

Coastlines

Nova Scotia Council's Quarterly Newsletter

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How to roast a Pathfinder (and make lasting winter memories)

When I was a Pathfinder, I went to winter camp. We were a small group of four girls, and our parents were hesitant but supportive.

Camp weekend came and the temperature began to rise. Luckily, the snow in the woods didn't melt so we enjoyed snowshoeing and building forts. Then it was time to sleep.

We crammed ourselves into one small old canvas tent, wrapped in winter sleeping bags, fleece liners, extra blankets, heat pads, and anything else our parents could think of that would keep us warm.

The temperature rose and rose until we were lying in a sauna. I sweated more that night than I ever have at a summer camp!

Of course, our parents' response was "at least you weren't cold!"

This winter, shake things up and try a new outdoor activity with your unit. Like me, the girls will likely remember their experiences - especially the funny - for years to come.

- Caira Clark, Coastlines Editor

Submissions for the spring edition are due March 15. To submit, email coastlines@girlguides.ns.ca



Keep in Touch

Girl Guides Nova Scotia
3581 Dutch Village Road
Halifax, NS B3N 2S9

Phone: (902) 423-3735

Fax: (902) 423-5437

ggnsc@girlguides.ns.ca

www.girlguides.ns.ca



In the Know

Get to know your STEM Specialist



Shannon Sibbald was recently appointed as the new Provincial Science, Technology, Engineering, and Math (STEM) Specialist. She is a graduate student in biochemistry and molecular biology at Dalhousie University and a Guider with the 1st Halifax South Brownies.

What is your role?

Organize STEM events, connect units to resources, assist in programming, engage and encourage girls, and make STEM fun!

What skills does STEM teach girls?

Critical thinking, problem solving, teamwork, curiosity, and imagination.

What are your three wishes for the next three years as STEM Specialist?

1. To create a provincial STEM challenge that also incorporates art
2. To engage girls in every branch in STEM opportunities outside of the classroom
3. To create program resources for all levels to help Guiders implement the new Guiding programs

What is one thing that you wish for all Guiders in Nova Scotia to know about STEM?

75% of Nobel Prize winners in STEM subjects say their passion for STEM was sparked in a non-school setting. We can play a role in getting girls excited about STEM from an early age.

If you were a science experiment, what would you be?

Homemade ice cream - because I LOVE ice cream!

Win a pizza party and support CWFF

The Canadian World Friendship Fund (CWFF) is used in many ways, from supporting international Guiding members who want to attend Canadian camps to disaster relief for other WAGGGS countries to supporting daily operations at the World Centre.

Your International Adviser challenges your unit to raise as much as you can for the CWFF.

The unit who collects the most per member (including Guiders) will win \$100 for a pizza party! The winner will be notified on April 1.

Email the form on the provincial website to international@girlguides.ns.ca by March 27.

And use our hashtag! #nscwffchallenge



Social Media Spotlight: Cape Breton Coastal Rangers

Girls - not just Guiders - are sharing their experiences with GGC on social media.

Check out these recent posts on Instagram from the Cape Breton Coastal Rangers.



Save the Date: Provincial Conference

Light the Fire - Rekindle the Flame will be held at The Westin in Halifax from November 24-26, 2017.

Mark your calendars now for an exciting, entertaining, educational, and fun conference in a warm and inviting facility.

The program will include activities and supports, programming ideas, special speakers and topics, out trips for fun and learning, special events, and opportunities for networking. Plus we'll participate in a service project to round it out!

Encourage others in your District to attend, make new friends, and greet others you may not have seen in a while.

Watch for additional details in upcoming issues of *Coastlines*. Full registration information will be sent directly to all Guiders.

Note: Capacity is increased from previous years with the aim of no one being left out.

For more information, email the [Provincial Guider Conference Committee](#).



To mark Canada's 150th anniversary in 2017, Historica Canada is launching **Here's My Canada**, a contest where Canadians ages 6 and up create 30-second videos about Canadian culture, history, and identity.

They are inviting Girl Guides of Canada members to participate!

If you and your unit do, you could win from over \$35 000 in prizes from Air Canada, Via Rail, Indigo, Best Buy, or Cineplex.

