100 years with a Purpose...

Alberta CGIT Association

Middy Media

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ALBERTA CGIT ASSOCIATION SPRING 2015

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“For the support and education of Alberta CGIT and Explorer leaders”
PRESIDENT’S MESSAGE

The CGIT PURPOSE

I don’t know about you, but 2015 has come upon us quickly. It seems not that long ago that the CGIT Association was first discussing our upcoming 100th Anniversary and what we could do to make it special. And… here we are!!

It seems whenever any alumnae get together, they discuss their memories of CGIT and all the traditional things that bond CGIT all across Canada: the middy, the Hymn, camping, the CGIT clap, Taps, the silly songs and games. The one tradition that bonds us the tightest is the CGIT Purpose.

Our Purpose is straight forward in its expectations of being a CGIT member:

“As a Canadian Girl in Training, under the leadership of Jesus”…
the expectation is that we recognize the value of Jesus’ life lessons and live those lessons each day

“it is my Purpose to Cherish Health”…
the expectation is to understand the importance of taking care of our body and doing something about it

“Seek Truth”…
to not assume all information is correct and to search out the truth, from more than one source

“Know God”…
to look inward, understand the importance of our spiritual journey and accept where it may be taking us

“Serve Others”…
to have empathy for those in need and to take the necessary steps to reach out and help, wherever and whenever we can

“and, thus, with His help”…
to understand that our Purpose can be daunting without help

“become the girl God would have me be”…
This expectation is the most important of our Purpose. Becoming the girl… woman… that God would have us be. The person who people can trust and have confidence in. To be a person with an independent nature, with leadership skills, self-confidence, persistence, optimism, a passion for what we love, and an understanding of our strengths… and weaknesses.

There is a lot all wrapped up in this Purpose of ours. There is a lot expected of us, but if we stop and look, we will find that in each and every day, we have, in some way, lived our Purpose. Our Purpose is a guideline to how to live our lives and how to keep focused on Jesus’ life lessons, and to find strength, to do it all, in God. We need to say and live our Purpose… every day.

Warm fuzzies,
Valerie Jenner
It’s HERE!! Our milestone Anniversary!!
CGIT is celebrating “100 Years with a Purpose”!

As an Association, we are thrilled with all the events being planned for current members and alumnae too! Such history we have to celebrate…and celebrate we WILL!

Watch for info and flyers, throughout the Middy Media, highlighting events and dates to mark on your calendars. Girls/Leaders event, Alumnae and friends event, Teas and Anniversary services are being planned across the province… celebrations galore!

I know Zone Contact, Carrie Reid, carriereid@shaw.ca will be contacting groups to hear about your Anniversary plans. We are anxious to hear how you will celebrate. Carrie is a valuable resource to our Association and our link to you, the leaders, who meet regularly with the girls. We are thankful for her dedication and thankful to you for all you do to share the heart and purpose of CGIT and Explorers with your groups.

Remember the CGIT office has the following to use at any of your events:

- CGIT & Explorer Display Boards
- CGIT Middy Fashion Show

Contact: 780-532-2947 or email: cgit@telus.net

We want to preserve and share all the ways CGIT is celebrating this milestone, be it teas, Anniversary services, floats in the Canada Day parade… let us know how YOUR group is celebrating this milestone. And make sure you share your celebrations with us, after your event, by sending information and pictures to our MM editor, Dianne Woytovich, at dwoytov@gmail.com. She does an amazing job of creating this newsletter for us and is always thrilled to receive new content.

Just a reminder to any groups who have yet to forward their registration and PIPEDA forms, groups are only covered by our “insurance” plan if they are registered with the Association office. Providing email addresses also ensures we have an easy, effective way of getting information out to the girls about upcoming events. Please ensure you forward your forms to the address below.

Alberta CGIT Association, 5720 Lodge Crescent SW, Calgary, AB T3E 5Y7

Our “CGIT Alumnae & Friends Women’s Weekend” at Camp Wohelo has been booked for September 18 - 20, 2015 (note the date change from the September Middy Media). Track down your former CGIT friends and leaders and share the date, so they can mark their calendars, too! It’s guaranteed to be a weekend of celebrating, sharing and relaxation for all who attend. And, an opportunity for you, as leaders, to enjoy the beauty of Camp Wohelo at an adults only event. Check out our Facebook Event Page: CGIT Alumnae and Friends Women's Weekend

Warm Fuzzies
Contact Coordinator: Brenda Stouffer  780-830-4067  email: brenandgary@gmail.com
It's here! It's official! It's 2015 and we are 100 years young!

