

GUIDES DISCOVER



BEACH CAMP

Are you a Girl Guide in high school? Do you like having fun and chilling out with friends? The State Youth Program Committee is planning their first Girl-Led camp on 10-12 January 2020! There will be a range of fun activities including going to the beach and chill out time with no homework! Adults are only there to supervise. Payment plans will be available, and registrations will be opening online soon with limited spaces so you'll have to get in quick. We hope to see you there!

TERM 4 NIGHT IDEAS

- DIY Christmas presents or party
- Water night to cool off during summer
- Team building activities to learn more about other Guides and work better as a team
- Visit a local CFA, ambulance, or police station
- Halloween party or DIY
- Outdoor cooking night learning about making a fire and cooking on it
- Last minute Stradbroke preparation!

MEET THE UNIT

By Holly

2nd South Mildura Guides (pictured right) is located in the Sunraysia District at the very top of Victoria. The Unit contains seven very loud and energetic Junior Guides and two fabulous Junior Leaders. 2nd South Mildura Guides ranges from 7-16 years old.

The girls love using their imagination to do anything even, going on a 'trip to China' in under 2 hours! We loved competing in our District's bowling competition and winning. The Unit enjoys going on crazy adventures to Melbourne for State events via car, bus, train, and tram. We have just held a very successful pie drive to raise money for our Unit.

A unique thing about 2nd South Mildura Guides is that we have over 30 flags in our Unit. We looking forward to going on a canoeing camp in October to learn how to canoe.



IMPORTANT DATES FOR TERM 4

- 11 October:** International Day of the Girl
- 25-27 October:** Lady Stradbroke Cup
- 9 November:** Celebrate!
- 10-12 January:** State Youth Program Committee Beach Camp



BODY BADGE IDEAS

Food

- Cut out 20 different foods from a supermarket catalogue and sort them into foods that should be eaten often, foods that should be only eaten sometimes, and foods that should be eaten rarely.
- Follow a healthy recipe at home and share it at Guides.
- Try an activity from the Food badge.

Sun Protection

- Create a poster that encourages people to be sunsmart.
- With your Patrol, make up a radio advertisement about the dangers of getting sunburnt.
- Demonstrate the appropriate clothing and protection to use at the beach, while playing sport, etc. (either by bringing clothes or by drawing pictures)

Water

- Keep track of how much water you drink over a day, and see if you can improve your water intake the next day.
- Create a poster encouraging people to stay hydrated.

Exercise

- With your Patrol, try three different types of exercise.
- Make up a dance routine.
- Be able to list five tips for exercising safely.
- Make up a stretching and exercise routine and teach it to your Patrol.
- Try an activity from the Fitness badge.

Other

- Make DIY bath bombs.
- Learn basic first aid to be used in emergency situations.
- Using a mirror, write confidence boosting quotes and phrases to improve your mood when you are down.

RANGERS EXPEDITION BEERIPMO HIKE

By Hannah Kelly, Yarra City Power Rangers

On the first weekend of the holidays (20-22 September), five Rangers and three Leaders walked the Beeripmo track over two days which was 20 kms. We arrived at Richardson's campground on Friday, ate s'mores then went to bed.

Bright and early the next morning, we started the hike. It was mostly uphill on the first day and it rained pretty heavily. Despite this, there were some pretty spectacular views. We walked and walked 12 kms on the first day and rose over one kilometre in altitude (which equates to 162 floors)!

We ended up at Mugwamp Hut where we spent the night. It rained in the evening (again) and was pretty cold, but luckily we had enough tents to keep us mostly dry.

We walked the remaining 8 kms of the track on Sunday, which thankfully was mostly downhill!

Hazel says: "this was my most favourite camp ever!"



LAST MINUTE LADY STRAD PREPARATION

Are you and your Patrol going to the 2019 Lady Stradbroke Cup? Make sure you have the following before you go as well, as checking the Assessment and Information Booklet!

- Reflective tape or glow sticks to tie around gadgets and guy ropes so that you don't trip over them during the night.
- Table centrepiece that matches your Patrol name.
- Rubbish bins (with secure bin lids so that pests don't get into it) and bags, as your Patrol will need to take your rubbish home with you. Be mindful when shopping, and try to bring as least waste as possible.
- Waterproof coat, hip length or longer.
- 600 ml water bottle, pre-filled with water.
- Labeled personal first aid kit including: sunscreen, insect repellent, tissues, band aids, lip balm, and pads/tampons.
- Spare tent pegs

Remember that your Patrol is assessed on:

- Patrol - camp atmosphere, teamwork, and leadership
- Organisation - forms in on time, first aid kit, personal gear, bedrolls, personal hygiene, Patrol flag, and notice board designs
- Cooking - menu and choice of ingredients, preparation, cooking, food storage and hygiene, presentation, taste, and clean up.
- Gadgets - simple and complex gadget, flagpole, dilly bag line, grease-trap and noticeboard (can be partly constructed prior to camp)
- Camp layout - tent set up, kitchen area, equipment storage, fire safety, and cleanliness



THINKING DAY 2020

Girl Guiding and Scouting respects and values each person for who they are regardless of their race, nationality, ethnicity, religion, age, ability, appearance, gender, identity or experience.

World Thinking Day 2020 expands on the 2019 Leadership topic and helps individuals to see the world in the perspective of others, and encouraging inclusion and equity while celebrating diversity. The information pack available now on WAGGGS website now.

