

# **TWINNING2020 INSTANT MEETING LET'S MEET SAINT VINCENT AND THE GRENADINES**

## **Welcome to Twinning2020!**

Let's meet the Saint Vincent and the Grenadines Girl Guides Association!

Throughout the next two years, we will be partnering with Saint Vincent and the Grenadines to develop and implement activities for girls and Guiders with the goal of connecting girls, celebrating our cultures, and fostering a shared sisterhood among girls in Canada and Saint Vincent and the Grenadines.

We hope you will take advantage of these opportunities to get to know our Twinning2020 partner and perhaps make some new friends!

## **JOIN OUR JOURNEY TO CONNECT AND SHARE EXPERIENCES THROUGH THE TWINNING2020 INITIATIVE!**

### **HOW TO USE THIS ACTIVITY GUIDE**

- use the meeting plans as given (feel free to alter activities to suit your girls' age or the amount of time you have)
  - use individual activities on their own
  - use one or more activities along with other program or badge activities
  - use these activities with our [#Shareit! World Thinking Day Activities for 2015 document](#)
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### **SAMPLE MEETING #1 (BASIC MEETING)**

- Your opening ceremony - repeat the Promise from Saint Vincent and the Grenadines as well as your own promise (see Promise section – end of document)
- Saint Vincent and the Grenadines Craft
- Saint Vincent and the Grenadines Game
- Campfire- Your favorite songs plus one that girls from Saint Vincent and the Grenadines sing
- Snack from Saint Vincent and the Grenadines
- Your usual closing

## **SAMPLE MEETING #2 (PARTY IN SAINT VINCENT AND THE GRENADINES)**

The weather in St. Vincent and the Grenadines is warm and tropical most of the year, with average temperatures around 28 degrees Celsius.

Have a beach party, indoors or out!

Use the ideas in this document to hold your very beach party - have some music, sing some songs, dance and have a snack! We have even provided links to some Saint Vincent and the Grenadines music!

## **SAMPLE MEETING #3: SAINT VINCENT AND THE GRENADINES FEAST**

Use the enclosed recipes and have a Saint Vincent and the Grenadines dinner. You might do this as part of a camp or sleepover; older girls are encouraged to do the cooking themselves.

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**Did you try any of these activities? We are looking for your stories!**

**SUBMIT YOUR BLOG ENTRIES TO: [twinning2020@gmail.com](mailto:twinning2020@gmail.com)**

**VISIT OUR ATLANTIC CANADA/SAINT VINCENT AND THE GRENADINES  
TWINNING2020 BLOG**

**[twinning2020.blogspot.ca](http://twinning2020.blogspot.ca)**

**What did you think of the recipes?**

**Did you sing the songs? Or play the games?**

**Did you hold a dinner or beach party?**

**Do you have any questions for your Saint Vincent and the Grenadines friends?**

**Share your unit's experiences through photos, stories, videos and more!**

## **CRAFT #1: SEASHELL NECKLACE**

You will need:

Coloured wire (found at craft stores)  
Seashells (found at craft stores)  
Scissors or wire cutter

1. Have each girl choose a favorite shell from her seashell collection to use for a trendy and wearable necklace.
2. Using coloured wire, wrap the shell with the wire about six times so the wire acts as a frame for the shell.
3. Finish by forming a loop with the wire on the top of the shell and wrap the wire around the base of the loop to secure the loop. Cut the excess wire with a scissor or wire cutter. String the shell onto a piece of colored string or leather and wear.

**GUIDING 411:** We have many beaches and bays. Using our seashells creatively is one of our favourite craft ideas.

## **CRAFT #2: SEASHELL WIND CHIME**

You will need:

Seashells with Holes  
Driftwood  
Clear Fishing Line

1. Collect seashells with holes and driftwood.
2. Use the driftwood for the top base of your wind-chime.
3. String the shells onto the driftwood with clear fishing line. It may be helpful to place the shells on a table in the order in which looks the best making knots at the holes of the shells.
4. String the fishing line at the top for hanging purpose.

