatty Guiders to any event, including annual trips to Nanaimo and Parksville.

No task daunted her. The annual Thinking Day lunch sponsored by the Guild used to be ham and scalloped potatoes. Jean *always* made the potatoes. For many years at the Chatham District Fall Tea and Craft Fair, Jean was in charge of plating all the sandwiches and sweets for the tea which serves 300 to 400 people in an afternoon. She did this until 2013, and was planning to do it in 2014 until she fell ill.

Jean gave her time and self to the Guiding movement without hesitation. Her contributions were generous and many, and she expected nothing in return except fun and friendship. She will be missed.

Submitted by **Brenda Jagdis, 1st Victoria Trefoil Guild**

A Week in the Life of Our Chalet, WAGGS Girl Guide & Girl Scout World Centre, Adelboden, Switzerland

We arrived at Our Chalet on the afternoon of December 21, 2014. We were there for their Christmas in The Alps program, a week of snowy alpine adventure and Swiss Christmas traditions. It had been an exciting journey. Unlike most Guiding groups who travel to Our Chalet and who take a plane, a train, a bus and then walk, we travelled as a family so had rented a car earlier in our holiday. We had the pleasure of watching the alpine valley open up before us as we drove down the highway from Interlaken to Spiez, then to Frutigen, and finally Adelboden.



The village of Adelboden is nestled in a magnificent mountain valley. The only thing missing was snow!!! There was very little anywhere in Switzerland and Adelboden was no exception. As we drove toward the village, greenish pastures stretched upward on both sides of the highway. We travelled through the village, then across the river to start up the mountainside to Our Chalet, on a road that wound back and forth as it climbed upward.



Finally we reached the entrance to the property and climbed up the driveway. I recognized the Chalet immediately from all the pictures I had seen at international nights as a Brownie and Guide. There are three

main buildings on the site; Stockli, Spycher, and Our Chalet.

Stockli is the staff residence; Spycher, the administration building with activity rooms, the ski storage room and guest rooms upstairs; and of course Our Chalet, a guest residence with the dining room, laundry room and a common room called the t-bar.

As we drove up the driveway, Charlotte [Galbraith], our daughter, walked over to welcome us. She is volunteering at Our Chalet for the winter season from December to the end of February. She was selected after applying through the WAGGS website. The application form was long and complicated and required several reference letters and a refer-





ral from the National Girl Guides of Canada Office. She had an interview by Skype with the Manager of Our Chalet and the day she received her offer of a position was a very exciting one. Our Chalet has seven seasonal volunteer assistant positions and ten paid positions; anyone in Guiding can apply. To me, working at a World Centre is the ultimate reward in Guiding.

We signed in and were warmly welcomed by a staff intern from Norway. Our rooms were upstairs in Spycher. There are many different sizes on each floor and

everyone shares bathrooms. Supper was at 6:00 pm and we all eagerly responded to the dinner bell. The dining room has two walls of large windows looking out over the valley, the village of Adelboden and the mountains beyond. All the buildings are built from linden wood and are bright and wonderfully creaky, with rustic benches and wooden tables. Many of the larger furniture pieces are antiques donated when Our Chalet was constructed in 1931 and make the atmosphere very comfortable and warm. Meals are served family style and at every meal someone at each table has a special sticker under their plate which makes them the server. This makes every meal a group effort and fun.



Every group has an opening ceremony and welcome to Our Chalet. Our group included people from Norway, the USA, Great Britain, New Zealand, Australia, Argentina, the Faroe Islands and Canada.

Each evening has a different activity. Charlotte led us on a hike to the magic tree, a 600 year old tree up the mountain. This hike was meant to be by snowshoe but as there was no snow it was a regular hike.

We also had a special Swiss Christmas night with a fancy dinner, a tree with real candles and a sing along with carols from around the world.

Swiss cultural night was a lot of fun; learning local songs (check out www.youtube.com/watch?v=Q42kP9fjXVQ), hearing a local man play the traditional alpenhorn and playing a jeopardy





top of the mountain to an amazing resort where there is downhill skiing, snowshoeing, cross country skiing, a children's play area, snow tubing, a restaurant, an igloo shaped fondue restaurant, and even a hotel. We had a wonderful afternoon of tubing and exploring the snowy peak. There was a lot of snow, mostly artificial. This was the most fun we had in the snow while we were there and was a taste of what winter is usually like in Switzerland. After we left, a lot of snow fell and it is truly winter there now. Coming back from Engstligen, we drove under a large grandstand being erected over the street in Adelboden. This ended up being at the bottom of the World Cup ski race two weeks later. We watched this race on television and Our Chalet volunteers participated in the excitement; a lot of guests staying at Our Chalet in winter are there for a ski holiday and there were 67 there for the World Cup weekend. Our Chalet provides a shuttle service to the ski lifts.



game about Switzerland, with the prize of Swiss chocolate fondue for all.

The favourite activities at Our Chalet included hiking, snowshoeing, sledding and skiing, as well as a visit to the Trummer's woodcarving shop, the village of Adelboden, and Engstligenalp. We went to Engstligen, a beautiful place with a magnificent waterfall, for a hike and barbeque. There is also a gondola that

takes you up to the

Every day at Our Chalet has the same routine with different activities. The volunteers are put on rotating shifts to cook, clean, do laundry, run program activities and greet guests at reception. The paid staff includes women who manage the overall running of the Chalet, the facilities, food services, program, and one man who is in charge of maintenance. The dining bell rings at 8:00 am. A buffet breakfast is ready with Swiss muesli granola and milk delivered fresh to the door, fruit and fresh bread. Everyone makes a lunch to go even if they are staying on site. The staff's lunch consists of leftovers from the night before. I spent a day on site playing orienteering and compass games and then took the afternoon off to paint. The rest of the group learned one match fire building.