There are several categories: Junior (ages 6-10), Intermediate (ages 11-13), Senior (ages 14-18), Adult (ages 19+), and People's Choice.

Visit www.heresmycanada.ca to view the free program materials.

You can also download the Historica Canada free video making app from the Apple App Store.



Become a Trainer in 5 easy steps!

by Christy Elliott, Provincial Training Adviser

Step 1

Complete and submit a TR.3 form that is signed by your Area Commissioner or Training Adviser. You may wish to take Understanding the Adult Learner and/or the Trainer Stream modules before making the decision to submit this form. It needs to be submitted prior to Step 4.

Step 2

Take the Understanding the Adult Learner (UAL) National Module. It is being offered on **January 21st** via Adobe Connect and face-to-face at Guide House on **March 25th** from 1:30-4:30PM. If you have education or experience in this field, you may request equivalency.

Step 3

Take the Trainer Stream. National has a five-module Trainer Stream that includes needs assessment, facilitation skills, training delivery, training design, and training TEAM. We plan to offer the Trainer Stream in April. If you have education or experience in this field, you may request equivalency for some of these modules.

Step 4

Complete a mentorship with a Trainer. You will be paired with a Trainer who will help you to hone your skills as a Trainer Candidate. The length of time spent at this stage varies significantly.

Step 5

Be "viewed." When you are ready, you will be viewed facilitating a session. You will complete a self-observation form and the person observing will give you a feedback form that includes areas of strength and areas for growth.

Contact Christy about becoming a Trainer at training@girlguides.ns.ca

NS International event needs Guiders

Calling all Pathfinder and Ranger Guiders —

World Centres, cooking, art, WAGGGS and more!

Join us in January for a provincial international-themed event.

Perfect to get the girls geared up for Thinking Day 2017 and to get bitten by the travel bug

More details in January.

Volunteer at the Provincial level

Provincial Commissioner
Lead the design and implementation of the Provincial Operations Plans. Support the National Strategic Plan.

Cookie Adviser
Coordinates the annual Classic and Mint Cookie campaigns in Nova Scotia.

Program Adviser
Support program around NS. Plan, coordinate, and deliver provincial workshops.

Membership Adviser
Support online and offline registration and retention, as well as Guider screening

For more info or to apply, visit the Volunteer Opportunities page, available [HERE](#).

Van-Go Trainings in Harvest Trail and Ceilidh

by Christy Elliott, Provincial
Training Adviser

Harvest Trail Van-Go

January 20-22
Yarmouth & Bridgewater

Ceilidh Van-Go

March 25
Location TBA

Nova Scotia Trainers will be on the road this winter, bringing training to you!

Offerings will be varied so that Guiders can choose to learn skills that suit their units, positions, and prior experiences.

Each session is open to all Nova Scotia Guiders. More details are coming soon.

You can email Christy at training@girlguides.ns.ca



Mint cookies a success - now don't forget to register for Cookie All Stars!

Girl members work hard to sell cookies, so they should receive recognition for their efforts. The Cookie All Stars program is available at no additional cost and only requires some of your time.

The registration site for 2016-2017 opens in February 2017.

And, there are new rewards this year. Each girl who sells 80+ cases of cookies individually have a choice between:

- Camp Kit (\$300 value) including a backpack with hydration pack, sleeping bag, flashlight, and mess kit
- Best Buy Gift Card (\$250 value)

If you are using the Cookie Tracker, please note that it is a recording tool that does not automatically register you for Cookie All Stars.

However, Cookie Tracker has a function to transfer sales information directly to the Cookie All Stars site. Guiders are responsible for checking the site to see if their mint sales have been successfully transferred.

Guiders do not have to use the Cookie Tracker tool to register for Cookie All Stars. We recommend that if you have not been using the Cookie Tracker, you register directly on the Cookie All Stars site.

If you have cookies from Trex, a Trip Unit, Lones, Transitioning Members, or other individual cases, you can now record the cases on the Cookie All website.

Instructions for recording these cases will be posted on Memberzone in the Cookie All Stars section before the registration site opens.

If cookies were sold at a group event, they cannot be added to girls' individual sales.

