

This newsletter is created by the State Program team. The editor for this edition is Youth Member Maddy, with various articles from Guides across the State. And it is just for Guides!



TERM 3 IDEAS

If you're finding it hard to plan for Term Three, why not try:

- Yoga and meditation
- Minute to Win It games
- Take a trip to a chocolaterie
- Go on an adventure for book week
- Prepare for Stradbroke or work on camping skills
- Have a vet visit and teach you about animals and their job
- Basic first aid, making sure everyone knows what to do in an emergency



MEET THE UNIT

Heathmont HB Rangers is a Unit located in Ringwood that currently consists of 12 enthusiastic and crazy girls. We like to try everything at our Unit! We make use of every opportunity we receive by using places around our hall for nights, and participating in events in our area. We often have nights at Ringwood Lake or Eastland Shopping Centre, and we have participated in events such as Midnight-Dawn Laser Tag (which originated with our leader Speedy) and attended many camps like Jamborees and interstate camps like Quambatook in Tasmania. We are currently in the midst of organising a Trivia Night to raise funds for natural disaster relief. It will be held on Friday 2nd August at our hall on Bedford Road in Ringwood. We are also currently constructing a cart to enter in to a billy cart competition in this coming September. Heathmont Rangers is a great place to spend Monday nights socialising, learning, and having fun with an awesome bunch of girls :)





SUNSHIP EARTH REVIEW

by Ruby, Sunbury Wongurri Girl Guides

At least 3 days before we had to go to camp we got a passport and it came with a letter about what we were going to do on the camp. There were questions like how much water do you use a day. And how many times have you travelled around the earth, and for me that is ten because I'm ten.

The reason why we had passports is because of the activities about the earth.

One of my favourite activities was where we had to be a bird and the purpose of this was to understand how everything survives where it lives and I learnt that humming birds can have nectar. I didn't know that birds could have nectar, I thought that only butterflies and bees could have nectar, and what that activity taught us is that animals have to live somewhere they can survive like for example a superb fairy-wren can't live where a wedge-tail eagle lives because it will die.

SNOOZEFEST REVIEW

Quotes from Guides who attended

"It was nice to sleep outside. It's something I haven't done before under the stars. The rain added some excitement."

"I thought it was really fun"

"Well done on an awesome event, especially in the weather circumstances!"

NATIONAL TREE PLANTING DAY



by Michelle, Sunbury Bluebell Rangers

If you didn't already know, National Tree Day is coming up fast! This year it will be on Sunday the 28th of July, or for schools, on Friday the 26th of July.

Here's a little background info if you don't know what this is: National Tree Day was co-founded in 1996 by Planet Ark and Olivia Newton-John, and has now grown into Australia's largest community tree planting and nature protection event. Planet Ark is asking Australians to help us plant one million new native trees and shrubs across the country. Each year, about 300,000 people volunteer their time to engage in environmental activities that educate individuals about the world around them. It's a day to venture outdoors and get to know your community, and most importantly, to have fun!

If this sounds awesome, why not get your Guide Unit involved, and join one of the many local tree planting days across Australia! To find one, check out their website: <https://treeday.planetark.org/find-a-site/> to find an event to help out at. If not, you could host your own mini Tree Planting Day or meeting in honour of the day (it doesn't have to be on this day!) at your Guide hall, plant some native plants around, and learn a bit about these plants. It's a great idea for a service project if you need something else to do for your Action Guide badge, and it feels great to give back to the environment!

CHALLENGE ACCEPTED

Challenge Accepted is a 10-week competition designed by the Youth State Program Committee for Girl Guide 14+ Units. The Challenge will take place in Term 3, 2019. Each challenge will be released on Sunday night, and Units have until the following Saturday at 12.00 pm to submit their entry. Winning entries will be announced weekly and there are some awesome prizes up for grabs!



PREPARE FOR STATE LADY STRADBROKE CUP

Watch out for registrations opening in August!