The next day was a hike to the woodcarver – uphill both ways – literally because their shop is across the valley. I drove there so I could take another guest who could not walk that far and did not have transportation. The Trummers have been carving wooden things for Our Chalet for three generations. They are wonderful and welcoming and will put a crest on the ceiling from every visitor who brings one.

After the visit to the woodcarver, we went into Adelboden to do the scavenger hunt and explore the village. I will never forget seeing people get off the transit bus in full ski gear, go to the trailer behind the bus to get their skis and then walk down the block to the ski lift. It all seemed wonderfully exotic to me.

Our Chalet has several small rooms that hold the history of the place. In these rooms, you can sit on the tiny bed belonging to the Swiss Scout, Ida Von Herrenschwand, also known as Falk, the first manager of Our Chalet and you can see the tea set used at the opening ceremonies with the initials of the party goers, including both Baden-Powells.

Our Chalet has been welcoming guests in Adelboden since 1932. It is truly a part of the community and culture of the area. Anyone who is a friend or part of the Guiding and Scouting family can stay there. When we walked into the village, we saw many signs with trefoils to direct us to Our Chalet but also to welcome us to the community. We always wore our uniform or something to identify us as Guides and people were very pleasant and greeted us – I even received the gift of a hat from a local merchant when I told him I was buying crests for my camp blanket. In many ways Our Chalet is just like any other Girl Guide camp I have been to; friendly people, simple comfortable surroundings, fun active program, sharing and doing things for ourselves – what was the difference? Being in the Swiss Alps with the mountains to greet you every morning; being there with girls and women from all over the world; seeing WAGGGS messages everywhere; walking through some magnificent scenery thousands of feet up in the Alps; being surrounded by the history of the place and the true sense of the purpose and meaning that Guiding and Scouting brings to so many lives around the world.



Submitted by **Carol Whitehouse, Peninsula Shores District**

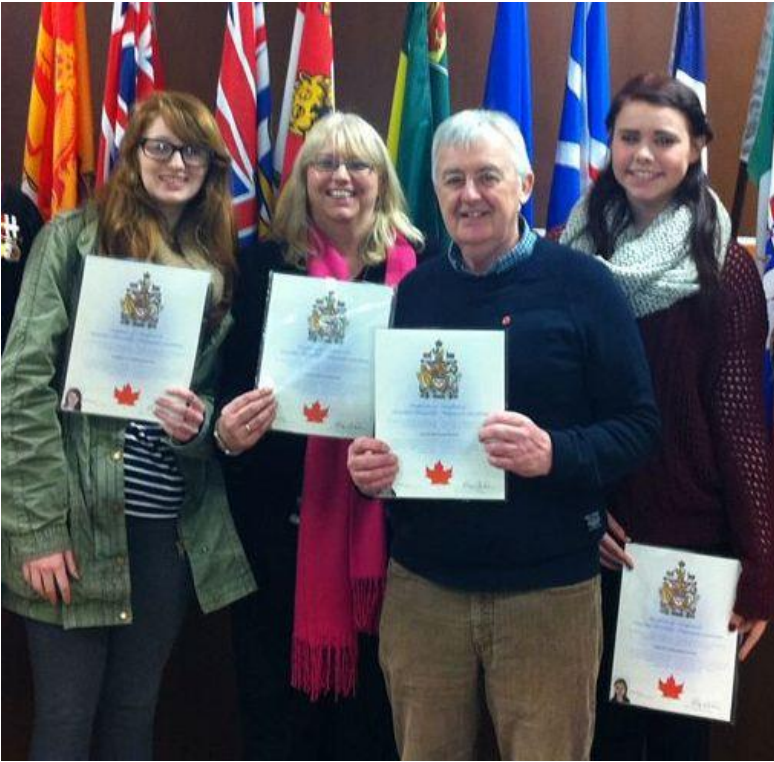
Volunteering at Our Chalet: A Thinking Day Message from Switzerland



Volunteering at Our Chalet has been an amazing experience. We have met so many people from all over the world, with visitors from England, Germany, Italy, Canada, the U.S., and even from South Africa! We hear many different languages, but we speak English while we work here. On a typical day, we all meet in the morning at 9:30 and go over what jobs we need to do that day. That may be anything from cleaning the washrooms, resetting rooms for guests, cooking the day's meals, or clearing away snow that has piled up or fallen overnight. There are quite a few traditions we keep here as well. We have been cooking the same menu since Our Chalet opened, and have tried to keep it as close to the original recipes as we can. Another fun tradition is whenever a guest has a birthday, we all put tea cozies on our heads and bang pots and pans when we bring the guest their dessert. We all line up, and start singing happy birthday in every language we know. We have taught each other the words in ten languages, including Finnish, Spanish, German, Swiss German, and French! All the volunteers here have quickly become fast friends, and we have so much fun together. We have all gone out skiing, sledding and hiking, and so many other fun things. I love working here, and would highly recommend it!

Yours in Guiding,

Charlotte Galbraith, Peninsula Shores



Congratulations to the Stevens family from Sidney, proud new Canadian citizens after their swearing-in ceremony on February 13th. Jacky is a Peninsula Shores Guider and former Commissioner, pictured here with her husband David, and daughters Peninsula Shores Ranger Carenza on the right, and former Peninsula Shores Sparks Guider Georgina on the left. They are always quick to 'lend a hand' wherever needed. England's loss is our gain, eh!