The Program Team is excited to be planning and preparing for the best anniversary celebration yet.

Our biggest project is the Girls and Leaders Event happening May 22-24th at Camp Wohelo on Pigeon Lake and we hope you are all planning on attending. When will you ever get a chance like this to celebrate 100 Years with a Purpose with girls and leaders from around the province? We will be having games, crafts, singing, yoga and zumba... and more fun than you can shake a middy at. Although the Alberta CGIT Association is covering most of the cost of this Rally there is a small fee for the girls to attend. In the past some groups have done fund raising to support their girls attending and to help cover the costs of transportation to and from the event. The Association has camperships available to cover the nominal registration fee if needed. We do not want the registration fee to be a reason for anyone to not attend. The registration fee for the rally is $25 per girl and there is no charge for leaders. Hopefully you have sent in your groups annual registration forms so that each girl will get her own invitation and registration form mailed directly to her (but you are welcome to copy the one in your Middy Media package with the girls).

Throughout the year there will be other activities as well... we hope that your group is planning on hosting your own celebrations. Let us know what you have planned! We want to publicize and share in your events too. Are you having a party? Are you participating in your Church’s Worship? Are you hosting a tea to honour the many CGIT Alumnae in your congregation and community? The possibilities are endless and we have resources to help make your event even more special.

We have prepared a worship service that you can use, we have the Middy Fashion Show that is always fun and entertaining, there are CGIT memory books – photo and memorabilia scrapbooks for many of the decades CGIT has been active in Alberta, we have display boards you can have at your church or event, and a slide show of CGIT pictures from “way back”. So I hope that your group is busy thinking about how you will promote and celebrate CGIT during this Special Year.

We are looking for photos. If you can scan and email me any photos that depict CGIT events past and present I would greatly appreciate them. email to BarbaraLShanahan@gmail.com

Make sure you join our facebook group “Alberta CGIT 100 Years with a Purpose” to learn what is going on, and connect or reconnect with others who are excited about CGIT past and present.

MISSION STATEMENT

CGIT provides a place for learning and communicating where girls and women may experience acceptance and the presence of God as they become the persons God would have them be.
ZONE CONTACT REPORT

Hello everyone and welcome to a **new** and **exciting** year in CGIT. We look **awesome** for being **100 years old!!** Anyone who is or was involved in CGIT/Explores are young at heart and our age reflects this. True passion, energy, hope, desire, energy, love, commitment and lots of laughs are what Canadian girls in training are made of so let’s celebrate this amazing milestone with gusto, pizazz and enthusiasm. Be proud and strong of who we are and where we are heading!!

**CGIT**

**Drayton Valley:** Busy practicing for their Vesper Service and was presented on Nov. 30th. They were doing it as an Advent service and adding candle lighting. They plan on hosting an Anniversary Event but no decisions made to date.

**Lethbridge:** They have 2 new leaders to take on the new grade 7 group. All the grade 12’s returned and there are a few girls with Sheila in the mid range grades. Busy with lots of activities and working on the Vesper Service

**Grande Prairie:** Has 7 girls with one more anticipated in the new year. Hosted their Annual Neewollah party, with the Explorer girls as their guests, plus worked on their Vesper Service which was held December 7. They are planning to host an Anniversary tea in the Spring.

**Taber:** They have 9 girls. They have attended the corn maze, helped at the food bank and held initiation. Their Vesper Service was December 14th. They are planning a mission study around the 100th anniversary in March. They plan to wrap up the mission study with the middy fashion show.

**Explorers**

**Grande Prairie:** 10 girls now registered. Great Fall camp at the Jenner Cabin, attended church with CGIT for CGIT week, worked on Star work and held Initiation Ceremony.

**Lethbridge:** The girls created an Explorer Themed Wreath for the Lethbridge Regional Hospital Foundation's annual Christmas Tree Festival. Proceeds will go to the pediatric unit at the Hospital – great way to show the girls how it’s not always money we can donate. Way to use your time talent and treasures!!