Did you know that 54% of units who took part in fall Cookie All Stars weekend sold 6 to 15 cases?

Any units who took part will be receiving their crests shortly, if they haven't already.

Unit News



The power of “fancy” badge presentations

by Kayla Bernard, 3rd Halifax South Pathfinders

How do you award badges? I used to award them in clear bags, but I noticed a pattern. They were left behind and the badges didn't end up on the girls' sashes.

I tried something different. I glued their badges on a green paper bag, and the girls were much more excited. They wanted to do the hand shake and cheered for each other as they received their badges. They also asked me: “When will you hand them out again?”

Another thing happened: they asked each other about the badges they had earned at home, with the unit they help with, or at district or area events. Since then, they've done more on their own and they take more pride in what they have achieved.

Presenting badges this way also allows me to show girls and their families what belongs on a sash and what is meant for a camp blanket.

A year later, we've done paper bags, gingerbread people, Valentines, trefoils, clipboards, and more.

It takes a little more time, but the girls' reactions are worth it. And now, it's simply tradition!

Giving the gift of crafting

by Christian Brousseau, 2nd Bedford Guides



In November, we worked on a service project over several meetings: “craft-in-a-bag” kits for children staying at Ronald MacDonald House.

At the first meeting, we assembled foam pieces and accessories. At another, the girls wrote notes to the children. Finally, at the third meeting, they stuffed larger bags with the kits, activity sheets, two crayons, stickers, card paper, and their note.

I had the opportunity to bring the bags to Ronald MacDonald House in Halifax, and to have a quick tour. What a fantastic, welcoming place for families!

The Volunteer Services Coordinator was so grateful for the bags, and asked that I pass along her gratitude. The bags were distributed to the children at their holiday party.

The Attitude of Gratitude

by Ornmadee Baxter-Lovo, 6th
Hammonds Plains Brownies



During the the holiday season, it can be easy to forget the little things that we do for one another every day should be considered gifts.

In that spirit, we gave our Brownies a Random Acts of Kindness Challenge. Drawing names from a hat, girls had two weeks to deliver, in secret, random acts of kindness to their "secret friend."

Each day it was exciting to hear that girls had received kind notes and small gestures. Some gestures included handmade cards, poems, bracelets, puzzles, and colouring pages.

After two weeks, the girls wrote "reveal" letters, explaining who they were, and read them to one another (photo above). There was excellent creativity and thoughtfulness - especially since some girls had only just met their new friend.

The girls learned that words and actions can make their friends realize how important they are to others.

Our Guide Adventure Day

by Rachel Kibble & Allison Bickford



On December 1st, our Guiders organized a fun and eventful day for 22 Guides from three different units.

First, we gathered at Fire Station 13 for a tour for our Fire Safety Badge. The firefighters showed us their gear and vehicles, including a fire safety boat.

From there we walked to our regular meeting place, Grace United Church hall, and worked on the Postal badge. We went to the Post Office next door to learn about their services. We wrote a letter to another randomly-selected Guide in our unit and now we can't wait to receive our letters in the mail!

We went to Alderney Landing to eat our lunch and then worked on two challenges.

The UK Robin Challenge included making robin shrinky dinks, robin snow globes, pom pom robins, and learning how to weave an ornament.

Did you know that Lord Baden Powell's nickname was Robin?

Did you know that bowhead whales live for 205 years?

The Polar Challenge included a presentation from Kitrina Godding on Google Hangouts. We joined with ten other schools to talk about the SEDNA Epic Expedition. Kitrina and eleven other women spent two weeks snorkelling in Iqaluit, setting up mobile aquariums, and building underwater robots. We also learned about the Inuit and Arctic animals.

Rachel and Allison are second year Guides with the 1st Dartmouth Guides and the 1st Crichton Park Guides. The 1st Crichton Park Guides is a new unit that meets at lunch hour at the school. 13 of 18 members are new as their other activities had prevented them from joining a night time unit.

District News



Newly revitalized Camp Wo-He-Lo is ready for fun and friendship

by Rachael Porter, South Shore District

At Little Wiles Lake you can listen to the loons, smell the pines, and enjoy the camaraderie with a little help from Camp Wo-He-Lo.

