

# Coastlines

Nova Scotia Council's Quarterly Newsletter

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## Keep in Touch

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## It's camping season: time to get outside!

Spring is upon us (or almost upon us, depending when you're reading this issue!). Many units are beginning to wrap up their year, and for many, that means that camp is coming up!

For some girls, camp is something that they look forward to all year. For others who have not been to camp before, it is a new experience. Have fun no matter what the case may be.

And don't forget to send your camp photos and stories in for the summer edition of Coastlines!

- Cairia Clark, Coastlines Editor

Submissions for the summer edition are due June 15.

To submit, email [coastlines@girlguides.ns.ca](mailto:coastlines@girlguides.ns.ca)

# In the Know

## Get to know your Strategic Communications Co-ordinator



Anastasia Smallwood was recently appointed as the new Strategic Communications Co-ordinator for Provincial Council.

### What is your role?

I'm helping Girl Guides of Nova Scotia be more effective! I review, create, and evaluate the way we communicate through media, social media, and email use.

### What three words define good communication?

Good communication is: targeting, necessary, and effective.

### What are three things that you want to accomplish during your time on Provincial Council?

1. I want to "wrangle the social medias" by creating a list of what Twitter, Instagram, and Facebook pages are active or not associated with Girl Guides of Nova Scotia.
2. I want to create a comprehensive, detailed and effective communications review and plan that can be easily implemented in years to come.
3. I want to see more young Guiders on Council

### If you were a smartphone app, what kind of app would you be?

I would be a coffee delivery service app, because this is something that I wish existed. If no one else is doing it, why not do it or be it yourself!

## Social Media Spotlight: GGCNS

Check out Girl Guides of Nova Scotia's Instagram - @ggcnovascotia

Submit your photos to [socialmedia@girlguides.ns.ca](mailto:socialmedia@girlguides.ns.ca) to be featured.



# Unit News

## Welcoming new Canadians to Girl Guides

by Catherine Baillie Abidi, YMCA Unit



Girl Guides of Canada - Nova Scotia Council and the YMCA Newcomers Centre of Halifax and Dartmouth have teamed up to create a multi-branch unit for girls who are new to Canada.

The twenty Sparks, Brownies, and Guides meet for two hours, twice a month, and we are having a blast!

So far, we have learned a lot about each other and the importance of making new friends. We have also celebrated Thinking Day and giggled throughout a special STEM day.

The unit is a true celebration of diversity, with multiple languages, religions, cultures, and countries of origin honoured as we learn and have fun together.

Thank you to the Timberlea Brownies for donating start-up supplies and for the special welcome notes. We are looking forward to more Guiding fun!

FRIEND – AMIE – صديق – HEVAL – друг - AMIGO

## Berwick Pathfinders & Rangers to host campfire with special guests

by Sarah Keddy

You are invited to sing out loud! The Berwick Girl Guides and exchange guests from the Kingston, Ontario Girl Guides will be hosting a Canada 150 themed family campfire.

The campfire will be part of the Town of Berwick's summer Concert in the Park celebratory series.

Is this land your land? Have you caught fish in Bonavist' Harbour? Do you love the dip, dip and swing of a paddle? Come sing with us!

Bring a sit-upon and campfire blanket. Marshmallows provided!

In case of poor weather, join us at the Apple Dome.

**The event will take place on Wednesday, July 26 from 7-8pm.**



## Bridging, British style!

by Cassie & Alexa Landsburg,  
1st Berwick Brownies and  
Guides

From March 17 to 19, we were invited to Camp Kanada with three Dartmouth Guide units.

On Friday, we started the UK Onesie Challenge that had all of us dressed in onesies and putting on a fashion show. At one station we painted our nails, at another we drew an ultimate onesie on Shrinky Dinks, and at the last one we exfoliated our hands. We also had our first indoor campfire. One of the leaders, Crystal, helped us settle for the night with some music and meditation.

On Saturday we tried snowshoeing and went for a hike. We worked on our snowshoeing badge, naturalist badge, and another UK Challenge called I'm a Survivor. We finished the evening with a second indoor campfire and s'mores. Again, Crystal helped us settle with music and mediation.

On Sunday we finished up any work that we had left.

It was great to get to know the other twenty girls from different units.

## A hair-raising story from a special Spark

by Kirsti Carmichael, Ceilidh Area PR Adviser

Maggie Robertson, one of the 6th Sydney Sparks, grew out her hair for four years. Her last hair cut was when she was two years old.

Her parents had talked with her about Locks of Love before, as well as how it benefits children with cancer and other illnesses that cause them to lose their hair.

Maggie's appointment was not intended to be a donation at first. When she was asked what she wanted to do with her hair, she said "Wouldn't it be nice if I could give a really nice Christmas gift to a little girl this year?"

She got some fun colours put in her hair and gave another child a chance to feel like a princess. This little one understands the true spirit of sisterhood.

