



## GUIDING REMEMBERS CHALLENGE

AN AWARENESS CHALLENGE FROM THE BC  
PROGRAM COMMITTEE

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# Introduction

Welcome to the Guiding Remembers Challenge for all branches of Guiding. This challenge has been created to encourage youth and Guiders to explore the concepts of Remembrance and Peace concerning our Canadian contributions towards peace and stability in the world. This is part one of a two-part challenge. It can be completed any time of the year and is not limited to November and Remembrance Day. The second part of the challenge, the Guiding for Peace Challenge will focus on the concept of Peace in the World; this challenge was launched in January 2018.

Sincerely,

The BC Program Committee

## Objective

To explore the concepts of Remembrance and Peace concerning our Canadian contributions towards peace and stability in the world.

## Challenge Requirements

To earn the Guiding Remembers Challenge, youth need to complete 4 different activities, one of which must include a community component. This community component may include attending a Remembrance Day Event, visiting a memorial, having a Veteran attend a meeting or writing postcards to Vets or Active Service members of our military. You can complete this challenge in just one meeting or go into more depth and complete it over a series of meetings with outings. Requirements are the same for all branches, with the expectation that the older branches will have a deeper reflection and more complex activities.

When you have completed the activities, complete the [BC Challenge Crest, Pin, and Camp To Go Order Form](#), which can also be found on the [BC Girl Guides](#) website (click on Youth Engagement > Program > Program Challenges). Before filling out the Order form, please read the [BC Challenge Crest, Pin, and Camp To Go Information](#) document to understand the pricing and payment for the various crests, pins and merchandise.

# GUIDING REMEMBERS CHALLENGE: TRACKING SHEET

Complete at least four activities; one must have a community connection. Remember, you can always substitute your own activities that meet the objectives.

## REMEMBERING OUR HISTORY

**Objective:** *To reflect on our historical contributions as a Country:*

- |  |   |
|--|---|
| <input type="checkbox"/> Flanders Field      | <input type="checkbox"/> Borrow a Boot                  |
| <input type="checkbox"/> Watercolour Poppies | <input type="checkbox"/> Book a Speaker                 |
| <input type="checkbox"/> Make a Poppy        | <input type="checkbox"/> Girl Guides and The War Effort |
| <input type="checkbox"/> A Letter Home       |   |

## REMEMBERING IN OUR COMMUNITY

**Objective:** *To learn and think about Peace and Remembrance in our community:*

- |  |  |
|--|--|
| <input type="checkbox"/> Visit a War Memorial or Cenotaph          | <input type="checkbox"/> Volunteer at a Veterans Hospital or Senior Centre |
| <input type="checkbox"/> Participate in a Remembrance Day Ceremony | <input type="checkbox"/> Plant a Peace Garden                              |
| <input type="checkbox"/> Visit a Museum                            | <input type="checkbox"/> Postcards for Veterans                            |

## REMEMBERING THE GLOBAL IMPACT OF WAR

**Objective:** *To reflect on the Global consequences of war and peace:*

- |  |   |
|--|---|
| <input type="checkbox"/> Sadako and Peace Cranes   | <input type="checkbox"/> Canadian Peace Keepers |
| <input type="checkbox"/> Impact of War on Children | <input type="checkbox"/> Animals and the War    |



## REMEMBERING OUR HISTORY

### Flanders Field

1. Read a copy of the poem in Flanders Field. A copy and background information can be found here: <http://www.veterans.gc.ca/eng/remembrance/history/first-world-war/mccrae>
2. For Sparks and Embers, borrow an illustrated copy of the book from the library and read it to them.
3. For Guides and Pathfinders, print out the poem so youth can read out phrases. Pre-cut and number sections so the youth can easily read them in order.
4. Sit in a circle with electric candles.
5. Read the poem aloud as a group.
6. Reflect on the symbol of the poppy and the story.
7. Make a watercolour painting of poppies if time permits.

#### Supplies

- Printouts of poem
- Cut out phrases for youth to read; be sure to number the slips of paper.

### Watercolour Poppies

1. Dampen Watercolour paper with a sponge.
2. Using fingers, press into red paint and dab onto paper to create soft poppies
3. Add details such as stems and leaves to the poppies using a thin brush.
4. Let the painting dry.