**Trochu:** Ilona is working with a split group. She has Jr. Explorers – 4 kids (boys and girls) from grade 3 – 4, and CGIT with 3 grade 7’s and 1 grade 5. They enjoyed the Vesper Service bible study and will be doing a condensed version of the Vesper Service at a church service. Making jar lid coasters and peppermint ornaments from the Middy Media for their fundraiser. A possible camp at Kasota with the group is in their plans for the new year.

Enjoy the fun and exciting events that are coming our way. I look forward to seeing you all at Camp Wohelo **May 22-24!!**

Namaste- Carrie
Crafting Fun:

Button bowl:

Blow up a balloon.
Glue buttons to it.
Let dry.
Modge podge over the buttons.
Let dry.
Pop balloon.
Enjoy your bowl!
(decorative purposes only)

Alphabet Fun:

Here’s a fun project to do for yourself or as a gift for a friend.

Buy a plain wooden letter and hot glue some buttons on for unique wall décor.

Embellish with beads and gemstones to fill in the nooks and crannies.
Let’s Get Cookin’

These are amazing Cookies: (Makes about 3 dozen cookies)

Ingredients:

- 1 cup sugar
- 1 cup corn syrup
- 1 jar (18 oz ounce) peanut butter, crunchy or smooth
- 6 cups corn flakes
- 3 oz good quality chocolate

Directions:

Combine sugar and corn syrup in a medium saucepan. Place over medium-high heat and stir until the mixture comes to a full boil. Remove from heat and stir in the whole jar of peanut butter. Mix well.

Add corn flakes to a large bowl. Pour peanut butter mixture over corn flakes and mix well, taking care to coat all of the corn flakes.

With a tablespoon or cookie scoop, scoop out and form into 1-2 inch balls, depending on your preference, and place them on a cookie sheet lined with parchment or wax paper.

Put the chocolate in a small bowl and melt in the microwave for about 30 seconds. Stir until smooth.

Drizzle the melted chocolate over the cookies.

Enjoy! Source: stickygooeycreamychewy.com

Fun & Games: Balance Relays:

1. Create an obstacle course for a relay, around chairs, under a rope etc. Youth must complete the obstacle course carrying a ping pong ball on a spoon. If they drop the ball they must start over.

2. Blindfolded Pyramids: Team member, blindfolded, must go to a designated area and stack six plastic cups pyramid fashion then return and pass the blindfold to the next team mate. Leaders should knock the cups down between people.
Discussion Starters:

Peer Pressure:
Help the girls to stand up to their friends' negative influences and resist peer pressure.

Press a newspaper comic strip character onto a flattened piece of Silly Putty. Show children the image and stretch the putty as you say: "God has created each of us. God has the right to form us since he is the artist who gave us life. When we're pressured by our friends to do something other than God's desire for us, we give in to peer pressure and compromise. We become something God didn't intend for us to be."

Many times our closest friends have the strongest influence over us. Let's see how Jesus dealt with peer pressure from a close friend."

Read aloud Matthew 16:21-23

New Living Translation (NLT)

21 From then on Jesus began to tell his disciples plainly that it was necessary for him to go to Jerusalem, and that he would suffer many terrible things at the hands of the elders, the leading priests, and the teachers of religious law. He would be killed, but on the third day he would be raised from the dead.

22 But Peter took him aside and began to reprimand him for saying such things. “Heaven forbid, Lord,” he said. “This will never happen to you!”

23 Jesus turned to Peter and said, “Get away from me, Satan! You are a dangerous trap to me. You are seeing things merely from a human point of view, not from God’s.”

Ask:
- "How did Jesus react when his close friend tried to persuade him not go to Jerusalem and risk persecution?"
- What would've happened if Jesus had given in to Peter's peer pressure?
- What would the world be like today if Jesus had given in to that peer pressure?"

Say:
"Peter was trying to protect Jesus. However, people who keep us from doing what God wants us to do, conform us or press us into the world's pattern instead of God's pattern."
Form groups of no more than four. Give each group a 3X5 card with one of these examples written on it:

1. You're at school and you want to play soccer, but the girl who has a soccer ball is absent. Your friends tell you to take the ball from her locker. Decide the best choice:
   (a) take it because she'll never know;
   (b) tell someone else to take it; or
   (c) suggest the group play something else.