Each wind chime will be unique because of the differences in the driftwood and shells.

**Guiding 411:** In St. Vincent and the Grenadines there are balmy breezes and as guides we enjoy creating craft pieces that can enhance relaxation.

## **RECIPE #1 - SALTFISH FRITTERS**

***(Makes 6)***



½ lb. Salt fish  
2 cups flour  
2 tsp. baking powder  
2 tbsp. finely chopped green seasoning  
1 tsp. minced garlic  
1 tbsp. finely chopped onion  
½ cup water  
Salt to taste  
Hot pepper sauce to taste  
1 cup oil for deep-frying

### **METHOD:**

1. Scald salt fish and remove bones; flake finely.
2. Combine flour, baking powder, green seasoning, garlic and onion.
3. Add flaked salt fish to flour.
4. Add pepper sauce and enough water to make a soft mixture and beat until smooth; adjust salt.
5. Drop by teaspoon in hot oil and deep fry until brown, about 3-4 minutes.
6. 6. Drain on paper towels and serve hot with a dip.

**Guiding 411:** Salt fish fritters are usually enjoyed as light snacks served after our special guiding ceremonies.

## **RECIPE #2: BASIC SWEET DOUGH (Use for the next recipe)** ***(Makes 16 slices)***



1 cup milk  
½ cup granulated sugar  
¼ tsp. Salt  
3 oz. Margarine  
4 ½ cups flour  
1 tbsp. instant yeast  
1 large or 2 medium eggs beaten

### **METHOD:**

1. Scald milk and pour in a large bowl.
2. Add sugar, salt and margarine; stir until fat melts and liquid is lukewarm.
3. Combine flour and instant yeast and stir 3 cups of flour into milk mixture together with beaten egg.
4. Mix in the rest of the flour with a rotating motion using a wooden spoon.
5. Turn dough on a lightly floured surface and knead for 8 – 10 minutes until smooth and elastic.
6. Place dough in a greased bowl and grease the top lightly.
7. Cover with a damp cloth and let rise until doubled.
8. Punch down the risen dough, divide in two equal pieces, form in smooth balls, cover and rest for 10 minutes.
9. Shape and use as desired.

## **RECIPE #3: COCONUT ROLL**

**(Serves 8)**



½ recipe of basic sweet dough (see above)

Filling

½ cup grated coconut (remove brown layer before grating)

1/3 cup granulated sugar

1 ½ tsp. Ground cinnamon

1 tbsp. melted margarine or butter colouring for coconut (optional)

### **METHOD:**

1. Cook coconut 5-6 minutes until coconut has softened.
2. Add cinnamon and blend well.
3. Roll rested dough to 9" x 12" rectangle.
4. Brush with melted margarine or butter.
5. Sprinkle with coconut mixture
6. Roll up like a jelly roll, starting with the longer side; tuck ends under.
7. Place on a greased tray and let rise until doubled in size.
8. Bake in preheated oven at 375 degrees Fahrenheit for 25 – 30 minutes.
9. Cool and slice.

**Guiding 411:** A coconut roll is generally used as a snack on camps.

## **RECIPE #4: CALYPSO DRINK**

***(Serves 7-8)***



2 cups grapefruit juice  
1 pack strawberry flavoured Kool Aid  
2 cups fruit punch  
1 cup granulated sugar  
3-4 cups water

### **METHOD:**

1. Combine grapefruit juice, Kool Aid, fruit punch, sugar and water; stir in until sugar is dissolved.
2. Add ice cubes and serve very cold.