WHY WE GIVE GUIDERS CHOCOLATE

C is for **caring** enough to volunteer.

H is for the countless **hours** of your personal time you that you donate to GGC.

O is for the **outdoor** experiences that many girls would not get without you.

C is for the **camaraderie** that we all share because you participate.

O is for the **opportunities** for growth and learning that you provide our girls.

L is for the **love** of Guiding.

A is for the **appreciation** that we have for all your hard work.

T is to say **thank you** for all that you do.

E is for the **everlasting** friendships born in the "Sisterhood of Guiding" at **every level**.



Page 4 HUB ST. ALBERT EDITION Tuesday, November 22, 1977

BUZZ...BUZZ...BUZZ... BUSY BEES ENROLLED

The First St. Albert Busy Bee Hive held its enrolment exercise for both leaders and members last Thursday afternoon at the Grandin Clubhouse.

The Busy Bees are at present a pilot project of the Canadian Girl Guides' organization establishing a pre-Brownies group to cater to five and six year olds.

The First St. Albert Busy Bee Hive was organized in March, 1977, and operates out of the Grandin Clubhouse (meetings every Thursday from 4 p.m. to 5:15 p.m.). A second group was set up in September at the Akinsdale Clubhouse. Helen Martin, a leader of the Grandin group, said there is need for another group as she has a waiting list of girls wanting to join.

Each Hive is limited to 20 members. Following the Bees theme the group is then divided into Flower Gardens (groups of five) with a leader for each. The Busy Bees promise is "To love God, and try my best to be kind and helpful". Their motto is 'Sharing'.

At the Grandin enrolment exercises, three of the



The Busy Bees and their leaders gather around the hive at the investment ceremonies.

four leaders were first enrolled. Pat Myskiw (Bumble Bee) leader of the Daffodil Flower Garden, Ada Snidal (Honey Bee) leader of the Sunflower Flower Garden and Penny Jobb (Queen Bee) leader of the Snap Dragon Flower Garden were enrolled, and then enrolled the members of their individual groups.

Helen Martin (Buzzy Bee), leader of the Violet Flower Garden, also enrolled her group.

The enrolment consisted of each girl reciting the Busy Bee promise and motto then receiving a scarf, bee for their cap, and membership card as their welcome into the hive as Busy Bees.

At the weekly Bees'

meeting, the girls practice their motto as they play games, sing songs and do crafts. At the meeting a 25c 'Honey Due' is collected from each girl. The money goes toward the purchase of supplies for the meetings.

The only other fund-raising activity is the annual Tea and Bazaar held by the Guides, Brownies and Bees. This year's Tea and Bazaar will be held December 3 at the Community Hall from 11:00 a.m. to 2:00 p.m. The Bees will be having a fish pond and a few crafts for sale. Tickets are available in advance for 50c; or 75c at the door.



Laura receiving her busy bee badge and working on crafts.



Did You Know...

Most of us are aware of the Girl Guides of Canada pilot project in Nova Scotia that preceded a program for young girls aged five and six, launched in 1988. It grew into what we know and love as our formerly pink-clad youngest level, Sparks, with their motto "I promise to share and be a friend". But did you know that there was an even earlier version, and that one of our SVI Guiders was a founding member? Laura Walsh, a Guider in Camas District, recently received a bit of Guiding history in the form of a newspaper article and some photographs passed along to her by her mother. It seems that back in 1977 there was an even earlier incarnation. One such unit, or 'Busy Bee Hive', met in St. Albert, Alberta, just outside of Edmonton, and was led by aptly named Guiders, Bumble Bee, Honey Bee, Queen Bee and Buzzy Bee. Unit size was limited to 20, the girls were divided into patrols called 'flower gardens' and their promise was 'To love God, and try my best to be kind and helpful'.

From these meagre beginnings, Sparks have grown dramatically to become one of the most popular levels of Guiding. Nation-wide they account for 10% of the total girl membership. In SVI the percentage is much, much higher. In fact, 21%, or 250 of our 1,155 girl members are currently participating in our 19 active Sparks units.

Thanks for sharing a bit of Guiding history, Laura!

Submitted by Carol Gamey, Lamplighter Editor

“Ocean Aware” Challenge event at Sidney’s Shaw Ocean Discovery Centre

by Monika Pelz
Education & Engagement Coordinator,
Ocean Networks Canada

What better location to launch an Ocean Aware Challenge for the Girl Guides of BC than the Shaw Ocean Discovery Centre in Sidney, BC?

Inspiring the next generation of young women is one of the privileges of being a Girl Guide leader. As the Education and Engagement Coordinator at Ocean Networks Canada (ONC) at the University of Victoria, I recently had the opportunity to share my love of the ocean and my love of teaching marine science with a group of eager, young Girl Guides who were working towards earning the newly created Ocean Aware Crest.

In early November 2014, over 100 Girl Guides of all ages from the local Sidney units came to celebrate the new Ocean Aware Challenge, which was specifically designed for the Girl Guides of BC in partnership with ONC. The Ocean Aware Challenge introduced these bright young minds to marine science, and its objective was to inspire an on-going awareness and appreciation of the ocean in girls and guiders everywhere.

The Shaw Ocean Discovery Centre’s vision statement is to “be a champion for the Salish Sea and inspire all generations to explore, respect, and take action on behalf of the Ocean.” Their diverse collection of Salish Sea species showcases marine science and conservation in an approachable, accessible way that delighted our participants. Further, this was the perfect back drop to inspire a love of the ocean and experience this new challenge.