2. While hanging out at the mall, you and your friends begin to talk about shoplifting. They pressure you to steal a lip gloss from a nearby store. Decide the best choice:
   (a) say, "Why ask me, ask Karen to";
   (b) say, "I don't want to and then leave; or
   (c) take the lip gloss and hide it in your pocket.

Have groups each role play their situation with their chosen response and then explain why they made that choice. Discuss each group's choice.

Show kids a piece of fruit. Then show them an unwrapped Fruit Roll Up.

Ask:
- "What's the difference between this fruit and the Fruit Roll Up?
- Which one is the way God intended it to be?
- How will our lives be different from what God intended if we give in to peer pressure?
- What can we do to withstand peer pressure?"

Read aloud Romans 12:1-2;

And so, dear brothers and sisters I plead with you to give your bodies to God because of all he has done for you. Let them be a living and holy sacrifice—the kind he will find acceptable. This is truly the way to worship him. Don't copy the behavior and customs of this world, but let God transform you into a new person by changing the way you think. Then you will learn to know God’s will for you, which is good and pleasing and perfect.

Give each girl a Fruit Roll Up, saying "Don't get flattened by peer pressure."

Close in prayer.

Adapted from : Children’s Ministry.com
Journey through the Holy Week

Palm Sunday:

The last Sunday of the Lent is known as Palm Sunday. This is when Jesus rode triumphantly into Jerusalem where he was greeted warmly by the crowd. In the words of St Matthew: Most of the crowd spread their garments on the road, and others cut branches from the trees and spread them on the road. And the crowds that went before him and that followed him shouted, "Hosanna to the Son of David! Blessed is he who comes in the name of the Lord! Hosanna in the highest!" And this is where the basis of the Palm Sunday procession lies.

The Holy Monday & Tuesday:

Monday of the Holy Week is not a major feast. The cleansing of the temple in the Holy City of Jerusalem is thought to have taken place on this Monday. This was when Jesus overturned the tables of the moneychangers, saying to them: "It is written, 'My house shall be called a house of prayer'; But you make it a den of robbers". [Matthew: 21:13]

The Tuesday of the Holy Week is the day when the famous incident between Jesus and Pharisees is thought to have taken place. This was when the Church men tried to trap Jesus into making a blasphemous, or, anti-god remark.

Spy Wednesday:

On the Wednesday the tempo of the Holy Week increases. This is the day widely known as "Spy Wednesday". For it is the day when Judas Iscariot, a disciple, turned betrayer, agreed to show the chief priests where they could easily capture Jesus.

Maundy Thursday:

The Thursday of the Holy Week is associated with the Last Supper. The day is known as Maundy Thursday, or, Holy Thursday. It is the day before crucifixion. On this day Jesus had his supper, during his last course, with his disciples. In the words of St Matthew:

...Jesus took bread, and blessed, and broke it, and gave it to the disciples and said, "Take, eat; this is my body." And he took a cup, and when he had given thanks he gave it to them, saying," Drink of it, all of you; for this is my blood of covenant, which is poured out for many for the forgiveness of sins."

Share communion with your group.
The Friday of the week is the Good Friday. This is the day on which Jesus was crucified outside the walls of Jerusalem, at the top of the Calvary hill. And the Christian belief says that Jesus sacrificed himself for the sins of humanity.

**EASTER:**

Easter Sunday is the day of the feast. This day, the third since crucifixion, Christ is believed to have shown up himself. And not just that, Jesus also joined his disciples on a meal! Easter comes at the end of the six days of the Holy Week which came to be associated with the life of Jesus before the Resurrection. This is when Christ is believed to show himself after his death through crucifixion. He had risen up from his tomb that was guarded by the sentries, and met his disciples to get them prepared to carry out his works in his absence.

Dear God

Thank you for the promise of spring in the longer days and the warmth of the sun.

Thank you for the story of the Journey through Holy Week and a better understanding of the true meaning of Easter.

Thank you for Good Friday to remind us of the sacrifice Jesus made for all of us.

Thank you for the joy of Easter morning and the knowledge that Christ is Risen and his shining love is wrapped around each of us every day.

