



Coastlines

Summer 2016



NEWSLETTER OF GIRL GUIDES OF CANADA - NS COUNCIL

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Girl Guides NS
3581 Dutch Village Rd.,
Halifax, NS B3N 2S9

(P) 902-423-3735
(F) 902-423-5437
ggcns@girlguides.ns.ca

www.girlguides.ns.ca

Spring Cookie Update by Cindy O'Hearn , NS Cookie Adviser

Although we had a late start due to a production issue, the 2016 Classic sales have been great according to reports from across the province. Everyone has pulled together and has done a fantastic job. This should come as no surprise to anyone – this is what we Guiders do best. (If there does happen to be anyone out there with cookies they are having a hard time selling, please let your Area Cookie Adviser know so we can get you help).

Cookie All Stars still seems to be an issue for some. While I don't have all the answers, please let me know if I can help in any way. We should all be using this program to collect the rewards the girls earn from selling cookies. It is important to note that only the Unit Cookie Orderer can place orders. For the most part, it is the Responsible Guider (RG) but this can be changed – it does not have to be the RG. The workload can be shared , and it is very easy to get another Guider into the system. The RG just has to send a request to your District Commissioner asking for another Guider to be given the rights to be a Cookie Orderer. The DC then sends a request to IMIS at the Provincial Office. The IMIS Staff then make the change. Voila, the workload has now been shared.

I would like to take this time to say THANK YOU to the Area Cookie Advisers!!!!!! You ladies do great work and make my job very easy. Feel free to contact me any time at cookies@girlguides.ns.ca



Membership Report

By Jo Swinemer, Membership Support & Community Development

Guiding in Nova Scotia is a pretty impressive power! We see awesome things that Units, Districts, Areas and provincial committees are doing with our Girl Members! These awesome things and our awesome members (Guiders and Girls!) are spreading the word, and continuing to grow Guiding. We remain 4th highest in provincial registration totals, ahead of provinces with higher populations. The following chart shows a simple representation of market share based on population statistics. This business term simply means *the percentage that a company (organization) has of the total sales for a particular product or service.*

Girl Guides of Canada looks at numbers of girls in each age range and matches them against enrollment in our programs. The first column is how Girl Guides of Canada does Nationally. Overall, in Canada, 3% of girls who are 5-17 years of age, are members. The percents in blue represent the top 3 numbers for each branch. We see Newfoundland is the clear leader! They have ¼ of Brownie age girls, and the highest shares across the country. *(If you need original slide in powerpoint, let me know).*

Market Share

% of Canadian Population	Age Range	AB (incl. NWT, YT)	BC	MB	NB (incl. PE)	NL	NS	ON (incl. NU)	QC	SK
4.33%	Sparks (5-6)	5.5%	6.2%	3.5%	6.5%	23.9%	14.2%	4.8%	0.3%	4.0%
5.61%	Brownies (7-8)	7.8%	8.8%	5.2%	8.7%	25.0%	18.3%	6.4%	0.5%	5.9%
3.87%	Guides (9-11)	5.2%	6.4%	3.5%	5.6%	13.5%	9.8%	4.5%	0.5%	4.0%
1.27%	Pathfinders (12-14)	1.9%	2.4%	1.2%	1.9%	4.7%	3.7%	1.7%	0.2%	1.4%
0.45%	Rangers (15-17)	0.6%	0.8%	0.4%	0.6%	1.8%	1.3%	0.5%	0.1%	0.5%
3.04%	NS has second highest percentage in each branch, with approximately 3 times National averages.									



So, looking at Brownies, across Nova Scotia – we have 18% of all 7 and 8 year old girls in our province already enrolled in our programs. **Nearly 1 in every 5 Brownie-aged-girl is a Brownie.** That is fantastic! Consider that there are communities where we don't have units, and have no Brownies at all. Consider entire districts with no Brownie vacancies. Consider potential Brownies who have remained on waitlists all year. We can continue to grow our market share by offering more opportunities. For Brownies. And for all branches!



NOVA SCOTIA WAGGGS DELEGATE

In December, we told you about one of our own Nova Scotia Guiders, Krysta Coyle, who would be attending as the Canadian delegate for the 60th UN Commission on the Status of Women.