Girl Guides of BC has never had an ocean based challenge before. The main goal of the challenge is to make it possible for girls and guiders to experience and explore the ocean, even without direct access to the seashore. But any challenge worth doing must also be fun, and that’s why it includes games, crafts and experiments. Girls had the Centre strewn with long lengths of toilet paper to illustrate the depth of the ocean; they played “erosion bowling”, made an ocean current in a bag, (wo)manned a submarine, listened to ONC hydrophone clips, and much more. Although it looked like chaos at times, most importantly the



Tamara Fraser demonstrates waves to Girl Guides

girls expanded their knowledge of marine science in fun and exciting ways. Shaw Discovery Ocean Centre’s Executive Director, Alison Barrett, and Ocean Networks Canada’s Maia Hoeberechts also delivered inspiring speeches that left the girls with no doubt that science is for everyone.

This being Baden Powell Month, it is fitting that the founding father of the Scouting and Guiding movement famously

said “Leave the world a little better than you found it”. As I’ve learned at ONC, the ocean is one of the planet’s greatest and most valued resources. It, too, needs to be left better than it is now. Hopefully, the Ocean Aware Challenge will inspire a few more girls to become ocean scientists – or at least ocean advocates – regardless of where they live.

To learn more about Guiding, the Ocean Aware Challenge or Ocean Networks Canada, visit

<http://www.oceannetworks.ca/>

Article reprinted courtesy of Seaside Magazine, February 2015 edition.



Cooking with Girls

Have you been daunted by the thought of cooking with your Guides or Brownies beyond grilled cheese sandwiches and cakes? The Cathedral Hill Community Guiding Unit and the 79th Victoria Community Guiding Unit got together over two different nights, January 23rd and 24th, to work on their cooking skills at Bowker Hall.

The Guides were first up on the Friday night. They were all excited as they gathered around to find that they were doing all the preparations and cooking for their dinner meal. And what a meal they prepared! - baked garlic parmesan chicken, baked seasoned potatoes and their own individual salads. In addition, the Guides prepared apple crisps for their tables. Oh, the happy faces as they launched into their assigned tasks!

The girls worked on their cooperation skills as they had to share the food, tasks, and tools. In the end, as the girls finished eating, they were extremely pleased with their efforts. We had so little waste that my dog would have been hungry from the lack of scraps!

The recipe below can be found on the <http://allrecipes.ca> website.



INGREDIENTS:

2 tablespoons olive oil
1 clove garlic, minced
1 cup dry bread crumbs
2/3 cup grated Parmesan cheese

1 teaspoon dried basil leaves
1/4 teaspoon ground black pepper
6 skinless, boneless chicken breast halves

Saturday saw the girls tackle pancakes and fruit for breakfast and chicken and veggie wraps for lunch. To finish off their day, the Guides walked up to Oak Bay Rec Centre and completed their swim and boat tests. All agreed they had had a fantastic time.

Not to be outdone, the Brownies had their sleepover as well. Although some parents were reluctant to send their daughters with a knife, as requested, most did show up with their cutting boards and a sharp implement. Many of the girls mentioned that they helped their families in the kitchen, but most were still uncomfortable with cutting up things. Well, they got to cut up lots. The Brownies made tacos in pita pockets - the leaders made up the meat sauce, while the girls prepared the vegetables. They also cut up lots of fruit for a fruit salad.

The Brownies finished off their evening with a movie and a bit of a late night but that didn't stop them from waking the leaders up bright and early at 6:00 AM! They left the camp having learned valuable new skills and had fun too!



Submitted by **Harla Batinovic, Camas District Commissioner**
and **79th Community Guiding Unit Guider**

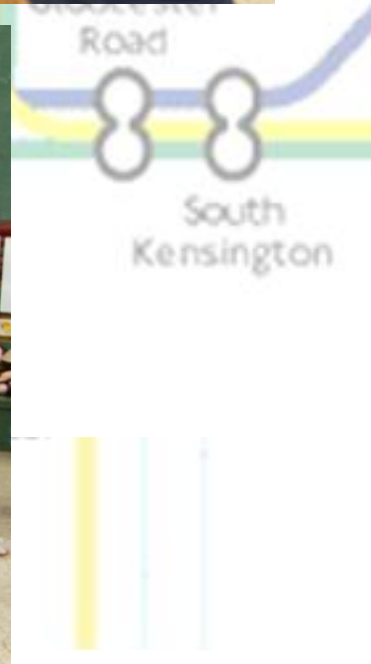
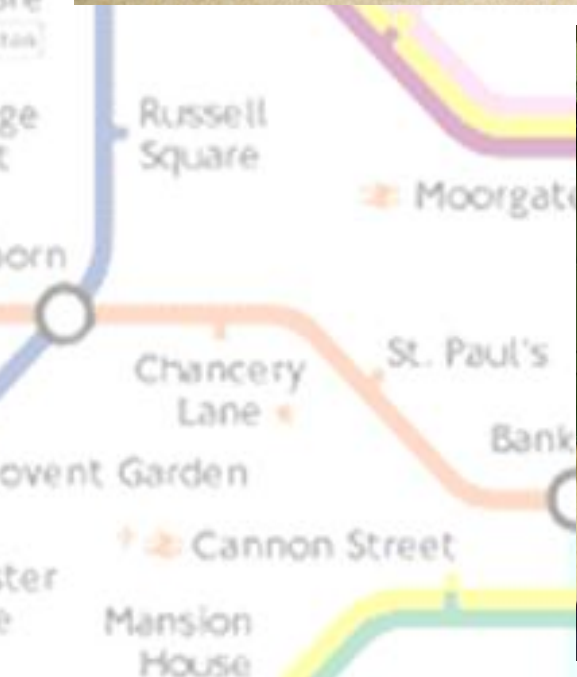
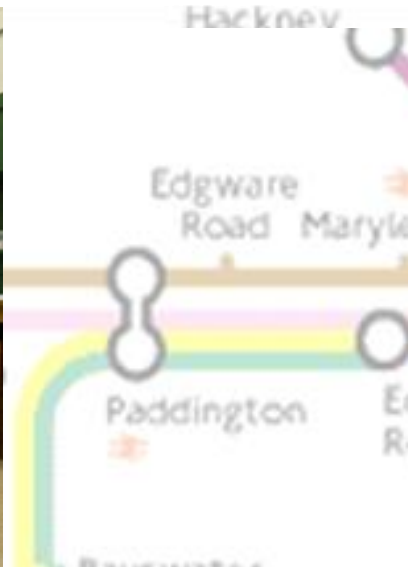
A Paddington Station Enrolment

