



Girl Guides
of Canada
Guides
du Canada



GRENADA TWINNING CHALLENGE

Welcome to Grenada and learning about the exciting Guiding program there. While you are learning about Grenada, Girl Guides in that country will be learning about Guiding in Canada.

How to Participate in this Challenge:

The meeting ideas on the following pages will help Canadian girls learn more about the unique and vibrant culture of Grenada, as well as Girl Guides in Grenada. These are just suggestions and Guiders are encouraged to adapt them to your girls' interests. Please encourage the girls to look at the activities and decide what they would like to do to complete this challenge. A crest is available for sale when the challenge is completed.

This twinning challenge is focused on sharing of culture between Grenada and Canada. Rather than donating money specifically for this twinning project, all Members of Girl Guides of Canada are encouraged to raise \$5 annually for the Canadian World Friendship Fund.

Grenada is an island nation consisting of the island of Grenada and six smaller islands at the southern end of the Grenadines in the southeastern Caribbean Sea. Grenada is also known as the "Island of Spice" due to the production of nutmeg and mace crops of which Grenada is one of the world's largest exporters. Like Canada, Grenada is Commonwealth nation.

Location:

Grenada is located in the Caribbean Sea, northwest of Trinidad and Tobago, northeast of Venezuela, and southwest of Saint Vincent and the Grenadines.

Size:

344 square kilometres – Grenada is 18 km wide and 34 km long

Population:

100,000

Capital:

St. George's.

Climate:

Grenada has a tropical climate – hot and humid in the rainy season and cooled by the trade winds in the dry season. Grenada is on the southern edge of the hurricane belt but has suffered only three hurricanes in fifty years. Average temperatures range 24°C to 30°C.

Main activities:

Cricket is the national and most popular sport and is an intrinsic part of Grenadian culture. An important aspect of Grenadian culture is the tradition of storytelling, with folk tales having both African and French influences. Music, dance, and festivals are also extremely important.

Currency:

1 Canadian Dollar = 2.69187 East Caribbean Dollar

1 East Caribbean Dollar (XCD) = 0.37149 Canadian Dollar (CAD)

Official Language:

English is the official language; French Patois (Antillean Creole) is also spoken by about 10%–20% of the population.

Antillean Creole**Days of the Week**

Dimanch	Sunday
Lendi	Monday
Madi	Tuesday
Mèkwédi	Wednesday
Jèdi	Thursday
Vanwédi	Friday
Sanmdi	Saturday

Numbers

Nòt	0
Yonn	1
Dé	2
Twa	3
Kat	4
Senk	5
Sis	6

Pronouns

Mwen/Mon	I
Ou	You (singular)
I	He/She/It
Nou	We
Zò	You (plural)
Yo	They

Months of the Year

Janvyé	January
Fevwiyé	February
Mas	March

Sèt	7
Wit	8
Nèf	9
Dis	10
Wonz	11

Colours

Wouj	Red
Vè	Green
Woz	Pink
Blé	Blue

Avwi	April	Douz	12	Kako	Brown
Mé	May	Twèz	13	Gwi	Grey
Jen	June	Katoz	14	Nwè	Black
Jwiyé	July	Tjenz	15	Owanj	Orange
Awou	August	Sez	16	Jòn	Yellow
Sèptanm	September	Disèt	17	Blan	White
Òktòb	October	Sizwit	18		
Novanm	November	Diznèf	19		
Déstanm	December	Ven	20		
		Twant	30		
		Kawant	40		
		Senkant	50		
		Swazant	60		
		Swazant Dis	70		
		Katwaven	80		
		Katwaven Dis	90		
		San	100		

Other Major Towns and Communities:

Grenada is divided into six parishes.

Map



Grenada National Symbols

National Flag:



The yellow in Grenada's flag symbolizes the sun and the friendliness of the inhabitants; the green represents the country's vegetation and agriculture; and the red stands for the courage and vitality of Grenada's people. The yellow stars represent the seven parishes of the country. The nutmeg on the left side of Grenada's flag represents the importance of agriculture to Grenada's economy, and a link to Grenada's former name which was the 'Isle of Spice.'