Only 10 minutes from Bridgewater, you can discover its beauty and comfortable setting: far enough away to be isolated from busy life, yet close enough to be easily found. It has welcomed and sheltered many years worth of girls and women in the Sisterhood of Guiding.

This year, our camp needed some TLC. Dedicated volunteers have revitalized the camp so that many more years of fun, friendship, and s'mores can be enjoyed here.

Work completed included new cupboards, counters, flooring, a range hood, lights, a tile backsplash that the girls made last Thinking Day, taps, faucets, tables, benches, a hand-washing sink, a roof, a front, a winterized outhouse, and coat of paint on everything.

We are proud of our camp, and we hope you will visit.

For information about booking Camp Wo-He-Lo, contact Rachael Porter at racheaellynne@msn.com or (902) 521-4921.

A holiday tradition, with a prize to boot

by Yvonne, Canal District



Every year, our district participates in the Christmas Parade.

This year, members dressed as angels, snow fairies, elves, and Santa's helpers.

Girls and their Guiders assisted with collecting Food Bank donations along the parade route. They also handed out candy canes and information about Girl Guides of Canada to all who were interested.

Our float was decorated as the North Pole, and once again, we won the award for best community float.

Thank you to the Guiders whose hard work created such a fun day.



Guiders get crafty at volunteer appreciation

by Yvonne, Canal District



Seventeen leaders from Canal District took part in a Christmas Party Paint Night.

Guider Shera-Lee Kerr lead us in painting baby owls snuggled in a tree during a gentle snow fall.

We had many laughs and shared a wonderful night, topped off with the presentation of volunteer awards and cute snowman ornaments from Guider Christine Weagle.



Pumpkin people are Girl Guides too!

by Julia Parr, Harvest Trail Area Commissioner

In October, Guiders in Parker District used a local tradition - pumpkin people - to make their presence known in Kentville.

Each year, many people visit Kentville to see the display. I'm sure they enjoyed seeing Girl Guides represented!



Girl Guide cookies get a techie twist

Guides, Pathfinders, and Rangers from Western District spent the afternoon at SWITCH Open Streets in Yarmouth selling cookies from their ACM (Automatic Cookie Machine).

They did a fantastic job bringing Guiding into the community while offering the public a fun way to purchase their cookies!



Area News

Harbourside Fall Guider Fest

by Libby MacLean, Harbourside Area Commissioner

We had a small but mighty presence at Camp Kana'da in November.

Friday, Guiders did a service project. Sole Hope offers Ugandans respite from foot parasites that cause malnutrition and infections. Many children can't attend school because the parasites mutilate their feet. We cut old jeans and thick plastic using templates from Sole Hope. We are sending the pieces to the organization, who will make them into shoes.

For more about Sole Hope, [click here!](#)



Saturday, more Guiders, Trainers, and one Ranger joined us for sessions including Camp Skills, Communicating with Parents, Event Planning, Using Themes, Cooperate Games, Healthy Relationships, the Be You Challenge, and the Transgender Challenge.

A representative from The Youth Project gave a presentation about transgendered people and the challenges that they face. They give presentations to groups of children or adults upon request.

[Check out The Youth Project here!](#)

Our Ranger lit the campfire and had her first roasted marshmallow. We made Shrinky Dink ornaments, perused old songbooks and sang our favourites, and had some great laughs.

After a quick breakfast on Sunday, Guiders tidied the camp and headed home. Thanks to everyone who attended!

Harbourside Guiders are asked to watch for our upcoming Spring Guider Event.

Lots of learning in Maplewood Area

by Caroline Blair, Maplewood Area Training Adviser

On November 5th, eleven Guiders gathered at St. Andrews community Centre in Antigonish.

The Guiders participated in various training sessions, including:

- Brownies: All About the Girl,
- Brownies: Programming for the Girl
- Brownies: Quick Start
- Guides: Quick Start
- Using the new App
- Outdoor Cooking
- Finances
- Sage Guide Refresher
- Emergency Response Plan
- Crafts

The Guiders enjoyed the day, meeting new friends, and gathering skills to use in their units.

Also this fall, sixteen Guiders and Pathfinders met in Carroll's Corner to take St. John's Ambulance Standard First aid. All received their certifications. Congratulations!