#### Supplies

- Watercolour paper
- Watercolour paint
- Brushes
- Water
- Sponge





## Make a Poppy

1. Cut out some felt so they have a poppy shape.
2. Layer the felt pieces and sew the buttons to the middle of the poppy. Leaders may want to help the Sparks by using a hot glue gun to attach the button to the poppy.
3. Attach a pin to the back of the poppy so that the youth can wear the poppy on their uniform shirt or jacket.
4. Alternatively, the youth can make several poppies and glue them to wooden chopsticks or skewers to create a bouquet.
5. Template and images of the craft shown above can be found at the following website: <https://layers-of-learning.com/veterans-day-poppy-craft/>
6. Discuss with youth the history of the poppy as a symbol of remembrance. A simple description can be found at: <http://guidingjewels.ca/sparks/meeting-plans/131-18-sparks-remember>



### Supplies

- Poppy as a sample
- Red felt
- Black button
- Glue
- Needle and thread
- Scissors
- Pins
- Wooden skewers or chopsticks.

## A Letter Home

From the website: Guiding Jewels; originally available on the Scouts Canada website but no longer available.

<http://guidingjewels.ca/Embers/stories/364-story-remembrance-day-letter-to-mom>

1. Read the letter from home and have the youth do the actions below.
2. Ask the youth if they have any family members who served in a previous war or are presently serving in our Canadian Arm Forces.
3. Discuss what peace means and how we can create a more peaceful community. Remind youth (if they do not mention this) that peace starts with accepting and tolerating differences between people.

### Supplies

- Printed copy of letter





## INTERACTIVE STORY

**Instructions:** Certain words in the story require the youth to perform an action. Ask the youth to sit in a circle. Divide them into three groups, assigning each group the action for one word (see below). When “Peace” is read, everyone does the action. Read the story, allowing the youth time to do the action when they hear their word.

### Action Words

**FAMILY** – Stand up, hug themselves

**CHRISTMAS** – Stand up, say “Ho, ho, ho”

**SOLDIERS** – Stand up and salute

**PEACE** – Everyone stands up, raises their arms in the air, and shouts, “Hooray!”

### Letter to Mom

January 1, 1944

Dear Mom,

Happy New Year! I hope you, Dad and the FAMILY had a great CHRISTMAS. Was I ever glad to hear from you! You don't know how happy it makes me to get mail. Reading your letters gives me such a boost. It has been a bit tough for us over here lately. But the other SOLDIERS get to be like FAMILY. We all try to look out for each other!

One of the SOLDIERS that came over with me took a hit a couple of weeks ago, but he tells me he's going to be fine. He told me, “It was my friends and the nurses who helped me get through it.”

How is everyone? Gosh I miss all of you. Tell my sisters that I'm relying on them to look after my old dog. I expect them to take every bit of care of him as they do that old horse of Dad's. Tell them that sometimes we have used mules to carry our supplies over the mountains.

It is so very sad to see the people who are struggling for PEACE in the midst of a war. The towns are a mess. There are walls tumbling down everywhere. As we move north, we hope we are getting closer to the day when we are at PEACE and we can all go home.

At CHRISTMAS we were treated to a real CHRISTMAS dinner. We had candies, nuts, oranges, apples and extra chocolate bars. Funny how little things mean so much. Too bad though, after we ate, and sang a few carols, we all went back to the fighting. Things are quieter now, so don't worry!

I know that we are protecting PEACE and freedom but, sometimes, I think about the SOLDIERS we are fighting against. Just like me, they have FAMILIES waiting for them back home. I heard that one of the SOLDIERS from Quebec (insert your province) is being talked about for a big medal, maybe even a Victoria Cross. That would be a bit of an honour! They say without the brave actions of he and his men, taking this little old town would have been a lot harder for the rest of us.

One of our officers reads all our mail, so if there are any holes cut in this letter don't be surprised. It just means that I said something I should not have. Thinking a lot of home. Maybe next year we will all be together as a FAMILY for CHRISTMAS! Pray for PEACE soon.

Your affectionate son,

George





## Borrow a Boot

Combat boots provided a powerful symbol of remembrance during the ceremony marking the 100<sup>th</sup> anniversary of the Battle of Vimy Ridge at the Canadian National Vimy Memorial in France on April 9, 2017. Thousands of modern-day combat boots surrounded the memorial for the ceremony.