GETTING ORGANISED

Read through the Information Book and the Assessment Book (which will be available on the GGV website as soon as registrations open) - they'll tell you exactly what you need to do to prepare!

This year's theme is "Around the Campfire" - start thinking about Patrol names, themed food, and campsite decorations you can use.

Once you've worked out who is going, decide on your roles within the Patrol. You'll need a Patrol Leader, Patrol Secunder, QM (Quarter Master - she looks after the food), First Aider, and maybe some other roles. You might have someone in charge of equipment, or coordinating fabulous outfits. Remember that the QM doesn't do all of the cooking - they're the person in charge of making sure that meals appear at the right times, and that everyone gets enough to eat.

IN THE LEAD UP TO CAMP

Some things you'll need to do, with your Unit Leaders:

- Work out your patrol roles.
- Plan a menu and make a shopping list (buy your food a couple of days before camp). Use the menu guidelines in the assessment book to help plan.
- Work out what equipment you'll need, what you already have, and what you need to borrow (check the Info Book for a list of what you need).
- Send in your Patrol registration and equipment hire form to the camp organisers.
- Make a camp flag, and learn how to put up a flagpole.
- Plan your gadgets, practise your knotting if you need to.
- Make a noticeboard (check the Assessment Book for what needs to be on it). Make it waterproof by covering it in plastic, or laminating it.
- Prepare your first aid kit, and brush up on your first aid info from the Guide Handbooks.
- Learn about gas and butane safety - read the notes in the Info Book. There will be a quiz!
- Have a practise cooking your Saturday night dinner and dessert. You will cook that meal on a wood fire in a drum, and your other meals with a gas or butane stove. Take note of how long everything takes and what equipment you're missing. Everything takes longer when you're cooking on a fire.



GADGETS

Get creative with your gadgets! you don't need to make a washstand and a tripod. If you Google 'pioneering' you'll see heaps of cool ideas. Your gadgets need to have a purpose (not just pretty sticks) and they need to have at least two correct knots or lashings for your simple gadget, and four different knots or lashings for your complex gadget. Gadgets can be partially made prior to camp.

If your Unit doesn't do much knotting, you might be able to find another Leader or a Trefoil member in your area to teach you.



WHAT CAN YOU COOK ON A FIRE?

Main meal ideas:

- Stir fries
- Pasta
- Stew
- Curry

Dessert ideas:

- Steamed pudding
- Campfire cones
- Golden syrup dumplings
- Apple crumble

Remember that everything will take longer to cook on a fire than it would on a stove.

Top tip: Washing up will be much easier if you smear some dish-washing liquid on the bottom of your pot before you start cooking. The black bits will come straight off without scrubbing!

STATE CAMP: IMAGINARIUM

JAMBORELLA: AGES 5-9

An indoor camp for Guides aged 5-9 at Britannia Park OR Lingbogol.

Get up close with the animals!
Enjoy a medieval theme dinner!
Unlock the box of mystery!



Register online:

www.guidesvic.org.au

JAMBOREE: AGES 10-13

An outdoor camp for Guides aged 10-13 at Britannia Park OR Lingbogol.

Unlock your imagination camping in the outdoors!
Have the chance to be... a detective, a scientist, a performer, a zoo keeper!
Explore Melbourne for the day!

IMPORTANT DATES

Monday 19 August

Online registrations
close



**Friday 27 September -
Sunday 29 September**

Jamborella

JAMBO: AGED 14-17

An outdoor camp for Guides aged 14-17 at Mittagong.

Go abseiling in the You Yansg!
Explore Melbourne by night!
Camp outdoors with your friends!

**Friday 27 September -
Wednesday 2 October**

Jamboree



**Friday 27 September -
Wednesday 2 October**

Jambo

CREATE A CHALLENGE - GIRLS

SELF CARE

With your Unit, spend some time making jewelry: friendship bracelets, necklaces, earrings and more. Take your time and make it extra special; after all beading can be extremely calming.