Teach us to share that love with those we meet, and live with the joy of Easter every day.

In Jesus name we pray. Amen
Hello from CGIT Camp Wohelo, on the shores of Pigeon Lake, Alberta,

Hopefully you, or someone you know, had the opportunity to attend a summer camp program, maybe even at Camp Wohelo! We are appealing to you to join us in support of all the research, and our belief, that being in nature and experiencing camp with one’s peers is invaluable... and that it is our duty to share the Camp Wohelo experience with as many people, from all walks of life, as possible.

We need your support to help us continue to pay it forward. Attending Camp Wohelo is a special time for Moms and their children, and a very important time for girls of all ages. Their experiences at Wohelo can last a lifetime - friendships, spiritual growth, self-discovery, personal development, discovering natural beauty, in themselves and in their surroundings. “Getting away from it all”, even for a short time, gives these girls the boost they need to do well.

Over the years parents have shared stories of girls actually counting down the days on a calendar to when they can come back to Camp Wohelo! A couple of girls were so shy and scared that their parents had to bribe them to come, yet when the worried parents called, their child was happy and so involved we couldn’t get them to the phone! Camp Wohelo is a very special place. It really must be shared!

The mission statement of Camp Wohelo is to “discover and celebrate our natural best”. At the summer camps we strive to model what it means to live in harmony with our environment and with each other.

We feel that we must reach out once again to share the challenges Camp Wohelo is facing so that people who care can be given the opportunity to help where they can. We recognize that we are all stretched, time wise and with giving financially. We ask that you please help in any way that you can.

Here are some of the ways that you can help:
- rent Wohelo for events, retreats, family functions, groups, staff, school, church, youth, seniors, retreats, etc.
- promote Camp Wohelo to your family and circle of friends, at work, at social activities, etc.
- volunteering on the Board, on a Committee, and/or at camp, help with small and/or large projects
  - your Campership donations help to ensure our promise that no one is turned away
  - your ideas and suggestions are valued and welcomed!

Over the years, the physical “place” that is Camp Wohelo, has been well cared for and kept up to a very high standard by Board members, their families and volunteers. Please join us and help us keep this important part of stewardship going strong for generations to come.

We see Camp Wohelo as more than a summer camp and a rental space. Our goal is to have it used year round, and staffed year round. We want to be able to reach out to the community with special programs throughout the year. Because we know the spiritual and physical value of the camp and its surroundings, our vision is to share it with as many people, from all walks of life, as possible.

Please help us to make sure that wonderful summers, full of great experiences, are available into the future. There is a real possibility that if we don’t get help, financially and especially through people power, that Camp Wohelo will need to look at other options and could cease to exist.


Please contact us by phone: 780 430 4062, email: campwohelo@yahoo.ca or mail: Camp Wohelo, Box 66067 Edmonton, AB, T6J 6T4; or visit us at www.campwohelo.com; or on Facebook
PERSONAL INFORMATION PROTECTION
AND
ELECTRONIC DOCUMENTS ACT
(PIPEDA)

The Alberta CGIT Association believes the collection of this information is necessary as it relates directly to our obligation to provide CGIT & Explorer members with programming that meets their needs, and enables us to provide a safe and secure environment.

The Alberta CGIT Association may use personal information in the following ways:

- members’ names, photos and comments in newsletters, photo albums, information pamphlets or any other publication.
- members’ names on creative work, displays at churches, rallies or other CGIT/Explorer sponsored displays
- members’ names, if necessary, when applying for grants or funding
- members’ names, related contact information and telephone numbers on telephone/contact lists

I am aware of the above promotional possibilities, and grant the Alberta CGIT Association permission to print my daughter’s name and/or photo in any of the formats listed.

__________________________________________________________________________

(parent/guardian signature)

There are occasions where photos and videos are taken by media for publication, such as Vesper Service or Rallies and other special events.

I grant permission to the Alberta CGIT Association to use my daughter’s picture in print or video format, for any CGIT/Explorer promotional use.