Have you ever been to Paddington Station? The Peninsula Shores Brownie enrolment ceremony this fall was all about Paddington – the station and the bear. One of our leaders, Jacky, read the story to the girls in preparation for the big day and we recreated Paddington Station for the 13 girls who were enrolling with our unit. We borrowed a real live Paddington Bear from the Haunted Bookshop here in Sidney (in exchange for some marmalade and a box of Girl Guide cookies). The woman who owns the shop was once a Girl Guide so she was willing to loan her beloved bear for such an important occasion.

Each girl was given a tag for their sash that read 'Please look after this Brownie'. Our four 2nd year circle leaders led each of their circles from the station to the mirror and did the twisting and turning. After all the girls had received their enrolment and year pins, we said our Promise together, formed up in a horseshoe. We ended with a Grand Howl to thank Tamara Fraser, one of our District Commissioners, for coming to help us with our special ceremony.

**Submitted by Anne Gardam,
Brownie leader, 1st Peninsula Shores Brownies**





Soap for Hope

The Sooke and Westshore Rangers did more than shop at their Urban Camp in December. Between program work and touring Victoria's festive displays they managed to find time for more important things: service work. The weekend started with a visit to the headquarters of Disaster Aid Canada, a non-profit organization based in Victoria, whose mission is to provide hope, comfort and dignity to victims of disaster and to improve and promote hygiene at home and abroad. For the past twelve years they have provided shelter, water purification systems, hygiene kits, and other materials to aid survival after a catastrophe. They also do their part to help those in need in local communities. In addition to recycling soap and shampoo from hotels to create hygiene packs to send around the world, Disaster Aid Canada supplies personal care products (such as soap, shampoo, conditioner, body lotion, tissue, deodorant, toothpaste, toothbrushes, mouthwash, and vanity kits for women, including perfume, make-up and feminine products) to local homeless shelters.

The Rangers were given the opportunity to work with each other and Executive Director Anne McIntyre, to contribute to both the Christmas Backpack project and the Soap for Hope initiative. In less than an hour they put together 125 hygiene kits containing soap and a washcloth and various other toiletry items to put into backpacks for community members in need. After sorting multiple totes of soap into different types so that they could be processed and consolidating shampoo from small hotel bottles into four litre containers, they found one brand that really resonated. It was Philosophy's 'be somebody' product line and the label summed up the reasons service is such an important part of Guiding. *"The headlines you make in this life will be based on the difference you make in the lives of others"*. In the words of Sooke Ranger, Maryna Ell, *"we learned a lot that day about teamwork, hygiene, and how lucky we are; and hopefully we helped to make a difference"*.

That same day a thank you was posted on the Soap for Hope Facebook page (www.facebook.com/SoapForHope.DAC): ***Congratulations to this group of hard working girls! Today they certainly made a difference in the lives of many people!! Thank you.***



A month later, Girl Guides from the Pacific Skies district took part in a "Soap Squeeze". They also took individually-sized shampoo bottles and consolidated them into larger bottles, but in addition drew pictures and wrote notes to be included in the hygiene kits to be sent overseas.



In a December 14th *Times Colonist* interview, Executive Director McIntyre commented; "I am just limited by how many volunteers I can find to help package the materials". For more information on this important service project, and to learn about how you can get involved, go to their website www.disasteraid.ca or call 250-595-5974.



Submitted by **SVI Lamplighter Editor,**
Carol Gamey and Sooke Ranger, Maryna Ell





Girl Guides Mark a Century in Oak Bay

Katrina McLaughlin, 11, third-year guide and member now of the 1st Victoria, is flanked by former leaders Sheilagh Finnigan, right, and Sharon Doty, who now serve as commissioner and deputy commissioner respectively, and her leaders at 1st Victoria Anna Dzioba and Heather Shiedel. All admire Doty's badge-laden guide blanket.

Fun that breeds gut-busting laughter. A sisterhood building lifelong memories.

These are foundations of the Girl Guides as much as their Guiding Law: to be honest and trustworthy; use my resources wisely; respect myself and others; recognize and use my talents and abilities; protect our common environment; live with courage and strength; and share in the sisterhood of Guiding.

This year marks a century of sisterhood with the 1st Victoria Guides, one of the units that meet at Bowker Hall in Oak Bay.

