

UNIT GUIDER POCKET PAL



EMBERS 2024-2025 BC COUNCIL

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MISSION

To be a catalyst for girls empowering girls.

VISION

A better world, by girls.

GIRL GUIDE PROMISE

I Promise to do my best,
To be true to myself, my beliefs and Canada.
I will take action for a better world
And respect the Guiding Law.

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MOTTO

Lend a Hand

Be Prepared
Guide Motto

LAW

The Guiding Law challenges me 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
- share in the sisterhood of Guiding

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GUIDES OVERVIEW

For girls ages 7 and 8
Ember Units meet once a week, for 1 to 1.5 hours

In Embers, girls jump into imaginative activities and hands-on projects, gain new skills they can use in everyday life, make close friends, and find ways to “Lend a Hand” (the Ember Motto!) in their communities.

Your Ember could experience these activities.

- Making new discoveries while planting and gardening together
- Exploring healthy friendships and how to handle a conflict
- Visiting a local artist’s studio or meeting women who run local businesses
- Building skills with basic tools, like screwdrivers and hammers
- Leading their group in their favourite active game
- Learning about safety and basic camping skills

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Sparks (ages 5 and 6)

Sparks is a two-year program

Embers (ages 7 and 8)

Embers is a two-year program

Guides (ages 9-12)

Guides is a three-year program

Pathfinders (ages 12-15)

Pathfinders is a three-year program

Rangers (ages 15-17+)

Rangers is a three-year program

Link (ages 18-30) [email: bc-link@girlguides.ca](mailto:bc-link@girlguides.ca)

Link is to allow women 18-30 to stay connected to Guiding

Trefoil (ages 30+) [email: bc-trefoil@girlguides.ca](mailto:bc-trefoil@girlguides.ca)

Trefoil is for women 30+ to stay connected to Guiding

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There are eight program areas and each program area has three themes under it.

1. Guide Together (Our Story, Spirit of Guiding, Camping and the Great Outdoors)
2. Explore Identities (Being You, Different Together, Gender Power)
3. Build Skills (Money Sense, Life Stuff, How To)
4. Be Well (My Mighty Mind, My Physical Self, My Healthy Relationships)
5. Experiment and Create (Science Lab, Design Space, Art Studio)
6. Connect and Question (Local Communities, Canadian Connections, World Stage)
7. Take Action (Your Choice, Your Voice, Your Action)
8. Into the Outdoors (Nature Discoveries, Our Shared Planet, Camping Skills and Adventures)

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GUIDE PROMISE

I Promise to do my best,
To be true to myself, my beliefs and Canada.
I will take action for a better world
And respect the Guide Law.

GUIDE LAW SONG

I challenge myself with the
Guiding Law to be honest and true
To be wise in the use of resources I have;
To respect myself and others, too;
To know and to use my gifts and skills;
To protect our common world;
Live with courage and strength;
And to share in the joys of the
Guiding Sisterhood!

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ACCESSING THE GIRLS FIRST PLATFORM

Go to this website:

https://experience.girlguides.ca/ggc-login?_ga

You need your iMIS number to log into this, use your name as it appears in iMIS and the email address you have in iMIS

HOW TO EARN BADGES

- ♣ To earn a Theme badge it is recommended
 - Girls participate in 6-8 activities
- ♣ To earn a Program Area badge
 - Girls complete 2-3 theme badges/theme
- ♣ The guidelines to earn the Take Action Program Area are a little different –
 1. **Your Choice:** complete the Explore Your Passion Instant Meeting
 2. **Your Voice:** complete the Driving Change Instant Meeting
 3. **Your Action:** complete 1-3 actions

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At enrolment, Embers get their enrolment pin, membership year pin and certificate.

Enrolment requirements: know the promise, law and motto. Embers also need to learn the Guide Handshake and attend at least one meeting in their new branch.

SAMPLE ENROLMENT CEREMONY

OWL: Do you know that if you make your Ember Promise you must always try to do your best to carry it out?