CHALLENGE ACCEPTED

In Term 3 2019, the State Youth Program Committee ran a challenge for all 14+ Units where each week there was a new challenge to be completed then sent in. Well done and thank you to everyone who competed!

INTERNATIONAL DAY OF THE GIRL

International Day of the Girl (11 October) is a day to promote girls' human rights and tackle gender inequality, discrimination, and abuse suffered by girls around the world. WAGGGS works together for a world where all girls are valued and develop their fullest potential.

Facts...

- 103 million young people worldwide lack basic literacy skills, and more than 60 percent of them are women
- 57 million children remain out of school
- 32 million primary aged girls are still out of school
- 98 million girls are missing out on secondary education
- 130 million girls and young women around the world do not have access to an education

What you can do...

- Raise awareness for this issue.
- Fundraise for organisations that support girls in making sure that their voice is heard.
- Volunteer at girl and female centred organisations.
- Celebrate what being a girl means and why all girls should feel safe, have opportunities, go to school and be heard.



EAST DONCASTER BANKSIA GUIDES AUGUST ACTION

East Doncaster Banksia Guides held an August Action Mini Market night to raise money for World Vision. On market night, our Hall was transformed into a market place and in a matter of minutes market tables were set up with pre-loved books, toys, stationery, hair bands, arts and crafts, jewelry, a photo booth, hot chocolate, cakes, biscuits, lollies and buns.

There was a great sense of community as the girls looked after each other's stalls so they could take it in turns going shopping. There was much chatter and laughter as shoppers practiced their bargaining skills. At the end of the night, over \$170 was raised for World Vision and there was a hall full of happy shoppers.



**"REMEMBER IT IS
NOT WHAT YOU
HAVE BUT WHAT
YOU GIVE THAT
BRINGS
HAPPINESS"**

- Olave Baden-Powell

UPCOMING INTERNATIONAL EVENTS

INDIA, Sangam: Essence of India | June 2020

MEXICO, Our Cabana: Day of the Dead and Mexican Traditions October 2020

INDIA, Sangam: For Her World July 2020

SWITZERLAND, Our Chalet: Swiss Experience October 2020

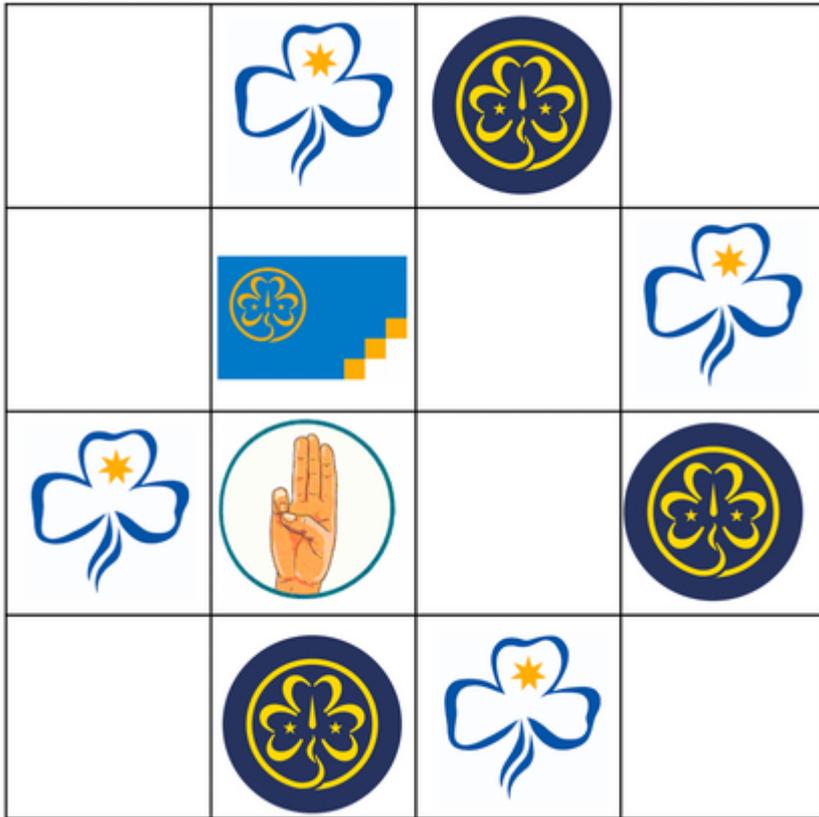
For more information...

https://www.girlguides.org.au/event_category/international-events/



FUN STUFF

SUDOKU



SPOT THE DIFFERENCE

Find 10 differences



WHAT AM I

I'm one of the animals in The Muppets, but I'm not a pig. I have large paws, but I'm not a lion. I have fur, but I'm not a cat. I sometimes live in caves, but I'm not a bat. I hibernate but I'm not a squirrel.

JOKES

Knock knock.
Who's there?
Europe.
Europe who?
No I'm not!

Knock knock.
Who's there?
Robin.
Robin who?
Robin you, now hand
over the cash.

Knock knock.
Who's there?
Cash.
Cash who?
No thanks, I'll have
some peanuts.

Knock Knock.
Who's there?
Tank.
Tank who?
You're welcome.

Knock Knock.
Who's there?
Kanga.
Kanga who?
No, it's actually a
kangaroo.