Grenada Flag History:

Grenada received independence from Britain on February 3, 1974 and adopted the flag four days later on February 7, 1974.

Interesting Grenada Flag Facts:

The nutmeg on the left side of Grenada's flag also represents the importance of agriculture to Grenada's economy, and a link to Grenada's former name which was the 'Isle of Spice'.

Coat of Arms of Grenada

On the left-hand side of the coat of arms is the **Grenada Dove** (*Leptotila wellsi*), a medium-sized [New World tropical dove](#). It is [endemic](#) to the island of [Grenada](#) in the [Lesser Antilles](#). It is considered to be one of the most critically endangered doves in the world (Bird Life International 2000).



GRENADA GUIDING

Branch Levels / Ages:

Rainbow - 5-7

Brownie - 7-10

Guides - 10-16

Ranger- 16-19

Number of Members: 1,518 girls

Promise:

I promise that I will do my best,
To do my duty to God;
To serve my country and
To help other people and
To keep the Guide Law

Girl Guide Law:

- A Guide is loyal and can be trusted
- A Guide is helpful
- A Guide is polite and considerate
- A Guide is friendly and a sister to all Guides
- A Guide is kind to animals and respects all living things
- A Guide is obedient
- A Guide has courage and is cheerful in all difficulties
- A Guide makes good use of her time
- A Guide takes care of her own possessions and those of other

Development of Guiding in Grenada

The first Guide company in Grenada was set up at the Church of England High School in 1925. Other Guide companies were soon formed, and the first Brownie packs were introduced in 1927 and the first Ranger company in 1928. In 1936 the government gave the Association a piece of land as the site for its headquarters. Guiding had started well in Grenada but political problems in the following years slowed down the development of the Movement. Until 1983 Grenada was a Branch Association of the Guide Association (UK), but that year the United Kingdom granted Grenada self-government in all areas of work. In 1985 the Association held its first international camp. During the next few years trainers and advisers from WAGGGS and the United Kingdom visited Grenada to help the Association to develop its programme and a firm structure. Guiding is now active in most parishes, with the majority of Units attached to schools and a few to churches and communities. In 1989 the first Rainbow Unit was started in the small village of Binchgrove.

CHALLENGE IDEAS

Learn about Grenada:

1. On a map locate Grenada, figure out how far it is from Grenada's capital city to your home in Canada.
2. Find out the population of Grenada and compare it to Canada's population. Find a city in Canada with a population close to that of Grenada.
3. Plan a trip to Grenada – find out how long the trip would be, what airlines fly there, and if possible what the cost of flights is. Investigate where you would stay – are there youth hostels, Guide houses?
4. Find out what languages are spoken in Grenada. Learn to say hello and good bye in French Patois.
5. Find out about food in Grenada. Make a dish from Grenada (see recipes that follow).
6. Learn what the colours in Grenada Flag represent.
7. Spice farming, particularly of nutmeg, is an important part of the economy in Grenada. Make something with nutmeg (see recipes that follow).
8. Listen to music from Grenada, learn a dance to go with the music, or make up a dance of your own.
9. Learn about Grenada's leatherback sea turtles. Leatherbacks are facing extinction – create an awareness poster or campaign about leatherbacks.

Guiding Grenada

1. Find out the name of the Branch in Grenada that matches your Branch. What is their promise? What do they wear? Compare their promise to yours, what is the same – what is different?
2. When did Girl Guides in Grenada Start?
3. Investigate what type of service projects the Girl Guides in Grenada might be involved with, and find out if there is a way to help
 - a. Younger girls might be interested in Leatherback turtles,
 - b. Girl Guides of Grenada recently participated in a reforestation challenge in Grenada and planted over 150 trees, find out about planting trees in your own community and participate in a tree planting event
 - c. Older girls may be interested in learning about the “Ride the Bus Campaign” an awareness campaign run by the Red Cross – BUS stands for “Building Understanding of Safety” and the focus is on educating young people about HIV/AIDS Information can be found here (search for Grenada)