__________________________________________________________________________

(parent/guardian signature)

Signed on behalf of: ________________________       Date: ________________

(please print your daughter’s name)

If you have any questions or concerns regarding the collection of this information and the intended purposes, please contact:

Alberta CGIT Association
c/o 5720 Lodge Cres SW
Calgary, AB T3E 5Y7
780-532-2947
cgit@telus.net
ALBERTA CGIT ASSOCIATION  
100 Years with a Purpose  
CGIT and Explorers Weekend Rally 2014  
Girls Registration Form

Name _________________________________________________________________________________
Address _______________________________________________________________________________
City/Town __________________________ Postal Code _________________________________
Age _______ Grade ________ Name of one friend you would like to have in your cabin at camp __________________________________________________________

Parent or Guardian’s Name _____________________________________________________________
Alberta Health Care Number __________________________________________________________
Emergency Contact Name and Phone ____________________________________________________
2nd Emergency Contact Name and Phone _________________________________________________
Health Concerns (medications, all allergies including food, physical conditions, etc.) Please use the reverse side if necessary _________________________________________________________

CGIT/ExplorerGroupName_______________________

CODE OF CONDUCT

I, _________________, agree to abide by ALL camp rules and regulations. I understand that if I break these rules, appropriate disciplinary action will be taken. This includes being sent home immediately for breaking major rules such as liquor and drug possession, smoking, or leaving the camp.

______________________________
Signature of Camper

I, _________________, as a parent/guardian, give permission for my daughter to attend the 100 Years with a Purpose Rally at Camp Wohelo, May 22,23,24,2015. I understand that if my daughter breaks any of the major rules listed above, she will be sent home immediately at my expense.

______________________________
Signature of Parent/Guardian

RELEASE OF RESPONSIBILITY

I, _________________, as parent/guardian of _______________________ do hereby release the Alberta CGIT Association of any responsibility for injuries or illness that may occur while the above named girl is at this camp. I also give permission for any treatment deemed necessary by a medical person for the above named girl.

______________________________
Signature of Parent/Guardian

Please send cheque or money order for $25 payable to Alberta CGIT Association to:

Barbara Shanahan
72 Silver Springs Dr NW
Calgary, AB T4B 3G4

Registration is highly subsidized by the Alberta CGIT Association; however, we will not let the registration fee stand in the way of anyone attending this event. Camperships are available – please speak to your Leader for more information.

Deadline for registration is May 1st, NO refunds after the deadline date. A confirmation letter will be sent to you following receipt of your registration. It will tell you what to bring and additional information about the camp. Any questions please contact Barbara Shanahan 403-286-0268 or email BarbaraLShanahan@gmail.com
YOU’RE COMING, RIGHT?

We Are Getting Ready to Celebrate!

ONE HUNDRED YEARS WITH A PURPOSE

Yes, that’s right CGIT is 100 in 2015 and what says CELEBRATION better than a weekend a CGIT’s own Camp WOHELO.

Mark your calendars, round up some transportation, getting your boogaloo on and come on along!

May 22, 23 and 24, 2015.

CGIT and Explorers from across Alberta it is time to PARTY!

CGIT

“100 Years with a Purpose”

1915-2015

THANK YOU...

Thank you leaders for sending your registrations and PIPEDA forms!
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11 Awesome Outreach Ideas

Ways Christian Teens Can Make a Difference

By Kelli Mahoney About.com Guide

Christians are called to reach out to the world we live in. Volunteering some of your time to outreach activities can be very rewarding both for you and the people you help. Sometimes actions speak louder than words. Participating in outreach activities can help show the world around you Christ’s love.

Here are some outreach activities:

**Nursing Home Ministry**
People in nursing homes tend to be lonely and disconnected from the world. You can contact various nursing homes in your area to see what types of activities you can do with the residents there. You can get your group together to read stories, write letters, just talk, put on skits, and more.

**Homeless Ministry**
There are so many homeless people roaming the streets. Whether you live in a small, rural town or a big city, there are always things your youth group can do to help out the homeless. You can contact a local homeless shelter to see what you can do to participate.

**Tutoring**
You don't have to be a genius to help out young kids with their homework. Some kids just don't get the attention or help they need. Contact social services in your area to see what they are doing in certain neighborhoods for kids. Work with the neighborhood centers to set up tutoring in low-income neighborhoods.

**Craft Donation**
Are there some students in your youth group that like to sew, knit, paint, etc. There are programs that knit hats and scarves for the needy, or even offer to craft with kids at a shelter. Take your supplies, set up and you'll be surprised who sits down at the table.