Krysta, a busy Guide Guider and District Commissioner for Halifax South (Harbourside), is now back from this prestigious event, which was held in New York at the United Nations Headquarters in March 2016.

Be sure to check out the blog Krysta wrote regarding her experience! It can be found at:

<https://www.waggggs.org/en/blog/how-can-i-make-sure-im/>




World Association
of Girl Guides
and Girl Scouts



National Mental Health Week



National Mental Health Week was May 2-8. This is an excellent opportunity for units to help girls learn to take care of their mental health. From relationships, body image and school to changing family dynamics, there can be many sources of stress and anxiety for girls and young women today. While facing these ups and downs is part of our daily lives, mental health issues like stress and anxiety can make it harder to handle everyday challenges.

Girl Guides of Canada has instant meetings available that focus on activities that will help girls develop techniques for managing stress and anxiety in healthy and positive ways.



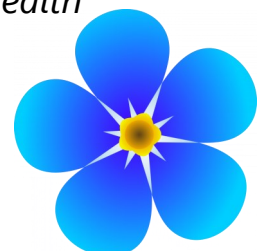
GGC Make A Difference Days

**National
Mental Health Week**
May 2-8, 2016

Although many units are winding down for the summer, these instant meetings are a great to tuck away to remember when planning your meetings for the 2016-2017 Guiding year. Check them out at:

*www.girlguides.ca ->
Programs -> Specialized
Programming -> Make A
Difference Days ->
National Mental Health
Week*



UNIT NEWS

CWFF Pizza Party, By Christian Brousseau, 2nd Bedford Guides

At a recent meeting, our unit enjoyed a pizza party to celebrate the year as it winds down. What made our pizza even more enjoyable was that our unit took part in the CWFF Pizza Challenge, and applied for the chance to win a pizza party when we submitted our CWFF funds collected on Thinking Day. We found out a few weeks ago, that our unit (out of all the Guide units in Canada who applied) won the pizza party! Our pizza treat was paid for, thanks to the girls' efforts in collecting CWFF funds. (And, there is also a really cool pizza crest to go along with it.)

For more info on the challenge, check out:
www.bc-girlguides.org/web/ -> Program -> Challenges -> Provincial Challenges -> CWFF Pizza Challenge.



Trash Collectors! 1st Liverpool Brownies

The 1st Liverpool Brownies spent a recent meeting picking up trash at a local park. Way to go, girls!



Cookie Days

By Kayla Bernard

Such a great day!
The girls from
3rd Halifax South
Pathfinders and
1st Halifax South
Brownies worked
together so well to
sell their cookies!



Bedford District Guider Appreciation Night

By Christian Brousseau, 2nd Bedford Guides

On April 17th (during National Volunteer Week), Guiders in the Bedford District came together for a fun Guider Appreciation Night. We played trivia games, learned new games and songs (thanks to trainer Claudia Porter!), handed out various unit Guider awards, enjoyed some munchies, and shared in the sisterhood of Guiding (oh— and there was a crest!). Many thanks to our Bedford Council for organizing this fun night!



*Right:
Co-District
Commissioner
Alana Coneen,
receiving her
District
Commissioner's
Award.*

Harvest Trail Area Guider Recruitment Event,

By Sara Keddy, 1st Berwick Pathfinders

Sharing in the “sisterhood of Guiding” was the goal of a women’s only event April 8 in Coldbrook, but chocolate made it all the sweeter.

Girl Guides of Canada volunteer leaders from Berwick, Coldbrook and Kentville invited friends and guests to the Coldbrook Lions Hall to take part in a Chocolate Challenge, a typical program often run for Guiding’s youth members. Showing off some of the crafts, games, challenges and information the challenge incorporates, along with the stories and experiences of seasoned leaders who have been a part of the organization for a range of years, was a great way to introduce prospective new leaders to Girl Guides of Canada – as an adult member.