Write warm and fuzzies for all the people in your Unit and place them in envelopes so that they can read nice things about themselves and make everyone feel extra special.

Start pampering yourself by making homemade beauty products that make you feel special. You could try:

- Soap
- Face masks
- Lip balms
- Sugar scrubs
- Deodorant



LIP SCRUB

Ingredients:

- 3 tablespoons caster sugar
- 1 tablespoon coconut oil
- 1 teaspoon flavoured extract (vanilla, strawberry etc.)
- Red food colouring (optional)

Method:

1. Melt the coconut oil
2. Stir the coconut oil into the caster sugar
3. Mix in the extract
4. Colour if desired - this may tint your lips

COCONUT MILK SHAMPOO BAR

Ingredients:

- 1/2 cup coconut milk
- 1/3 cup liquid castile soap
- 1 teaspoon coconut oil
- Essential oils

Method:

1. Melt the coconut oil
2. Stir the coconut oil into a bowl with the coconut milk and castile soap
3. Mix through any essential oils you choose
4. Pour the mixture into ice cube trays and freeze to solidify
5. Store in the fridge

NATURAL HOMEMADE DEODORANT

Ingredients:

- 4 tablespoons coconut oil
- 3 teaspoons cornstarch
- 2 tablespoons baking soda
- Essential oils

Method:

1. Stir together cornstarch and baking soda
2. Melt the coconut oil
3. Stir in the coconut oil into the dry ingredients
4. Mix through any essential oils you choose
5. Pour the mixture into patty pans and allow to set



FOOD CHALLENGES

Using catalogues, cut out food items and arrange them into categories of eat rarely, eat sometimes, and eat often.

Need more of a challenge? Arrange them within the categories to which ones you think contain the most vitamins and nutrients to which have the least.

Learn about what nutrients girls need and in what quantities. Then organise a menu or meal planner that incorporates these things

Consider how these requirements may change over your lifespan: baby, toddler, child, teenager, adult, elderly.



FIND OUT ABOUT

Start an anonymous box where girls can write down topics or questions that can turn into discussions with the Unit.

Find out about the lives and things inspirational women did and how they live/ lived.

Learn about how to stay healthy both physically and mentally by practicing healthy eating, meditation and other ways of living that make you feel happy.

BOYS VS GIRLS

Make a list with your Unit about what's different between boys and girls.

Debate whether or not boys should be allowed to be Girl Guides. Get creative and don't just stop at the fact it is Girl Guides and they are boys.

Fill in the blanks to continue the story:

On the weekend, I went on a _____ Girl Guide camp with my unit!

I bought my new favourite _____ backpack and we went to a _____ campsite. We spent some time _____ and we always _____ on guide camps. We even got to go _____! We saw some _____, and even were visited by a _____! There were so many _____ that our leader didn't want to come out of her tent! We cooked _____ in a solar oven for dinner, and later we had _____ for dessert. Then we made a campfire and sang lots of songs. My favourite song was _____.

I slept in a tent with my friends _____, and _____.

We went to sleep at _____, and got _____ hours of sleep. I can't wait to go camping again!

WHAT HAPPENED THROUGHOUT TERM 2



WORDOKU

Complete the grid so that every row, column, and every 3 x 3 box contains Girl Guides. Solve the puzzle by using logic and reasoning.

		I			L			
	e			r	l		L	g
G		d						
	g				i			
u		r	g	d				
L	G							u
				r	l			d
					G			r
					d		G	

SCRAMBLER

Rearrange the letters in each line of the of the grid to form a new word, and write it in the second grid. If you've chosen your words carefully, a word will appear in the orange column, reading top to bottom.

1	S	U	T	D	Y
2	C	R	O	A	T
3	T	H	O	B	O
4	M	U	I	D	H
5	A	D	R	I	P

1					
2					
3					
4					
5					

Dusty 2, Actor 3, Booth 4, Humid 5, Rapid