Harvest Trail Mini-Conference

by Rachel Kibble & Allison Bickford



During years that there is not a Provincial Conference, Harvest Trail Area ensures that there are still learning opportunities for new and seasoned Guiders. So, in November, we had our Mini Conference!

Training for new Guiders included Safe Guide with Christy Elliott, our Provincial Training Adviser, and branch-specific trainings with Claudia Porter and Darlene Banks.

Seasoned Guiders could take OAL training with Cheryl Frederick.

Christy also did a 30-minute session with everyone on how to become a trainer, and some Guiders expressed interest.

Harvest Trail extends a big thank you to all the Trainers who helped to make our day a great success!

Provincial News

Thinking Day babies gifted free Sparks membership

by Jo Swinemer, Membership & Community Development

In 2010, to celebrate Girl Guides of Canada's 100th birthday, Nova Scotia Council gave a free Spark registration to the first baby girl born at each Nova Scotia hospital. They did the same in 2011 for Nova Scotia Guiding's 100th birthday.



Last year, one of these vouchers was redeemed in Dartmouth, and this year, three more were used to register Sparks in Dartmouth, Enfield, and Bedford. I heard from another family that their daughter will be joining next year in Truro.

These registrations got us thinking - maybe we shouldn't wait for anniversary years! So in 2017, we will be offering a free Spark registration to the first girl born on Thinking Day at each hospital in Nova Scotia.

February 22nd is a special day for Guiding, and this is a fun way to honour it.

We have already ordered teddy bears from the Girl Guide Store to give as a gift with the registration to these future members.

Time will fly, and we will be welcoming these girls into our units in no time!

To contact Jo, email membership@girlguides.ns.ca

Pathfinders and Rangers get WISE

by Shannon Sibbald, STEM Specialist

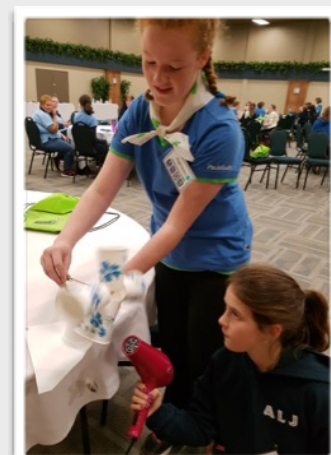
In November, Women in Science and Engineering (WISE) hosted a STEM day at Mount Saint Vincent University for Pathfinders and Rangers.

The girls designed windmills that converted wind power into mechanical energy. Through this, they learned about the design process and employed their problem solving and teamwork skills.

They also took part in STEM trivia using Kahoot! - a fantastic interactive app that allows you to create customized learning games.

Finally, they talked to women who work in STEM related fields. They learned about unique STEM careers and where STEM can take them in the future.

Thanks to WISE for organizing such a wonderful event!



Art-tastic Bridging

by Kayla Bernard, Arts Specialist



Bridging is fun, but for older girls, it can feel repetitive. This year, my unit switched it up.

The Pathfinders and Guides earned the Pathfinder badge "Rembrandt and Company." The girls carved soap, made water colour painting with Skittles, and made pop art with lipstick.

Here are some tips:

1. Check the program book! Every branch has arts badges, or try the NS Arts Challenge.
2. Pick one or two easy activities, and one harder one.
3. Split the girls into groups. Mix circles or patrols with younger girls to include everyone.
4. Let them make a mess! There is no right or wrong in art.
5. Share it on social media or in Coastlines.

All girls who attend our meetings receive the badge even if they are not Pathfinders. It's the perfect way to hook them into the next branch.

If you already have one badge, obviously you need others!

Email Kayla at arts@girlguides.ns.ca

How to borrow historical uniforms for Thinking Day

by Krista Blaikie, Archives Committee



In the Provincial Guiding Archives, there is a treasure trove of uniforms from each Guiding branch and era that are available to enhance Thinking Day celebrations.

Included is a uniform very much like the one that Lady Baden Powell is wearing in the photo above - even the hat! In the photo she is with a group of Nova Scotia Girl Guides that attended the 1948 World Conference in New York.

