

The LogJam

May 2014

Girl Guides of Canada Pacific Shores Area

Letter from the Commissioner

It's May already! Where did the time go? We are being treated to a sunny, warm and blossom-filled Spring when the mind of a Guider is filled with plans for outdoor activities, camps, parades, final cookie sales, advancement ceremonies, awards & recognitions, Guider gatherings and meeting those ever looming deadlines. It can make you feel tired just thinking about it. Many of you are probably running on drained batteries right about now and yet the activity level has edged up a notch or two with so very much to accomplish before the guiding year is over.

Yes, the end of the guiding year is fast approaching and it's a busy time for sure. How easy it is to take on a little too much and feel stretched to the limit. To be a volunteer in this organization takes a significant time commitment but you wouldn't be doing it if you didn't love it. The reward of seeing young girls learn and grow makes it all worthwhile. To volunteer is to give of oneself in time and care, but you have a life outside of Guiding too. Your work, family and personal lives all need you. You are not only a Guider, you are a wife, mother, daughter, sister, friend and co-worker. We don't want any of those parts of your life to suffer because you are exhausted.

In the latest edition of Canadian Guider there is an article about Guider "burnout" that is well worth reading. A common weakness that volunteers have is the inability to say "no". The article gives suggestions on how to avoid "burnout" and how to take care of yourself when you've reached the limits of your energy.

Another article in CG talks about work overload with a reminder to all of us that it's OK to ask for help. Others won't know that you need help unless you ask. There's no shame in admitting that you're not Wonder Woman with superpowers (just don't tell your kids you really can't see through walls).

As you look at the photos in this edition of Logjam and you see the beautiful smiling faces of our girls accepting recognition for their achievements at the Guider Gathering in April, just remember...they were once a Spark or Brownie. Look at them now and know that you have been a part of their journey.

Give a round of applause and thank you to your families, co-workers and friends for sharing you with Guiding.

Yours in Guiding
Deanie Patten
Commissioner, Pacific Shores Area

T'was a great Guiders' Gathering!!

Saturday,
April 12th, 2014
in Crofton

Thanks to Water's Edge
District for hosting this
very enjoyable event.



Each table was named for a toy or game
... here are the Barbie Dolls!!



The day was filled with fun
and games ... This game was
all about acheiving balance.
Many tables didn't manage to
achieve it!!!



The event took place on Mary
d'Isendorn's 86 years young birthday
... so someone brought her a cake ...
which she shared.



Kevin Breakey and Morgan Darbyshire were pre-
sented with the Area Award largely for their efforts
on behalf of Camp Crien



Sorry Iris Symon but there just isn't room
here for all the wonderul photos you took



Battling over door prizes (that big box being
clung to at this table was one of them) brought
Guiders' abilities to share into serious question!!

Duke of Edingburgh Silver Awards



Sandra Chow and Olivia Robins, 2 members of Link, (shown here with Link Advisor Susan Zukz and Area Commissioner Deanie Patten) were acknowledged for having earned the Duke of Edingburgh Silver Award

Sandra and Olivia completed requirements in the four sections of the program, Service to Community, Physical Recreation, Skills, and Adventurous Journey.

There is a minimum of 30 hours of Service required, 6 months of regular participation and practice to achieve their chosen Skill, a minimum of 40 hours of Physical Recreation, and two Journeys required for their Expeditions, one Practice and one Qualifying.

The official presentation of these awards took place in Langley the week after this event. They were presented by BC's Lt. Governor. Sandra had the honor of presenting the Thank You Speech at the end of the Awards.

Bursary Winners



Pacific Shores Area Bursary:
Anna Rithaler (right), Amy Scott (middle) & Samantha Oldale (left)

Last Bastion Bursary:
Amy Scott

Edith Duncan Bursary:
Anna Rithaler

Canada Coird Recipients:
Keighley Becker .. Coastal Rainforest DS
Janean Griffith .. Coastal Rainforest DS



Virginia Lefaux .. Coastal Rainforest DS
Victoria Hunter-Phillips .. Coastal Rainforest DS
Santana Huetzelmann .. Malaspina Strait DS
Emily McComb .. Waters Edge DS

Madison Andrews .. Waters Edge



Earning the Chief Commissioners Gold Award this year:

Olivia Barry .. Waters Edge DS
Kathryn Turner .. Waters Edge DS



Our Campsite Shrank in the Rain!

That was a complaint of one patrol at the Pre-SOAR camp held May 2-4 at Rathtreavor Beach ... and Girl Guides are never wrong, so it must have happened. None of the other 17 patrols questioned the statement ... more proof that it was true.