**Grad Dress Exchange**
Graduation can be rough on teens that don't have a lot of money to buy new dresses. You can start a dress exchange so that people who need a new dress can get one for free. You can also do a donation to teens that need a dress and cannot buy one. This is a great activity for Christian teen girls to get involved.

**Missions Meals**
Missions are an integral part of spreading Christianity around the world. While you may hear a lot about missions giving in main services, it does not mean your youth group cannot do something to help missionaries. You can set up a Buffet Night where your group cooks foods from different countries to support missionaries there. Sell tickets for people to come--eat the food from that country, and donate to those missionaries.

**Paint the Town Clean**
Volunteer to cover graffiti, paint the playground, murals at schools, etc. If you see an area that needs some work, you can contact an official to see if there is something you can do about it. Contact your police or public works department to see about cleaning up playgrounds, painting over graffiti, etc. Talk to your elementary schools to check into painting a mural. Make your town more colorful and clean. People will notice your efforts. Just gathering garbage around your church, school or mall makes a difference.

**Reading Program**
Little kids love when people read to them. Pre-schoolers will crawl in your lap and just eat it up. It also helps to promote literacy. Check with local pre-schools, neighborhood centers, and libraries to see if there is a time your youth group can come in to read to the children. Your group can read both Christian and Non-Christian books and act out skits to entertain the kids.

**Service Day**
You can set up a service outreach group at your church for Service Days. On those days you can help a specific population like seniors, veterans, single moms, etc. You can cook, clean, do the shopping, etc. for those people who need it. Have people sign up for services or contact your church for names.

**And for next year...**

**Christmas Tree Delivery**
Sometimes families cannot afford a tree or they cannot transport trees on their own. You can get together to deliver Christmas trees to local families.

**Turkey Delivery**
See if you can get families in your church to donate turkeys or money to buy turkeys and deliver to The Food Bank or needy families. Just be sure if you are delivering items that you go with a leader. You always want to be safe.
LEADERS: Do you need a program for your group TONIGHT?
Check out Mandate magazine published by our United Church of Canada!!

November 2013 issue is all about food: looking at the future of farming, searching for Real Food, Kids in the Kitchen, Plant a Giving Garden. Try the Apple Exercise--How much land is really available to produce food?

February 2014 looks into spiritual practices for youth, have a discussion following The Butler movie—ongoing racial relations, faith in Black History Month(February)
Your group will be surprised at this movie!


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Mini Frittatas

10 large eggs
1/2 cup cooked Mexican chorizo or bacon
1 cup spinach, finely chopped
1 leek, sliced lengthwise (green parts discarded) and thinly sliced into half moons
1 cup shredded mozzarella
1 pinch coarse salt and freshly ground pepper
1 tablespoon fresh oregano

DIRECTIONS
In a large bowl, whisk the eggs and season with a pinch of salt and pepper. Heat a tablespoon of extra-virgin olive oil in a medium skillet and add the leeks. Season lightly with salt and pepper and saute until slightly browned, 3 minutes. Remove from pan and set aside.
To the pan, add the chorizo and cook until until it’s softened, 5 minutes.
Pour the eggs into a non-stick muffin tin.
Sprinkle the leeks evenly into each eggy mixture. Followed by a good dollop of the chorizo.
Go ahead and throw that spinach in there too.
It would be wise to sprinkle some cheese and oregano on top of each frittata.
Throw the whole thing into an oven, preheated to 375.
Bake for about 10 minutes, checking at the 8-minute mark. They should be puffed up and set in the middle. Let cool a few minutes and serve at your next brunch!
Camp Wohelo
Women’s Weekend 2015
“100 Years with a Purpose”

Who: All women CGIT Alumnae and friends.

What: A weekend of relaxing, renewing friendships, remembering.

Where: Beautiful Camp Wohelo on Pigeon Lake

When: Friday, Sept 18th to Sunday Sept 20th

Why: To celebrate “100 years with a Purpose”!

Cost: $100

Accommodations include:

- Heated cabins with 4 bunk beds in each.
- Shared detached washrooms with showers.
- Large lodge with dining room and fire place.
- 5 meals + snacks

INFORMATION / REGISTRATION:

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