The idea for the Sisterhood Event was from Kristy Haayer, the membership advisor for Harvest Trail Area (which extends throughout Western Nova Scotia). While Haayer regularly leads youth units in Berwick and Coldbrook, she volunteers at the Area level to help recruit new volunteers and grow Guiding. Adult benefits of membership include volunteer satisfaction within your community, being able to mentor young girls and women through new skills and challenges and create a peer group among women interested in the same things. Guiders are first-aid trained, have support through event planning and risk management as they coordinate branch programming for girls ages four to 18 and may also challenge themselves through more formal food safety and canoe certifications to out-of-the-box winter camping, high ropes obstacle courses and silly campfire skits and songs.

Registration is underway now for youth and women for September units; those interested in Guiding now may join weekly unit meetings at no charge until September. Consider it a “taste test” of Guiding – you may even find a unit doing the Chocolate Challenge itself!



Brownie Arts Day, By Kayla Bernard, Provincial Arts Adviser

In February, Brownies from across the province came together for Brownies Arts Day. This was an event filled with crafts, songs and dance, and all with a Twinning 2020 theme. Among many other things, the girls crafted St. Vincent and the Grenadines carnival masks, as well as participated in a #sharethelove service project!



Brownie STEM Day, By Mae Lefrancois, NS Girl Guides STEM Adviser

On the afternoon of Sun Apr 17th, 60 Brownies from all over NS converged at the Nova Scotia Community College (Waterfront Campus) in Dartmouth to learn how science can give you power and beauty! The materials, presenters, and facilitators were provided by Engineers Nova Scotia. All presenters and facilitators were female Engineers.

The girls started by going through 3 activities in a round robin format to obtain their power and beauty. The girls learned about magnetism then used that knowledge to make and personalize super hero gloves. They experimented with their super hero gloves which can move objects at a distance and even through surfaces like tables, chairs, and doors. The Brownies also learned how to amplify their strength and physical efforts through the use of levers as simple machines. In this way they could lift more weight with less effort. Moving objects at a distance and lifting weight with less effort are hallmarks of super hero powers.

In the third activity, the Brownies learned about the phase transformation of materials like wax and cocoa butter, from solid to liquid, to create lip gloss. The girls customized their own lip gloss to include their choice of essential oils and decorated the tube their lip gloss was in. They eagerly tested their lip gloss to ensure that it worked.



After these 3 activities all the girls were together to meet 15 Engineers and to hear about the diversity of their work. Then the girls in groups of 3-4 worked with one of the Engineers to design a device or concept that applies STEM to solve a problem and help others in the process. In this case, it was to help a stuffy that had mobility, hearing, strength or other issues.

That afternoon each Brownie earned her Key to STEM – Special Interest Badge. Each Brownie also received an Engineers Nova Scotia STEM crest for their camp blanket. That, on top of a super hero glove and lip gloss – power and beauty in one afternoon.



TREFOIL GUILD TALES



Memory Lane Trefoil Guild Celebrates!

By Darlene Duggan, Memory Lane Co-President, NS Provincial Trefoil Guild PR

Everyone is Irish on St. Patrick's Day ,so we celebrate that and we also celebrate Easter...and...we certainly also celebrate SPRING! A time to look around and spot tiny green shoots popping from the sometimes still frozen ground, a time to re-group, rejuvenate, and just take a deep breath and whoosh out all that old stale "stuck indoors for too long" air.

This is also the time to celebrate new beginnings and Memory Lane Trefoil Guild did just that at their March meeting. Our Provincial TG Adviser joined us...and brought special green lucky coins for each of us... as we celebrated both St. Patrick's Day and Easter. The food was plentiful (too plentiful), the treats were sweet, and our spirits were high as we gathered for the most important "new beginning" ...the induction of two new members to our Trefoil Guild, Carolyn Fougere and Irene Leahy. These ladies are old friends, Guiding friends, and we are happy to have them. Together we all will continue *Keeping the Spirit Alive!*



TREFOIL GUILD TALES



Trefoil Guild Members Help with GOTA (Guides on the Air)

By Helen Archibald, Hardwood Lake Trefoil Guild

Guides on the Air (GOTA) was held on February 20th and 21st 2016. There was a station at the Halifax Amateur Radio Club station in Halifax as well as a station in Canard, Kings County VA1YL. New Brunswick had several stations, one at UNB and one at a sleepover at a Mall with 350 Guides.