Above, the tents and shelters required for 18 patrols, snuggled as close together as they will have to be during SOAR in Enderby this summer. The groups makes up about 5% the the total who will be Spirit of Adventure Rendevous ... BC Girl Guides' international camp held every three years. Left, 2 participants concentrate on Celtic Heart Knots. Below left, a closer view of one of the patrol sites. Below right, girls perpare a mail for the rest of their patrol.



Despite the weather, everyone seemed to have a great time. "Camp Like a Girl" is the crest each participant received at the end of camp.



CAMP CREINA VISIT

1st Campbell River Brownies and 1st Campbell River Guides joined together for a trip to Camp Creina to practise various methods of outdoor cooking. Arrival at the camp was delayed so Friday night activities were cancelled however everyone was up early on Saturday to make a breakfast of ham and egg sandwiches using a buddy burner. Brownies were paired up with Guides for this activity. Genevieve and Margaret from Cowichan came into camp and took the girls on nature walks where they learned how to identify different trees, mosses and lichens, as well as nature folklore. The girls also saw elk tracks in the camp. Guides built a campfire for everyone to cook their hot dog lunch on. All girls participated in a chat about hazards of camp, such as burns and poisonous plants. Guides then learned how to safely light a camp stove and propane lantern. All girls started the Japanese bracelet craft that was featured in latest issue of Headlamp (Kumihimo – Japanese Braiding). This went over very well and became something to do during downtime and on the bus ride back to Campbell River. All girls learned parts of a compass, how to take a bearing



The Thinking Day Baby



Campbell River District celebrates the birth of the first girl born on (or after) February 22nd. This year Penelope was born on Thinking Day and Paige Asmussen, 1st Campbell River Guides, and Sarah Baldwin, 1st Campbell River Brownies, presented her (and her mother, Yvonne Walford) with a Sparks doll, an invitation to join Sparks in 2019 and a pink outfit.



and practiced in the field to find the bearing of different landmarks. In groups, the girls prepared five “ovens” by lining boxes with aluminum foil and placing pans of briquettes in the bottom which was used to cook pizza and orange cakes. Three of the ovens worked really well and two did not (we think due to not getting enough air to burn). The orange cakes had to be finished on the stove. The girls loved them! One of the Guides led campfire on Saturday night, including two, new to the group, songs and skits. It was snowing when we woke up on Sunday morning however clean up went really well. It was a slow trip home but the bus was filled with lots of singing and work on the bracelet craft. Everyone had a great time and would love to go back to Camp Creina to spend more time!

What would camping be if you couldn't cook on a buddy burner?

Thinking Day 2014, Dogwood Trefoil Guild.



KATHLYN (KATE) HALL

December 6, 1914 – February 8, 2014

In March of 1927 Kate was enrolled as a Guide and continued her involvement in Guiding for more than forty years. She wore many hats beginning in 1937 as Lieutenant and then Captain of 1st Vancouver Co. at Christ Church Cathedral. She was a Tawny Owl (51st Ottawa), Guide Captain (62nd Montreal, 154th Toronto), Cadet Lieutenant (6th Toronto / Kingsway), and Ranger Captain (SRS Athabaska, Ottawa), Trainer, Camp Commandant and Advisor, Q.M, District Commissioner (Parkdale, Ottawa), Lone Secretary ('41 -'46) and Lone Commissioner for Canada ('46 -'47). With a nursing background, she held the position of 'Sanitation Officer' at the 1957 World Camp at Doe Lake. She earned the Blue Diploma in 1946 and was awarded the Medal of Merit in 1949. Following a break from Guiding in 1962, she joined the Last Bastion Trefoil Guild, Nanaimo in 2000 and remained an active member of the group until the end of 2012.

As her husband's career criss-crossed the country to Montreal, Toronto, Ottawa, Saskatoon and Nanaimo, her Guiding connection quickly made her a part of each new community. Her volunteer service in Nanaimo included helping to found the ALS Society of BC in 1980 after the death of her husband Ken from this disease. An active member, mentor, & role model with the Canadian Federation of University Women, she was also known as a world traveller, skilled sailor, avid bird watcher, meticulous stamp collector, talented church choir member, enthusiastic bridge player, and petit-point expert. Many of us are fortunate to possess one of Kate's special Christmas ornaments handcrafted in fine petit-point... a lasting reminder of a very special Guiding sister.