### Supplies

- Arrange boot from Canadian Armed Forces-
- Map showing Canada and France
- Printouts as needed from lesson plans

1. Contact the Canadian Forces to "Borrow a Boot". You can get a combat boot used at the Vimy Ridge 100 and educational lesson plans by going to the following online link: <http://www.veterans.gc.ca/eng/remembrance/information-for/educators/learning-modules/vimy-ridge/borrow-a-boot>
2. Why not Borrow a Boot? You can borrow a pair of the combat boots that were part of the 100<sup>th</sup> anniversary ceremony at Vimy Ridge, free of charge, with return shipping included. Contact toll free at 1-877-604-8469 or by email at [RO-SAC@vac-acc.gc.ca](mailto:RO-SAC@vac-acc.gc.ca) for further details.
3. Follow suggested activities from lesson plans attached to the above link. Age appropriate descriptions of the story of Vimy Ridge as well as colouring sheets, mazes and other meeting ideas.



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## Book a Veteran or Active Member to Speak

1. Most communities have local support agencies for military and their families or a legion. You may have family members of youth in the unit who have served or are presently serving in the military and would love to come and talk your unit. These can be booked through this link: <http://dgpaapp.forces.gc.ca/en/vet/index.asp>
2. Female Veterans and active service members can also be booked through the following link at the Memory Project: <http://www.thememoryproject.com/book-a-speaker>:
3. Skype video conferences can be arranged for those units located in small remote communities where there are no members available to speak or do a presentation.

## Guides Contributing to the War Effort

1. Girl Guides around the world were busy in their communities during the First and Second World Wars. There is a book called "How the Girl Guides won the War" by Janie Hampton which describes some of the skills that Guiding provided to women who joined the Forces as nurses, ambulance drivers and decoding messages.-
2. Learn more about the role of Guides during the war

### Supplies

- Semaphore flags
- Triangular bandages
- Flashlights



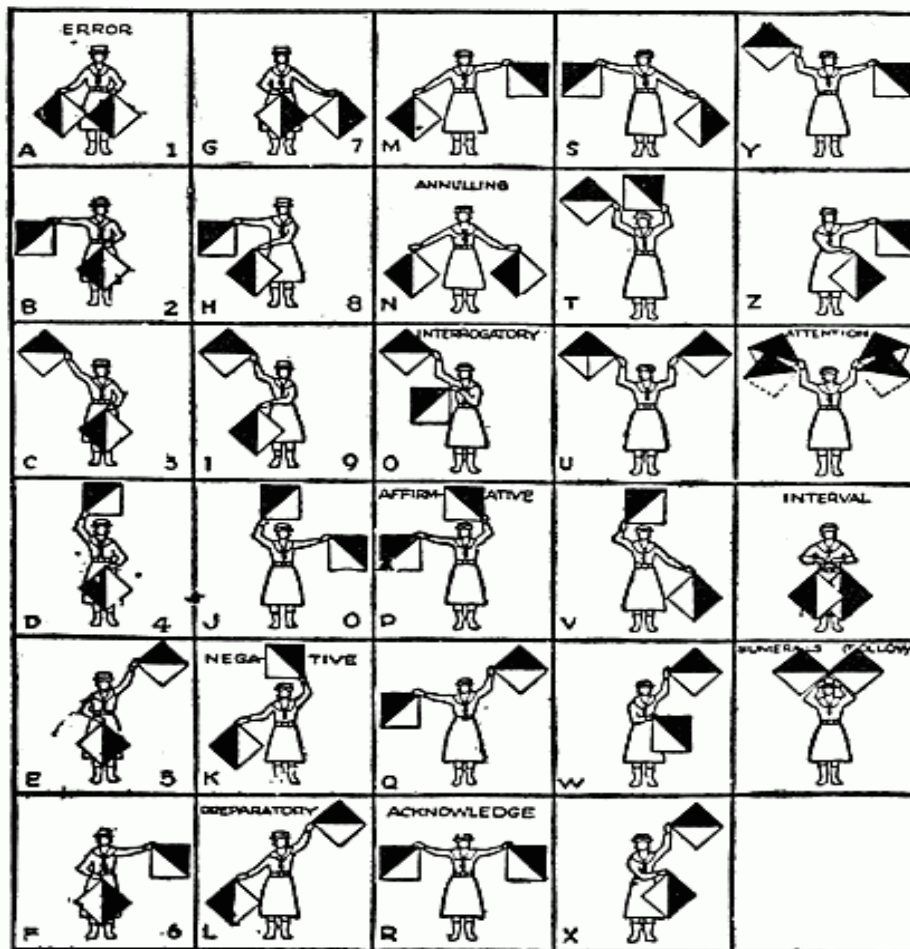
from this CBC Radio broadcast: <http://www.cbc.ca/archives/entry/youth-guides-prepares-young-women-for-service>