Guides On The Air (GOTA) was started in 1985 as part of the celebration of 75 years of Girl Guides. It is an opportunity for Girl Guides to talk on amateur radio. The idea was for Guides to speak to other Guides on the radio. It spread from Canada around the world. Outside Canada it is known as Thinking Day on the Air (TDOA). It is held each year on the third full weekend in February. In 2016 it was held on February 20th and 21st.

Helen Archibald VA1YL, formerly VE2GGQ, has continued to operate GOTA almost every year since she became a ham operator in 1992. Since 1999, over 600 Guides and Guiders have visited her radio room to participate in GOTA. In 2016, 70 members of Guides Canada participated at Helen's radio shack. 47 girls or women spoke on amateur radio to 14 stations in Germany, England, USA, Belgium, Wales, Italy, Ireland, Northern Ireland, and Canada.

Some of the most exciting contacts were with GB0PAX, Pax Lodge. We speak to them almost every year. We also spoke with M0ACL, Liz Jones, the organizer of Thinking Day on the Air; with Holly MW6HTT, age 10, the youngest amateur radio operator in Wales, and Brooke, a 6 year old girl in Ireland, daughter of EI3KE, who spoke to 19 girls at radio station VA1YL. Another special contact was with VE9GGC, the Guide station in Fredericton New Brunswick where 12 Guides spoke to 8 Guides at VA1YL.

GOTA/TDOA is a wonderful opportunity for Guides to learn some geography, some technology and have fun while celebrating Thinking Day. Many amateur radio stations would be willing to invite Guides to their stations or possibly set up a station at a Girl Guide camp. In 2016, there are many ways of communicating so that stations can find each other and set up scheduled contacts.

One of our Hardwood Lake Trefoil Guild members, Helen Archibald, is a ham radio operator and every year on the last full weekend in February, to celebrate Thinking Day, she invites the girls to visit her radio room to speak to...well...whomever they can worldwide. Helen has kindly sent a little background information and a report of the success GOTA enjoyed this year. GOTA is a wonderful experience for the girls from Sparks to Rangers...check it out.

*- Darlene Duggan,
Provincial Trefoil Guild PR*

TREFOIL GUILD TALES



GOTA Report continued...

The Canadian Ladies Amateur Radio Association has been doing its best to support GOTA in Canada for the last 25 years, and almost every province across Canada has a special call sign for use in this event. e.g. "VE1GGC", "VE3GGC", etc.

In the past, many of the Science Museums across Canada operated amateur radio stations and welcomed Guides in to talk on the air. Amateur radio clubs also invited Guides to participate in this event. These stations are still willing to support the event if they can find Guides to take part.

The UK Guide Association promotes GOTA very strongly, and it is a very popular event in Britain. They mostly talk to other British Guides since so few Canadian stations are on the air (also, the time difference can be an issue because the British girls have often gone home for tea by the time the Canadian girls get on the air).

If you are interested in trying out GOTA, everything you need is available on the website: <http://www.clarayl.ca/index.php/whatisgota>

Another important Website is: <http://www.guides-on-the-air.co.uk/>

For more information you can also contact
Helen Archibald at va1yl@ns.sympatico.ca

(Please keep in mind that amateur radio operators are all volunteers and they would need some time to organize an event.)





Lieutenant Governor's Education Medal

For this medal, students are nominated by their school based on academic performance and qualities of leadership and service demonstrated in their school and community.

It is an award open to all grade 11 high school students, and we were pleased to hear that this award was presented by the Lieutenant Governor to **Laura Samson**, a student at Ecole Secondaire du Sommet, and a member of 1st Bedford Rangers. Congratulations, Laura!



Krysta Coyle was appointed National Link Adviser for Girl Guides of Canada.

As well, in her private life, she was presented with the Colleen Elliott Award - 2016. This award was created to honour excellence in cancer research training.

Halifax Regional Municipality Volunteer Awards

At the 2016 Volunteer Awards, **Alana Coneen** received an award for the District 16 Bedford / Wentworth Area. The write-up in the program describes Alana as such:

"Alana has been a Girl Guides of Canada member for 8 years and is currently the Co-District Commissioner for Girl Guides of Canada Bedford District. She is always cheerful and enthusiastic with everything she does like teaching new skills, running the unit meeting, or attending district and area events. Alana has been a great role model and mentor for the youths and leaders in her district." Congratulations, Alana!