For more information about Locks of Love, visit [www.locksoflove.org](http://www.locksoflove.org)





## No unit? No problem! Creating a rural multi-branch unit

### Krista Cholak, 1st Boisdale Multi-Branch Unit

My daughter fell in love with Sparks when we lived in Dartmouth. Her Guiders inspired me to become a Guider.

When my family moved to rural Cape Breton, there was a Brownie unit 45 minutes away but we struggled to make it on time. My daughter suggested that we start our own group.

We realized there were not enough girls in our community for single branch units, so I talked with the District Commissioner, Freda Potter, about a multi-branch unit.

We secured the local fire hall as a meeting space and chose Sunday evenings to allow travel time. My daughter helped to create notices that created a lot of buzz on the bus home. We hoped for seven kids, but we ended up with 14!

We were all new to Guiding, except for my daughter, so a Pathfinder helped and a former Guider was our assistant.

We created a combined opening with traditions from Sparks, Brownies, and Guides. My daughter has taught us many songs and games that we change to fit our multi-age groups.

All of our girls have been able to give back to the community and the community loves seeing the girls at events.

Our biggest challenges are that the Sparks leave a half hour earlier than the older girls, and that we have to keep the program interesting and challenging for all ages. Online resources and support from our district have helped us.

I am so happy that I decided to form this unit. I was nervous, but now I can't wait for next year!

### My Girls

by Cathy Lacey, Shubie District



I became a Guider because my daughter, Candace, would not go to Sparks without me. Later on, I convinced two more mothers - Jacqueline and Noreen - to join.

We went on many adventures, fundraised, and travelled. We went to Guiding Mosaic, Pax Lodge, May Camp many times, and to Saint John as a last hoorah.

We have had a long journey together: from Sparks all the way to Rangers. To my girls, I am so proud that you have stuck together. Even though you finished your program in 2015, you have kept your friendships.

You have accomplished so much over the years: your Lady Baden Powell awards, Canada Cords, and Chief Commissioner's Gold awards. I do not know another group like you that has stayed together all the way through Guiding.

Many of my girls have continued with Guiding as adults. Mairi, Courtney, and Kendra lead Sparks; Candace and Julia lead Brownies; Olivia and Meghan lead Guides; Abigail is Dartmouth Shore Area PR Advisor. Jessica is at Acadia and Rebekah is a childcare worker with the Boys and Girls Club. And me? Jacqueline and I are back together as Brownie Guiders.

I am one proud leader "mama."

# Area News

## Maplewood Area Fun Day

by Caroline Blair, Maplewood Area



Girls and Guiders gathered together on February 11 to participate in the annual Maplewood Area Fun Day.

The theme for the day's activities was "Celebrate Canada 150". We opened with a Colour Party and a flag raising

Girls enjoyed a round robin of events during the morning:

- Canada Flag: the history and care of our flag
- First Nations: listened to a legend, learned a prayer with signing and a game (bone and stick)
- A participation story about how Canadian Guiding and history
- A game: Pool Noodle Hockey
- A craft: God's Eyes at the craft table
- Canadian Bingo and Canadian songs

In the afternoon, the girls completed a Cross-Country Scavenger Hunt and Fitness Challenge and some of the Sing Ontario Sing Challenge.

During closing remarks, the Training team was recognized for their years of service: Jennifer Boyce (6 years), Debbie Mellish (15 years), and Joan Ellis (28 years) with a small bouquet of flowers. Maplewood is very fortunate to have a dedicated team of Trainers.

Many thanks to Lorena Fortune, Jan Betts, the Bible Hill Pathfinders, the Pictou Pathfinders, Jennifer Boyce, Joan Ellis, Karen Pratt, and Colchester Trefoil members Sheila Stewart and Jane Herring for organizing this fantastic day.

## 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 Caroll's Corner to take St. John's Ambulance Standard First aid. All received their certifications. Congratulations!

# Provincial News

## Girl Guides turn out to shine a light on mental health

by Mary Louise Johnson, Girl Engagement Coordinator



Despite the cold, eighty people attended our provincial Shine a Light on Mental Health event on January 21 in Sackville.

From girls to Trefoil Guild, parents to local politicians, everyone present had the opportunity to share in our message.

Girl Guides of Canada-Guides du Canada revealed its commitment to work with girls to help them build positive mental health and eliminate social stigmas.

Kathy McKay, Provincial Commissioner, spoke of Guiding's positive impact on girls and the relevancy of our new national mental health program, Mighty Minds.

Guests, including politicians and a representative from Kids Help Phone, spoke about they see mental illness in their work and how they offer support.

Two young Guiders, Anastasia Smallwood and Kayla Bernard, told of their personal experiences with mental health.

A candle-lighting ceremony, Taps, and hot chocolate finished the evening.

To find the Mighty Minds challenge, [click here](#).