3. Read more about Guiding in the war years and look at photos on these websites: <https://owl-and-toadstool.blogspot.ca/2011/11/role-of-youth-guides-during-war-time.html>

and

<http://www.wyatheritage.com/homefront/main.asp%3Flevel1=community&level2=organizations&level3=girguides.html>

4. Try some wartime skills and send messages to each other. Borrow a set of semaphore flags or make your own and try to send a message. Girl Guides were trained to bike up to the tops of hills and send messages with their flags. You can make your own flags by taping 4X4 paper to drinking straws and colouring the square two different colours.



5. Try some other wartime skills such as practice your first aid skills by doing splints and making slings.
6. Try sending a message with Morse Code using flashlights! Morse Code is explained on the next page.



## Learn Morse Code from February 2010 FunFinder

Morse Code was designed for an electric telegraph invented by Samuel Morse in the 1840's. It was very popular for radio communication in the 1890's and the start of the 1900's. Although typically thought of as a code you can hear with short —dots— and long —dashes—, Morse code can be used with any signal which has 2 switches or can be turned on and off, creating a short signal and a long one. A long —dash— is simply a longer amount of time that the signal is visible/heard/felt. Examples are using a whistle, card painted white on one side and black on the other, tapping your finger, blinking your eyes, even flashlights! Morse code is still being used today on the radio, in the Navy and as a tool for people with communication barriers.

Using the alphabet on the back, try to relay your name or these messages to a partner in Morse code. Hold the flashlight —on— for a short time (one second) for the dot, and a long time (3 seconds) for the dash. For a space between letters wait 3 seconds, between words wait 5 seconds.

SOS: S O S (international signal for trouble)

(...)(---)(...)

Hello: H e l l o

(...)(.)(-..)(-..)(---)

I Love Girl Guides:

I l o v e G i r l G u i d e s

(.) (-..)(---)(...)(.) (---)(..)(-..)(-..) (---)(..)(..)(-..)(.)(...)

Great activity for relaying secret messages from tent to tent at Camp!

A dash is equal to 3 dots

A gap between parts of the same letter is equal to 1 dot

The space between 2 letters is equal to 3 dots

The space between 2 words is equal to 5 dots



A ••	U •••-
B - ••••	V ••••-
C - •••	W ••-
D - •••	X - •••-
E •	Y - •••-
F •••••	Z - ••••
G - •••	
H ••••••	
I •••	1 •••••-
J •••••-	2 •••••-
K - •••	3 •••••-
L •••••	4 •••••-
M - •••	5 ••••••
N - •••	6 - •••••
O - •••	7 - •••••
P •••••	8 - •••••
Q - ••••	9 - •••••
R ••••	0 - •••••-
S •••••	
T -	



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## REMEMBERING IN THE COMMUNITY

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### Visit a Cenotaph or a War Memorial

As a unit, visit a local Cenotaph or War Memorial. You can have a private candle light ceremony. Youth can read poems that they have written or read aloud poems or sayings that they have found that are meaningful to them.

The great thing is that this type of ceremony can happen anytime during the year!



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### Attend a Remembrance Day Ceremony

1. Participate in your local Remembrance Day Ceremony.
2. Request that your unit has permission to lay a wreath during the ceremony.
3. Offer to be part of the ceremony by acting as ushers or distributing programs.
4. Enquire about distributing poppies. This is one of the few exceptions, whereby Girl Guides of Canada can assist another non-profit in collecting money.



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### Visit a local Museum

1. Tour your local museum and visit the historical displays that pertain to the war years in your community.
2. Your local Legion or military base may also have a museum or displays with old tanks and uniforms. Call your Legion to see if there are any displays near your community.