<http://www.ifrc.org/>

Resources:

Map of Grenada

<http://www.lonelyplanet.com/maps/caribbean/grenada/>

Government of Grenada Site

<http://www.gov.gd/>

WWF Leatherback Turtle Page

http://wwf.panda.org/what_we_do/endangered_species/marine_turtles/leatherback_turtle/

Red Cross “Ride the Bus”

<http://www.ifrc.org/en/news-and-media/news-stories/americas/grenada/ride-the-bus-in-grenada-and-learn-about-hiv-aids/>

WAGGGS Grenada Site

<http://www.wagggsworld.org/en/world/organisations?mo=56>

Recipes:

Callaloo Soup

Ingredients

- 1 pound callaloo leaves or spinach
- 6 cups chicken stock
- 1 onion, chopped
- 1/2 pound salt beef, fat removed and diced
- 1/2 teaspoon ground black pepper
- 6 tablespoons minced shallots
- 1/4 teaspoon dried thyme
- 1 green chile pepper, chopped
- 1 cup okra
- 1/2 pound crabmeat

Directions

1. Remove the thick stems of the callaloo leaves, chop roughly, and put into a large saucepan. Add the chicken stock, onion, beef, black pepper, shallots, thyme, chili pepper, and crab meat. Cover, and simmer until meat is tender, about 35 minutes.
2. Add the okra, and cook for 8 minutes.
3. Remove the chili pepper. Puree the soup in a blender or food processor. Reheat, and adjust seasonings.

NUTMEG ICE CREAM

INGREDIENTS:

- 1 1/2 cups milk
- 1 1/2 cups heavy cream
- 3 large eggs
- 3/4 cup sugar
- 1 teaspoon freshly grated nutmeg
- 1/8 teaspoon salt
- 1/4 teaspoon vanilla

METHOD / DIRECTIONS:

1. In a saucepan bring the milk and the cream just to a boil.
2. In a bowl whisk together the eggs, the sugar, the nutmeg, the salt, and the vanilla.
3. Whisk 1/2 cup of the milk mixture into the egg mixture, and whisk the mixture into the remaining milk mixture. Cook the custard over moderate heat, stirring constantly with a wooden spatula, until it registers 175°F. on a candy thermometer. Transfer the custard to a metal bowl set in a larger bowl of ice and cold water and stir it until it is cold. Freeze the custard in an ice-cream freezer according to the manufacturer's instructions

Oil Down

Grenada's national dish, oil down is very popular in local restaurants. It's a hearty one-pot meal of salted meat, chicken, dumplings, breadfruit, callaloo - made from young dasheen leaves and other vegetables. The whole thing is stewed in coconut milk, herbs and spices to add even more flavour.

RECIPE

Ingredients

8-10 young dasheen (you can substitute in potatoes)
1 sprig celery, chive and thyme
2 medium carrots chopped
2 green peppers chopped
1 lb dumplings
2 tps tumeric (saffron)
1/2 lb salt meat (pre-soaked overnight)
1 large breadfruit, peeled
2 cups coconut milk
1 medium onion chopped

Method

1. Wash and peel breadfruit. Cut into eight sections. Remove centre lengthways of each section and cut in half crosswise.
2. Wash and scrape meat, cut into pieces and rinse in lime juice and water.
3. Remove skins of onions, rinse and cut into small pieces. Remove seeds of chilli peppers and cut into wedges. Chop chives into small pieces.
4. Put salted meat into cold water, bring to the boil and drain. Repeat three times to remove salt. Put to cook until just tender and drain.
5. Saute onions and garlic in hot oil until onions are pale yellow.
6. Add chive, thyme, flavouring pepper, salted meat and salt to taste. Pour over 2 cups of coconut milk.
7. Add wedges of breadfruit, sugar, green hot pepper and cook until breadfruit absorbs liquid.
8. Add remaining coconut milk. Remove hot pepper. Stir to blend well and cook at a reduced heat. There should be no remaining liquid.
9. Serve hot.