NEW EMBER: Yes

OWL: Come to the toadstool and make your Promise as An Ember.

NEW EMBER: *stands by Toadstool and makes sign and recites promise.*

OWL: (Pins on the Ember Pin and circle emblem and welcomes her with the Ember Handshake.) You are now an Ember of the ____ unit. I trust you to do your best for the unit

*Make sure to involve the girls in planning their enrolment ceremony. The possibilities are endless!

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GIRL GUIDE COOKIES

Selling Girl Guide cookies is the main fundraiser for units. In the fall, the chocolate mint cookies are sold, and in the spring the classic chocolate and vanilla sandwich cookies are sold.

Breakdown of cookie money:

Cookie sales per case: \$60.00

National: \$26.50

Province: \$12.75

Area, district and unit share is determined by each area. Contact you Area Commissioner for information.

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THINKING DAY

Thinking Day is on February 22nd and is the shared birthday of Lord and Lady Baden-Powell who were the founders of Girl Guides. It is celebrated by Guiding and Scouting members worldwide.

The WAGGGS website usually has activities to do each year for Thinking Day and a crest associated with this.

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FIVE WORLD CENTRES

There are five world centres for Girl Guides.

1. Pax Lodge – England
2. Our Chalet – Switzerland
3. Our Cabana – Mexico
4. Sangam – India
5. Kusafiri – virtual world centre in Africa

There are programs and events held for Girl Guides around the world at the world centres.

Their websites (www.waggggs.org) has more information.

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INCLUSIVE GRACES

CAMPFIRE GRACE

(Tune: Fire's Burning)

We're thankful, we're thankful
For friendship, for friendship
And for good food, and for good food
And hands that prepared it.

KNIFE, FORK, SPOON, SPATULA

I'm a knife, fork, spoon, spatula, cha cha cha
I'm a knife, fork, spoon, spatula, cha cha cha
I'm a knife, fork, spoon, I'm a knife, fork, spoon,
I'm a knife, fork, spoon, spatula, cha cha cha

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AWARDS

There are awards for your contributions to Guiding and for those of the amazing women with whom you work.

Check the BC Council Awards Quick Reference and the Adult Awards Pamphlet on the provincial website, <https://www.girlguides.ca/web/BC/> to get all the details for the awards.

Check with your District Commissioner for more information about awards.

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GAMES

FRUIT SALAD

One (or more) girls are in the middle of the space and everyone else is lined up on one side. Everyone thinks of a fruit. The person in the middle calls out a fruit and if their fruit is called, the girls run across to the other side. The ones in the middle try to catch them, anyone who is caught becomes part of the middle. When the ones in the middle call fruit salad, everyone runs across and a new game is started.

BLOB TAG

One girl is it. She tags other girls and anyone who is tagged becomes part of one long chain (the blob) that continues to catch girls and they join the chain.

BUTTON

The girls all sit in a circle and someone is in the middle with their eyes closed. A button is passed around the circle while the girls sing "button you must wander, wander, wander. Button you must wander everywhere". Everyone then holds their hands behind their back and one girl has the button. The girl in the middle tries to guess who has the button.

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RESOURCES

My GGC - www.girlguides.ca

- Check your unit roster

Guiding Essentials

Safe Guide

Insurance Booklet

National and Provincial Fundraising Policy

The Brand Centre- requires login to Memberzone
<https://mz.girlguides.ca/web/MZ/Communications>

The Guide Store - thegirlguidestore.ca

Area Standing Committee Advisers

Provincial website - www.girlguides.ca/bc

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REGISTRATION FEES

Total - \$120 for girls

Area:

District:

Unit:

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MY INFORMATION

UNIT NAME AND IMIS NUMBER:

DISTRICT:

DISTRICT COMMISSIONER:

AREA:

AREA COMMISSIONER:

IMIS NUMBER:

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DISTRICT INFORMATION

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AREA INFORMATION

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