**Guiding 411:** Many girls enjoy mixing their drinks. This is one of the popular drinks, which is also a reflection of a genre of music called calypso. Many people like dancing to calypso and we are sure that this drink gives the right amount of energy for your Guiding meetings ;-)

## **GAME: 1 & 20**

### **INSTRUCTIONS:**

1. Form a circle;
2. Choose the girl from on your right and pair off while keeping the circular shape;
3. The girl on the right stands in front while the other girl stands directly behind;
4. The girl in the front can be selected at any point while the girl in the back is the runner;
5. There must be an odd number so one girl stands in the center of the circle to start the game;
6. Together and very loudly the girls clap and count from 1 to 20 in their positions;
7. On reaching 20 the girls begin to sing and clap cheerfully "1 and 20, 2 and 20, 3 and 4 and 5 and 6 and 20, 27, 28, 29, 30...they continue, 1 and 30, 2 and 30, 3 and 4 and 5 and 6 and 30, 37, 38, 39, 40" until they reach 100;
8. Once the singing commences the girl in the center runs and grabs any person from the front of a pair while the person in the back (runner) is then left without a partner and must run to choose another partner from the front;
9. As the girls near 100, they must sing and clap more loudly and quickly;
10. The running to and fro continues until they singing reaches 100 and whoever is left without a partner remains in the middle to start the next round;
11. Repeat as many times as you wish. Consider rotating positions or having new partners.

**Guiding 411:** In any meeting, we like to start with a high energy activity. This game is one of our favourite starters.

## **SONG: GIRL GUIDES CENTENARY SONG**

Verse 1: Methodist Minister Arthur Cox,  
Introduced in 1914, Guiding to S.V.G.,  
Something that Georgetown had never seen,  
It soon spread to South Rivers,  
Became dormant after first World War, Re-started in 1927,  
And today we're going strong!

Chorus: 100 years! 100 years!  
Of discovering potential and of changing lives,  
Of empowering the nation, we continue to grow and thrive,  
Guiding is alive!

Verse 2: The first Brownie Pack and Ranger Unit,  
Started in 1931, Guiding moved to the Grenadines,  
In '34, Bequia was on,  
Lady Baden Powell came here twice, In '51 and '64  
We became full members in 1987, In Kenya!

Chorus

Guiding, it sweet fun so,  
We're a part of a big family,  
Caribbean Link, Western Hemisphere,  
What an opportunity!  
For leadership, training, Advocacy,  
Service and Fun too, Environmental Awareness  
Keeping the promise in all we do!

Chorus x2

Talking: We're 100 strong! Won't you come along!

Singing: 100 years, 100 years, 100 years, 100 years, in S.V.G.  
100, Girl Guides in 100 years!

See: [https://www.youtube.com/watch?v=tL8-f\\_85E2o](https://www.youtube.com/watch?v=tL8-f_85E2o)

## **LINKS**

### **Saint Vincent and the Grenadines Girl Guides Association**

<http://svggirlguides.org/index.html>

### **Saint Vincent and the Grenadines Girl Guides Association Facebook Page**

<https://www.facebook.com/pages/SVG-Girl-Guides-Association/192280200863872>

### **Saint Vincent and the Grenadines (information from worldatlas.com)**

<http://www.worldatlas.com/webimage/countrys/namerica/caribb/vc.htm>

## **Additional Music Links**

### **Fya Empress – True Vincy**

[https://www.youtube.com/watch?v=l8CScjC\\_pkk](https://www.youtube.com/watch?v=l8CScjC_pkk)

### **Pan Revolution (Steel Drum Band)**

<https://www.youtube.com/watch?v=KarRKMcvUaA>

## **SAINT VINCENT AND THE GRENADINES**

### **BROWNIE GUIDE PROMISE**

I promise that I will do my best,

To do my duty to God, to serve the Queen and my country,

To help other people, and to keep the Brownie Guide Law

### **BROWNIE GUIDE LAW**

A Brownie Guide thinks of others before herself and does a good turn everyday.

### **GUIDE PROMISE**

I Promise that I will do my best,

To do my duty to God, to serve the Queen and my country,

To help other people, and to keep the Girl Guide Law.

### **RANGER GUIDE PROMISE**

I Promise that I will do my best,

To do my duty to God, to serve the Queen and my country,

To help other people, and to keep the Girl Guide Law.

I promise to be of further service to my community.