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### Volunteer at a Local Veterans Hospital or Legion

Plan a visit to your Veterans Hospital, Legion or Senior Centre that services Veterans in your neighbourhood. If none exist in your region, or if you are not sure where to go check the following link:

<http://www.veterans.gc.ca/eng/remembrance/get-involved/postcard-for-peace/veterans-healthcare-facilities?o=true>

1. Contact a hospital or an agency to set up a visit.
2. Have the youth decide what they would like to do for their visit. Some ideas include:



- Singing songs and doing a performance.
- Visiting when another function is occurring to serve juice and cookies.
- Assisting in a scheduled activity such as decorating the Christmas tree or helping with a craft or game such as bingo.
- Bringing baked goods that they have prepared (if permissible by facility).
- Helping with the garden or raking leaves.
- Reading to seniors.
- Creating and distributing themed cards such as Holiday Greetings, Valentine's Day cards, etc.
- Making decorative centrepieces for their dining tables.

## Plant a Peace Garden

1. Find a location to plant a Peace Garden. This could be at your Guide Camp, Guide Hall or another public location. Get permission for a public space. Depending on your location, you could plant poppies or spring bulbs, such as tulips.
2. Paint a small wooden sign or paint rocks to identify the garden as a Peace Garden and your unit's name.
3. Decorate rocks with symbols of peace to scatter in your garden.
4. If you can't plant an actual garden, you could create one with Poppy Pinwheels or vases of Poppies as a centrepiece. Examples can be found on Pinterest or: <http://www.fabmums.com/2010/05/10/monday-crafts-poppies-made-with-felt-and-straws/> and <https://www.muminthemadhouse.com/pinwheel-poppies-a-remembrance-day-veterans-activity/>
5. If your unit wants to create a lasting legacy, funding for projects to non-profit groups may be available. More details and the application form are available here: <http://www.veterans.gc.ca/eng/remembrance/funding-programs/commemorative-partnership/engagement/guidelines>

### Supplies

- Seeds or bulbs
- Wooden markers
- Paint and paint brushes
- Varnish

## Postcards for Veterans

1. Pre-cut card stock to appropriate postcard size.
2. Preprint message on one side of the postcards. Be sure to include a description such as "Greetings from Canadian Girl Guides" or "Thank you for your service from the 1<sup>st</sup> Victoria Girl Guides."
3. Have the youth add a message such as "Thank you" or "We remember your service." Remind youth not to include personal information on their postcards.

### Supplies

- Cardstock precut to size
- Markers or pencil crayons
- Preprinted message
- Stickers, glitter and bling



4. Select the occasion and where you will send them. For example, you can distribute them directly at your local Remembrance Day Ceremony.
5. You can also message Vets by mailing them to a nearby Veterans facility. If none are close by, you can find a facility for elderly Veterans by contacting your local Legion or by using the adjacent link to locate a facility nearby where you meet: <http://www.veterans.gc.ca/eng/remembrance/get-involved/postcard-for-peace/veterans-healthcare-facilities?o=>
6. If you would like to send a valentine containing a personal message of appreciation to a Veteran, please send it by February 1 to:  
Valentines for Vets  
Veterans Affairs Canada  
Commemoration, Distribution Unit  
125 Maple Hills Ave.  
Charlottetown, PE C1C 0B6

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## GLOBAL IMPACT OF WAR

### Sadako Story and Peace Cranes

Sadako was a young Japanese youth who became ill with leukemia after being exposed to radiation after the nuclear bombs at Hiroshima. While in the hospital, they set the goal of folding 1000 paper cranes to symbolize hope. Sadly, they passed away from their disease, but a Children's Peace Monument was created in Japan. It is decorated with Peace Cranes. Our youth can mail cranes to this monument. <http://www.city.hiroshima.lg.jp/shimin/heiwa/crane.html>



Peace Cranes have become a symbol of peace. For directions on how to fold a crane, refer to this website: <https://peacecraneproject.org/book/>

#### Fun Things to Do with Peace Cranes

- Add a string and make it into an ornament.
- Add a pin back and wear it as a "pin for peace."
- Hang them from your school backpack.
- Decorate your book covers.
- Make several cranes and string them to make a "peace mobile."
- Make many cranes and give them to friends as "Peace Gifts."
- Organize a "thousand cranes project" in your school.
- Give it to someone in the hospital.
- Donate it to the 1,000 crane project.
- Decorate a community Christmas tree.