"It's fun. There are a lot of different activities we do," said current member Katrina McLaughlin. Among the 11-year-old's favourite activities is the longtime Guide standard: camping.

"We get to do activities there we can't do at the hall. Also I just like sleeping in tents and cabins. You can actually cook your own food over the fire which is really nice," Katrina said.

Camps such as Kingswood on the Saanich Peninsula have "lots of space to run around" during annual functions. They hold memories, like waking up at the bottom of a hill after sleeping too near the door of her tent, or waking sporting a felt-pen moustache. Among its many outings, the programs provide epic sleepovers at the observatory, aquariums and overnights at Science World.

The memories are theirs as well, like creating a jello tree for their girls to 'find' in the morning.

"You'll bump into those kids 10 years later and they're still talking about it," Finnigan says.

Katrina interjects a tale of the recent vote to go outdoor skating at the Empress as opposed to an outing to the pool.

"We can actually choose what we want to do," she says. All activities are "choice based," agrees current 1st Victoria leader Anna Dzioba. "If you're comfortable you can join in. They don't have to be the one presenting a pet badge, they can watch and participate next time."

That growth, the build up of a girl's esteem and character, is a gift for the leaders.

"Watching girls that start off really shy and don't have a voice and seeing them blossom is amazing," said Doty.

"It builds self esteem. It's a really empowering thing," Finnigan added.

They strive to be as inclusive as possible, points out current co-leader Heather Shiedel. "If we have a shy girl, girls with disabilities, they're all included and we all get along," she says.

The 1st Victoria Guides is the first to mark a century in the Victoria District but many started as the First World War broke out in 1914. By 1915 there were five companies in Victoria.

"It started and it just 'bam' took over," said Doty. "They learned a lot of life skills."

Oak Bay owns the Bowker Halls that house the guides and scouts adjacent to Fireman's Park, but Kiwanis purpose-built them in the 1950s. The program over the past century has not only survived, but thrived.

"There are over 10 million members in 147 countries," says Finnigan.

"You can start when you're five, and we have women in our Trefoil Guild who are 94," adds Doty.

Guilds support the Guides by offering their skills in lesson form, or fundraising for activities in a lifelong sisterhood that spans generations.

When 1st Victoria used to visit Aberdeen, an Island Health residential care facility on Hillside Avenue, they shared stories with residents there who were guides as young girls, both in Canada and England. Many memories were stirred by the uniforms, the leaders say. It's something that happens a lot.

"A lot of people keep their uniforms," said Doty.

"It marks a passage of time that's bigger than yourself, broader than yourself," said Katrina's mom Christine, who was also a guide as a child.

As part of her uniform, Katrina sports a hat covered in "traders", small crafty works that embody memories of camps or outings. Tiny drinks, a small roll of toilet paper, a teeny plate of brownies all affixed with safety pins. Doty brought her badge blanket crowded with badges and crests from overseas trips to provincial campouts to local sleep-overs. The two commissioners remember taking the 1st Victoria on a trip where every girl got a hat, and within 15 minutes were back in the tents madly pinning their "traders" on.

"Trading sessions were epic," Doty says.

It all leads back to the empowerment of girls. All of the adult women say they've seen girls come out of bullying situations, emerging with a group of close friends. While the songs and uniforms of Guides may change, that foundation of sisterhood and friendship doesn't falter.

"[Guiding] changes with the times, but it retains its roots," Doty said.

"The core values and rules," Finnigan added. "If you follow the basic rules, you'll be a confident, self-assured, nice human being."

By Christine van Reeuwijk - Oak Bay News cvanreeuwijk@oakbaynews.com Reprinted courtesy of the Oak Bay News and posted on their website, Jan. 1/15. Image credit: Christine van Reeuwijk/News Staff

The Spirit of SVI Lives on in Our Girls

Here in SVI we are truly blessed – surrounded by caring, compassionate and thoughtful Sisters-in-Guiding. We know that if we are ever in trouble, or distress, or need a friend, there is a whole community of like-minded women who will be there for us. It may sound trite, but they are by our side in good times and in bad. We have made, and will continue to make, connections that will last a lifetime.

The same holds true for the girls who have joined our organization. Please read the inspirational and heartwarming story below, written by Katie DeRosa and reprinted courtesy of the *Times-Colonist*, and published on November 28, 2014. Emma Smith is a courageous young Guide from Portage Inlet District who is battling cancer. Robyn Sekul is a Guide in Bay to Bay District, who has taken it upon herself to raise money to help cover her friend's medical costs. Read on...



ADRIAN LAM, TIMES COLONIST
Emma Smith will be watching Saturday's Island Farms Santa Light Parade from the VIP section.

Student sells toques to raise money for friend with cancer

Others collect donations for Emma Smith through Christmas displays

KATIE DeROSA
Times Colonist

Eleven-year-old Robyn Sekul has known Emma Smith since she was three years old. Since preschool, the two have shared sleepovers, birthday parties and bake sales.

So when Robyn learned that Emma is battling cancer for the second time, she wanted to help.

This Saturday, you'll find Robyn and her mom, Suzanne, tending a stand at the Mount Doug Market selling hand-knit toques, hot chocolate and cupcakes to raise money for Emma's family.

Two years ago, when Emma was dealing with her

first diagnosis, Robyn set up a lemonadé stand that brought in \$1,200 in one day.

"That's the way [Robyn] has grown up, you do things for other people," said Suzanne Sekul, a Saanich resident. "She knows how wonderful and caring Emma is ... so she wanted to help."