At this same event, **Cheyenne Hardy**, a member of 2nd Brookhouse Pathfinders, received a Youth Award for the District 6 Burnside / Dartmouth East Area. The write-up in the program describes Cheyenne as such:

"Cheyenne volunteers at the food bank, with Special Olympics, at Autism fundraisers, at a cat shelter, with the Boys and Girls Club, and at Between the Bridges. She also donates her time to We Scare Hunger, serves tea at the Iona Church fundraiser twice a year, volunteers to head up programs at the school to better the school and its students, helps sell Christmas Tree for the Kiwanis Club, and is fundraising to build a school in Kenya. Plus Cheyenne volunteers as a member of Cadets and Girl Guides of Canada and as a member of the Youth Round Table. Cheyenne is a young lady that doesn't just want change; she wants to BE the change!"

Cheyenne also was recognized in the Provincial Legislature for her work in her school and community by Hon. Joanne Bernard.

This & That

continued...

DID YOU KNOW THAT MAD SCIENCE CAN COME IN TO YOUR UNITS TO WORK ON SCIENCE-RELATED BADGES? THEY HAVE LOTS OF DIFFERENT WORKSHOPS AND PACKAGES AVAILABLE! CONTACT INFORMATION IS BELOW, TO CONFIRM PRICING AND AVAILABILITY FOR UNITS FROM ACROSS THE PROVINCE;

madsciencenovascotia@gmail.com
www.maritimes.madscience.org
902-454-0863



CHANGES TO COASTLINES

A reminder that as of the last issue, the Coastlines newsletter became a **quarterly publication!** There are now **Fall** (late October), **Winter** (late December), **Spring** (late March), and **Summer** (late May / early June) issues, which will continue to be emailed to all Guiders, Link Members, and Rangers.

As always, Guiders are encouraged to send their photos and articles to our Newsletter Editor, Christian Brousseau, at coastlines@girlguides.ns.ca for inclusion.

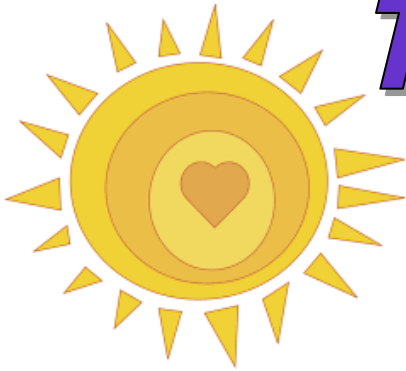
Submission Deadlines are as follows:

Fall Edition -	October 15th
Winter Edition -	December 01st
Spring Edition -	March 15th
Summer Edition -	May 15th



Please Note: *If you have news that is time sensitive, Coastlines is not the proper venue for it's communication.* Registration forms, upcoming events and important changes to policies and directives should be communicated via direct email. You can also use our social media channels (Facebook - www.facebook.com/GGCNS, and Twitter - @GGCNovaScotia) to keep up-to-date on all things Guiding.

All information relevant to your GGCNS membership will be communicated as needed through e-blasts from the main office, updates to our website (www.girlguides.ns.ca), and in Canadian Guider and The GuidePost.



This & That

continued...

Just a reminder, online registration is now open for all girls returning to Guiding! This is for girls returning to units and girls moving onto a new unit. Register early! Registering now secures our members a place in Guiding, helps determine if new units are needed and helps manage wait lists before the start of the new Guiding year. Check out the National website for more details and to register!

<https://www.girlguides.ca/WEB/OnlineReg>



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Editor's Note:

Hard to believe that the Guiding year is coming to an end! As you plan and participate in Advancement ceremonies, camps and year-end festivities, don't forget to tell us all about them! The Fall edition of Coastlines will be put out at the end of October, so you have lots of time to send them in. Submissions for the next edition will be due by October 15th and can be emailed to me at coastlines@girlguides.ns.ca.

Yours in Guiding,
Christian Brousseau, Coastlines Editor /
2nd Bedford Guides