"The Dogwood Trefoil Guild has a tradition where we always discuss the Millenium goal for that particular year for Thinking Day Ceremony. As such this year we discussed the education for primary school aged girls. On a cold snowy Feb 22nd 9 of us met at the Waterwheel Park in Chemainus, we stood in a horse shoe as the world Guides completes our circle, we lit a candle and proceeded with the ceremony.. We read information about the issue with education in the targeted countries as well as the issues of education right here in our own back yard. There are many families who have needs in regards to how the children get help. We also discussed how we can help the unfortunate countries and so we have a project going on where we send pillow case dresses , school supplies ie books etc to the Compassionate Resource Centre in Victoria and they gladly except our donations and these are then sent on to counties where a need is felt. This way we feel that we contribute towards the goals set for this year. Every year we try to observe the requirements of the Millenium Goal. We sang the 'He has the whole world in His Hands,' we did the 'World Hunger Grace' and then all of us went for lunch at the Owls Nest in Chemainus. Here we were met with our other members who could not be out in the cold for the ceremony for health reasons and we also had a guest from Wales. There were 16 of us at the lunch. Thinking Day correspondence from various twin countries we communicate with as well as our friends in India. were read"

Nearly 50 Trefoil Guild Members enjoyed a
"Springtime In Paris"
 luncheon, decked out in hats & some gloved, for a day of fun,
 friendship & of course a French food menu, Can-can dancers & songs

Choice of Turkey vegetable or Pumpkin soup
 Rolls, crackers or bagette with creamed cheese & antipasto
 Spreads of tuna, salmon, ham or egg salad
 Raw veggies & dip, sliced tomatoes, pickles
 Sorbet served in a hollowed fruit shell, cookies & chocolate candy
 Fruit punch, tea and coffee

Below are guest register book signers:

Pacific Shores Area

8 Fun Seekers/Parksville-Qualicum:

Mary Sheil, Cherryl Hossack, Marie Randall, Elizabeth Marsland
 Dorothy Bennett, Wendy Haines, Phyllis Young, Carol Harris

8 Last Bastion: Sheila Carter, Nancy Bothamley, Kathy Brown, Kathy Disher, Inez Polkinhorne, Marie McCallum, Isabelle Armstrong, Margaret Wehner

9 Upper Vancouver Island/Campbell River: Diane Askey, Vicky Stubbs, Pam VanHorne, Jacque Laing, Linda Borgfjord, Arlene Smith, Gerry Cockran, Ruth Seabloom, Linda Hodgkin

1 Boomers: Elenor Hurst

3 Comox Valley: Margaret Standish, Bonnie Harbidge, Mary Savy

1st Internet: Mary d'Isendoorn Cowichan: Ethel Backlund

13 Southern Vancouver Island Area Guild Members

-Elaine Eastman, Mary Mitchell, Joan Ruskowski, Margaret Sharples, Heather
 Nichol, Pat Handy, Marjorie Shaw, Sandy Shumka, Erlene Amero, Joan
 Kwaitkowski, Joan Yasedjian, Jean Baluch, Peggy Akenclose



CAFÉ BONNE

AMIE

MENU DU JOUR

SOUPES

À la dinde et aux légumes
 Au potiron (à la citrouille)

TARTINES AVEC GARNITURES VARIÉES

Pain et petits pains
 Bagette avec du fromage à la crème
 Antipasto
 Salade de thon Salade de saumon
 Salade d'oeufs Salade de jambon

ACCOMPAGNEMENTS

Plateau de crudités
 Tomates en tranches
 Laitue Beurre
 Cornichons

DESSERT

Sorbets aux fruits tropicaux
 Des biscuits
 Plateau de fruits

BOISSONS

Fruit Punch
 Café Tea
 Sucre / Lait / Crème



A BIG THANK YOU TO

<<<<Our Hosts – Funseekers Trefoil Guild:

(left to right)

Carol Harris, Phyllis Young, Dorothy Bennett,
 Cherryl Hossack, Wendy Haines, Dorothy
 Marsland, Marie Randall, Mary Sheil

Last Bastion Trefoil Guild >>> (front left)

Marie McCallum, Kathy Brown, Inez Polkinghorne
 (back left)
 Sheila Carter, Isabelle Armstrong, Nancy Bothamley,
 Kathy Disher, Margaret Wehner



Your Camera's Automatic Light Meter May Not Be Your Friend



It didn't look dark inside this cooking shelter at the Pre-SOAR camp ... to the human eye, the details were clear and bright. So why is this photo so dark?

Because the light meter picked up the brightness of the white tarp and used that as the brightness indicator. The same thing happens when the background is snow, sky, water, sand, or when your subjects are standing with their backs to the edge of the forest.

It may require some juggling but make sure the faces in your photo are as well lit, or even brighter than the background. ***Your girls will love you for it!!***



Four members of the Dogwood Trefoil Guild joined a number of other BC Trefoil Guild members for a trip to Sangam for Thinking Day this year.

Anne Treacy, Donna Ferguson, Sally Pylke, and Dee Smith were in Pune for 10 days and then went on a tour of the Taj and several Mogul forts, palaces etc as well as a tiger safari.

Photo above, 2 of the ladies with Guiding members from India. Left, a group gathered for the Thinking Day Ceremonies at Sangham.



Deadline for the next issue of Log Jam:

Monday, September 1st ... Labour Day

Lreeve@telus.net

But don't wait, send things in as soon as you have them