Emma's parents, Darrell and Diane, are not able to work as they focus on Emma's health.

Emma was diagnosed with a malignant brain tumour on Oct. 1, 2012, and underwent an intense round of chemotherapy, only to learn exactly two years later that the cancer had returned, in the form of

tumours on her spine. Doctors have been closely monitoring her platelet levels in hopes of beginning chemotherapy soon at B.C. Children's Hospital.

Because of her illness, Emma has barely been able to attend her sixth-grade classes at Lansdowne Middle School.

But with fundraisers taking place across the region to help the Smith family, Emma's father, Darrell Smith, said the family is overwhelmed with gratitude. "It's absolutely marvellous," Darrell Smith said. "It's just heartwarming."

Emma will be watching Saturday's Island Farms Santa Light Parade from the VIP section as her brother Charlie rides the Ronald McDonald House float.

For the last eight years, Central Saanich resident

Evan Norris has set up an elaborate, 15,000-light Christmas-light display at his home at 6254 Springlea Rd. He and Kirk Buckland, who has a Christmas display at his Langford home at 377 Selica Rd., will be collecting donations for the family through boxes at the ends of their driveways.

"When you see local kids suffering from cancer, no parent should have to go through that," Norris said. "She's so strong and so any little bit helps."

Emma's dance studio, Wendy Steen Mitchell Dance at 2033 Belmont Ave., is also hosting a fundraiser Dec. 14 at 6 p.m. that will include dance performances, a silent auction and a bake sale. Admission is by donation and all the proceeds will be donated to the Smith family.

kderosa@timescolonist.com

SPRING SCRAPBOOKING and CARDMAKING EXTRAVAGANZA



DATE: Saturday, 21 March 2015

TIME: 9:00 am - 9:00 pm

**PLACE: Sidney Guide & Scout Hall
Third Street & Bevan Avenue**

COST: \$20.00

The Sidney Guide & Scout Hall Society is hosting this crop to continue to raise funds for the upkeep and improvements to our Hall.

We will provide free coffee, tea, and goodies. We will not be providing meals, but have full kitchen facilities available for participants who want to bring their own food.

Stacey from 'Scrapbook Essentials' will be on hand with her amazing store - she accepts cash, cheques and credit cards.

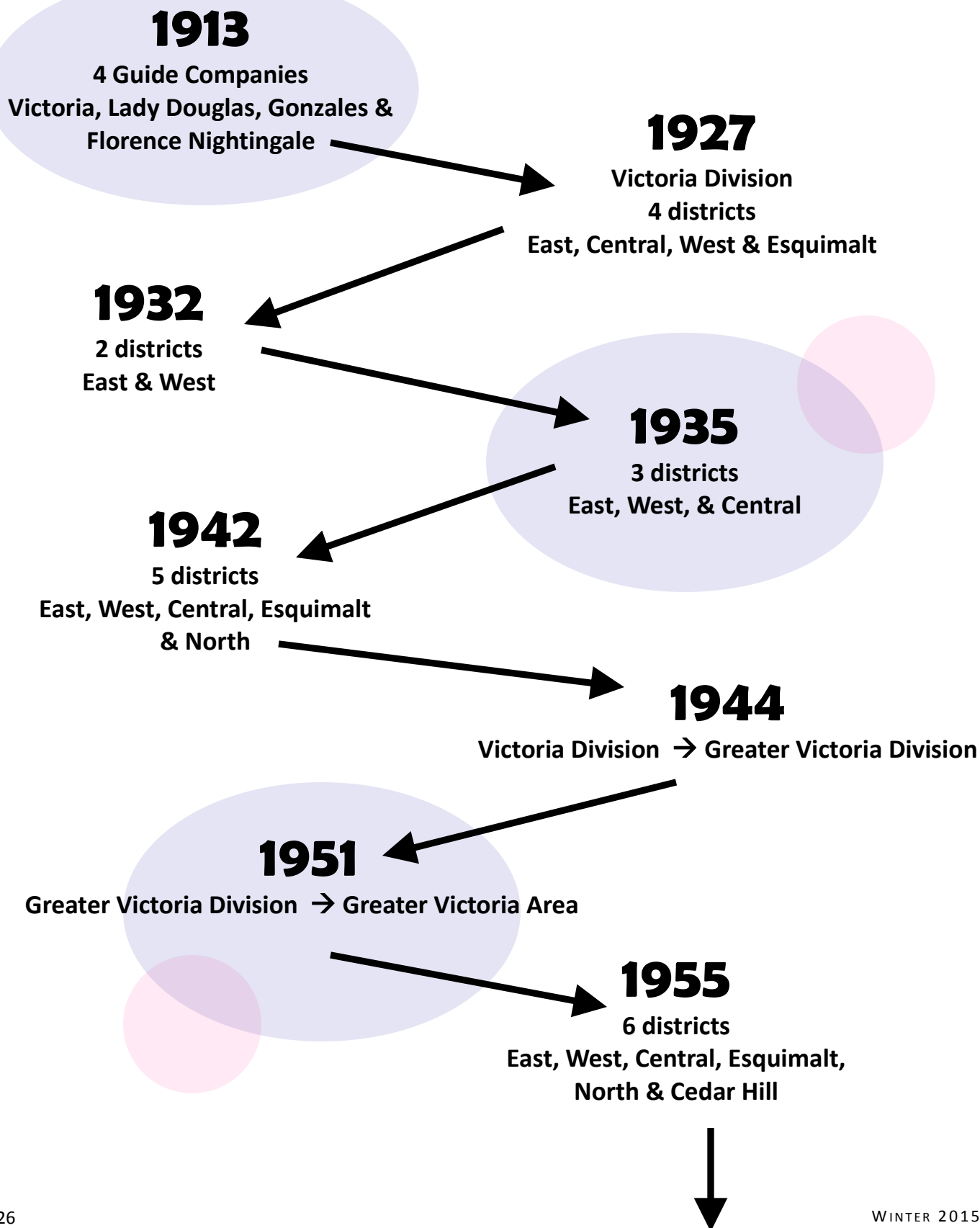
We will have a swap table for participants to share and exchange items.