#### Supplies

- Copy of the story of Sadako
- Print out of directions for Cranes
- Origami Paper



## Impact of War on Children

1. Discussing the impacts of war on children is a difficult subject. Still, it likely will come up, especially with older branches. As a Guider, get informed on the subject.
2. Look at the activities, especially the ones on the origins of conflict and taking action.
3. Pre-screen and watch some of the videos on the stories of individual children. This one has children speaking about how war has impacted their education. It is effective and not graphic.  
<https://www.youtube.com/watch?v=1LHj9yzk7ok>.
4. There are also videos of individual stories; these can be very sad. Use your judgment in showing these videos, even with the older branches.  
<https://www.youtube.com/watch?v=T62jY65f8R8>

### Supplies

- Computer or video to play the children's stories

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## Canadians as Peacekeepers

1. Learn more about Canada's role as peacekeepers across the globe through various UN missions.  
<http://www.thecanadianencyclopedia.ca/en/article/peace-keeping/>
2. Look up some of the regions where Canadians have travelled to and work as peacekeepers on the World Map.
3. Lester Pearson, one of our Canadian Prime ministers, won a Nobel Peace Prize for Canada's role in the Suez Crisis. Canadians helped to bring peace and stability to a troubled region. As a group, talk about how peace is important in our community and how we can bring peace into our community. Create a poster titled "Girl Guides for Peace" and draw symbols and expressions of peace to display at your meeting hall, the local school, community centre or library.

### Supplies

- World map
- Poster paper
- Markers or pencil crayons

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## Animals in the War Effort

1. Veteran's Affairs Canada has great booklets that are age-appropriate. This series is about animals in the war. The pamphlets are free and great for your units. You can read the stories and do the activities. Download or order one of the information packages regarding animals in the War Effort:  
<http://www.veterans.gc.ca/pdf/remembrance/information-for/students/tales-of-animals-in-war/tales-animals-war->

### Supplies

- Order pamphlets from Veterans Affairs, or print out activities





[2017.pdf](#)

2. Past additions of these great booklets are also available online: <http://www.veterans.gc.ca/eng/remembrance/information-for/students/tales-of-animals-in-war>

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## Remembrance Around the World

Different countries all around the world have different ways of remembering their soldiers.

Australia and New Zealand have memorials on Anzac Day, April 25<sup>th</sup>, commemorating the battle in Gallipoli

<https://www.activityvillage.co.uk/anzac-day>. Use the link to make Anzac biscuits and print colouring or activity sheets.

To learn more about Anzac Day, follow this link. <http://www.forteachersforstudents.com.au/site/themed-curriculum/anzac-day/>

More descriptions of Days of Remembrance from around the world and photos from ceremonies around the world can be found here: <http://time.com/3892385/memorial-day-2015-world-celebrations/> and <http://www.techtimes.com/articles/19955/20141111/veterans-day-2014-around-the-world.htm>

### Supplies

- Coloring sheets printed
- Crayons or markers
- Baking supplies



## ALTERNATE ACTIVITY RESOURCES

The important part of any Girl Guide program is to be flexible while fulfilling the objectives of the program. You are welcome to use the activities listed within this resource or find alternate activities:

1. <http://www.veterans.gc.ca/eng/remembrance/information-for/educators>
2. <http://www.veterans.gc.ca/eng/remembrance/those-who-served/women-and-war>
3. <http://www.thememoryproject.com/book-a-speaker>
4. <http://www.city.hiroshima.lg.jp/shimin/heiwa/crane.html>
5. <https://www.activityvillage.co.uk/anzac-day>
6. <http://www.forteachersforstudents.com.au/site/themed-curriculum/anzac-day/>
7. <http://time.com/3892385/memorial-day-2015-world-celebrations/>
10. <http://www.techtimes.com/articles/19955/20141111/veterans-day-2014-around-the-world.htm>
11. <https://Embersmeet.wordpress.com/2016/11/05/remembrance-wearing-uniform-to-school/>
12. <http://guidingjewels.ca/Embers/meeting-plans/366-19-poppy-memories>



## PROGRAM CONNECTIONS

The Youth First program is youth-driven and designed to be highly flexible and agile. We encourage you to visit the [Digital Platform](#) to determine how this challenge fits into the Program Areas and Themes.

You may want to start exploring the following Program Areas:

- Connect and Question
- Take Action
- Guide Together

This is not a comprehensive list, and remember that you can apply your activities to the Youth First program as you see fit.