At past Thinking Days, the loaned uniforms have been used for static displays, fashion shows, re-enactments of the Crystal Palace Rally, special appearances by Lady Baden-Powell, and many more creative activities.

Due to the volume of requests, interested units are encouraged to submit theirs early. There is a maximum of five uniforms per loan.

There is no fee, but the cost of shipping is the responsibility of the requesting unit. There is also a damage deposit of \$25 that is returned if the uniforms are returned in good order and on time.

The updated loan form is [available here](#).

For Thinking Day, the deadlines for loans requests are:

- **Loans to be shipped: February 8**
- **Local requests: February 15**

Guiders get extra-prepared with Wilderness First Aid

by Christy Elliott, Training Adviser

On a rainy weekend in November, sixteen Guiders gathered at Camp Wo-He-Lo to earn their Wilderness First Aid certification.

St. John Ambulance provides the 16-hour course, which helps Guiders to consider the challenges of common and complex First Aid scenarios in the outdoors.

Safe Guide requires the course for activities when EMS response time is longer than four hours. However, it is valuable for any Guider taking their unit into the woods.

In the evening, Guiders brought activities to share with one another. They swapped badges, made shrink art and mini-stoves, played cards, searched for geocaches, shared snacks, and enjoyed the sisterhood of Guiding.



Mid-year registrations

by Jo Swinemer, Membership & Community Development

Did you know that Nova Scotia has six areas, 32 districts, more than 340 units, and nearly 6000 members?

National census is on January 31st. Let's beat last year's numbers: 4724 girls and 1151 adults.

It's never too late to join Guiding, if a unit has space.

For more than 50% of interested members at this time of year, there aren't available spaces. Please think about whether your units can accommodate more girls and have your DC contact me about unit capacities.

Membership fees are not prorated, but new members are not expected to pay dues or activity fees for time passed, so they do not have to pay the full amount. Financial assistance is always available.

And what about those just-turned-five girls? They are welcome to join when they turn five, even if they aren't in school.

Girls are encouraged to remain with their peer group, so these girls end up doing 2.5 years of Sparks.

* Please note, these girls (born in 2012) must do a paper registration. *

If you receive inquiries, please ask them to contact us about registration options.

To contact Jo, email membership@girlguides.ns.ca or call 1-800-565-8111

Congrats & Thanks

Bedford units make cookie packs to seniors



Several Bedford units worked in teams to assemble baggies of homemade cookies with handmade tags. The tags were made by other Sparks and Brownies units in Bedford. In total, close to 200 bags were assembled.

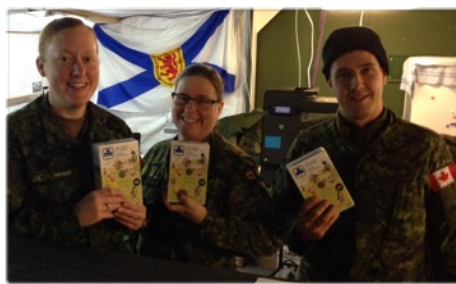
Local Pathfinders presented the cookies to seniors at the Lions' Dinner. They received the following thank you note:

“Please extend our thanks to the 2nd Bedford Sparks, 6th Bedford Brownies, 2nd Bedford Guides, and 1st Bedford Pathfinders for the cookie packs. I can tell you that the seniors really enjoyed them. Thanks again.”

Cookies for Canadian troops in Poland

Cindy O’Hearn mailed a case of cookies to Canadian troops.

The A Coy - Maintenance posted in Jaworze, Poland emailed to say thank you for the Girl Guide cookies that were sent to them. They also sent these photos of them enjoying the cookies.



Thank you to the Mud Creek Rotary Club

Hardwood Lake Girl Guide Camp thanks the Mud Creek Rotary Club in Wolfville for their generous contribution to our campsite. Their support will help us to make structural improvements this fall to Paxtu, the covered shelter on our tenting site. The funds come from a weekly toonie lottery, so thanks also to those who played!



From left to right are Rotarian Marilyn Carey, Harvest Trail Area Commissioner Julia Parr, Hardwood Lake Girl Guide Camp volunteer Sara Keddy, and Rotarians Bud Miller, Tom Herman, and Barb Lutz.