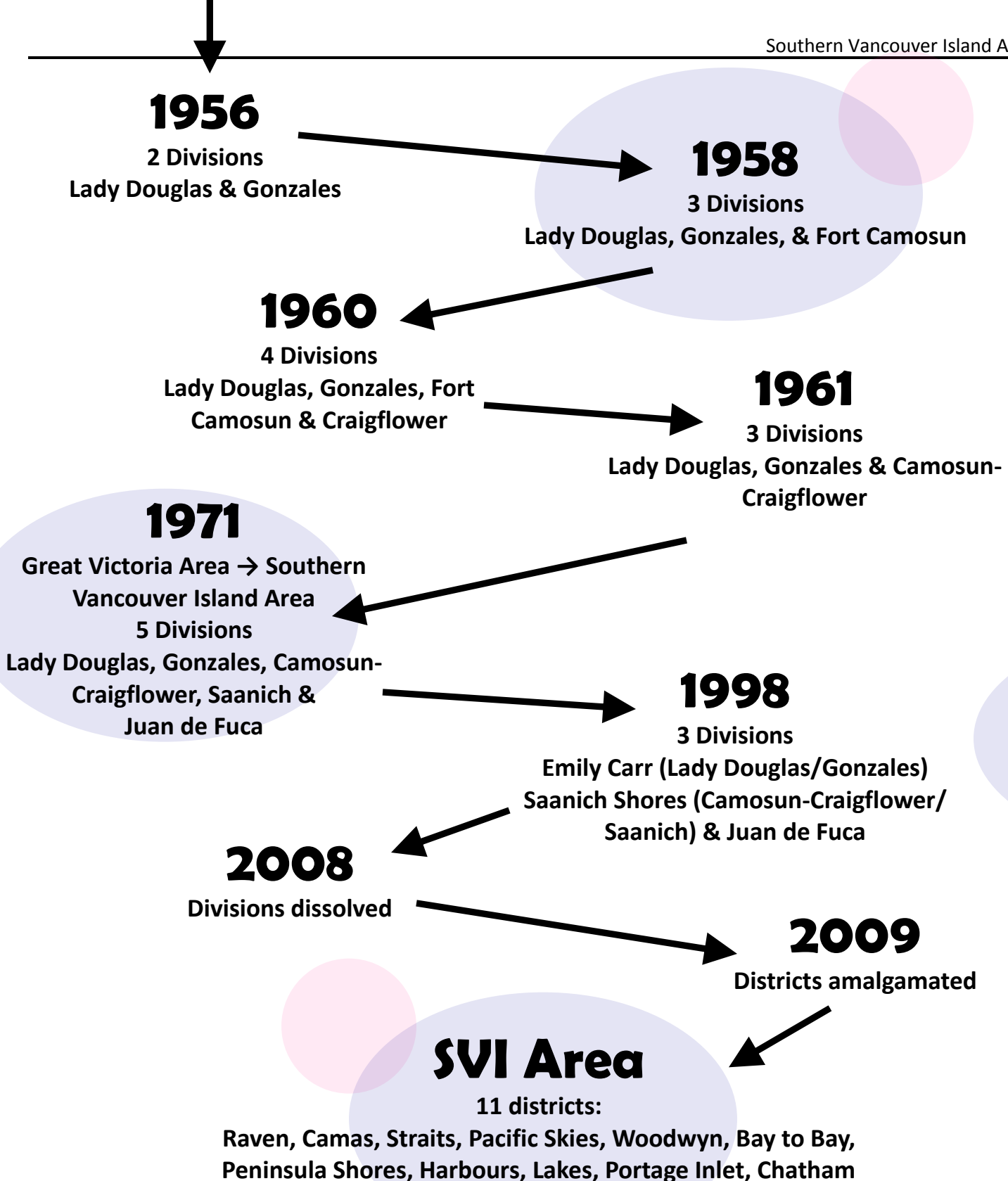
We'll have a grand prize draw for an item valued at \$50.00. To enter this draw, please bring along a small door prize valued at about \$10, from new or gently used scrapbooking or cardmaking items you are willing to part with.

**Please RSVP to Wendy: wkluge@telus.net
Payment can be made upon arrival at the crop**

A STEP BACK IN TIME... by Lynda Ireland

Here is a look back at our local history to show how SVI Area evolved over the last 100 years. If you follow the vertical timeline you will get a fascinating picture of our growth, decline, more growth, etc. - illustrating the cyclical nature of the Guiding organization and how it affected us right here in Victoria.





In 2015 the configuration of SVI Area remains stable, and for the most part has proven to be effective in better utilizing our human resources, improving communication and providing more efficient distribution of girl and adult members according to their geographic location. We must, however, always be prepared for change, as the last 100 years have shown.

Please Note: This timeline was originally published in the Fall 2014 Lamplighter. Unfortunately, during the formatting process some of the information for the years 1971 and 1998 was omitted. This is the revised version.