## Registration for 2017-2018

by Jo Swinemer, Membership

Registration for 2017-18 is going well, with few parents reporting issues. We have fewer waitlisted girls compared to recent years.

Parents were emailed reminders about registration. Statistics show that less than 60% are read. Please remind parents about registration.

16% of registrations are still on paper, but only 10% have no other option. Please encourage families to register online. Pay Pal means that they don't need a credit card.

Paper registration is necessary for Transitioning Members (age 18, born in 1999), and girls with payment plans, Guiding Assistance or funding from organizations like Jumpstart.

How can Guiders help?

- Provide parents with 1-800-565-8111 / [membership@girlguides.ns.ca](mailto:membership@girlguides.ns.ca) for questions
- Make sure your unit is up to date in the unit finder
- Confirm unit start dates with your DC.
- Send Welcome emails to your new girls late August and early September!

## Have you ever seen a frozen Brownie?

by Chantal Desrochers, Active Living Specialist

Brownies from all over Nova Scotia had a great time at a special Frozen-themed active living day at Anne Fraser House on February 19, 2017.

The snow was very deep but that didn't stop the Brownies from snowshoeing, geocaching, and creating magnificent snow sculptures. Hot chocolate and cookies were and added bonus!

Thanks to all of the Brownies and Leaders who came out to this Active Living event to participate. It was a lot of fun!

Stay tuned for more exciting Active Living events coming your way soon!



### New Nova Scotia Cookie Challenge: Cookie Bites!

by Mary Louise Johnson, Girl Engagement Coordinator



Cookies play a huge part of our organization, from funding to program. You're already doing it, so why not take another approach, have some fun, and get a crest?

To earn this challenge, you must sell two cases of cookies per campaign, per member of your unit (individual or group sales). You must also participate in Cookie All Stars.

In addition, you get to do fun activities in areas such as creativity, STEM, active living, and events. There are program connections for each branch level.

[CLICK HERE](#) to see the challenge!



## Annual Winter Kwa-hee at Anne Fraser House a circus success

by Lisa Pretty, Provincial Camping Advisor

Twenty-five Girl Guides came to Anne Fraser House from February 17-19 to discover their inner artists through our theme - "A Guide to the Arts."

The girls enjoyed the snow that provided a great surface for trying snowshoeing and other fun outdoor activities.

They worked on the Circus Arts-to-Go challenge. Activities that they enjoyed included puppet shows, balloon art, painting, and interviewing the Ringmaster who attended camp. They also met new friends in our sisterhood.

Girls attended from across the province, and so did our staff came from across the province, who provided a great opportunity for these girls.

Mother Nature was not in our favour for the additional Winter Kwa-hee camp that was planned Feb 10-12, and the safety of our members led us to cancel it. Next year!



## Guides love engineering!

by Wendy Tarrel, STEM Specialist



A group of 56 Girl Guides descended on NSCC's Waterfront Campus on March 26 to participate in a wide range of engineering activities.

Engineers NS facilitated the event with 25 amazing female engineers. They led experiments for the girls including preventing houses from flooding, building bridges, and measuring air quality, noise, heat.

The Guides were tasked with designing and then building a space tool to pick up moon rocks with limited materials.

Guides had an opportunity to personally meet and work with each engineer and there was a very lengthy and fun Q&A session as well. They learned a ton and had lots of fun!

# Trefoil News

## Bridging, British style!

by Darlene Duggan



One of our members, Mary Beckett, had hip surgery just before Christmas.

Colchester Trefoil Guild Coordinator, Jane Herring, visited her in Pictou where she was having rehab therapy.

Mary was so very happy to have a visitor and to receive gifts and good wishes from us all. She was particularly pleased with the bouquet of artificial flowers that required no extra care!

## Snapshots from the Guilds

by Darlene Duggan, Trefoil Guild PR

### **Amicae Trefoil Guild, Yarmouth**

“Amicae” means “female friend” and these ladies prove that to be true. They are small in numbers but mighty in spirit as they continue to be involved in their Guiding community. They are at events when they can be (which is often!).

### **Colchester Trefoil Guild**

This Guild celebrated Thinking by sharing memories of past Thinking Days, cupcakes, games, and songs. For a service project, they donated personal care items to Transition House in Truro. They were invited to attend Maplewood Fun Day where they led a singing session for Canada 150.

### **Hardwood Lake Trefoil Guild**

This guild is very large and busy. Every week, they are at a different event: from fundraising for Hardwood Lake Camp to attending girl events to visiting units as badge testers. And let's not forget Helen Archibald, ham radio operator extraordinaire, who hosts girls at Thinking Day so that they can speak with Guides from all over the world.

### **Salt Water Sisters Guild, Dartmouth**

December brought a Christmas potluck and in January, they had their birthday party with dinner out and a gift exchange (above). In February, they went to a silly play by the Dartmouth Players and they went bowling in March.

### **Trail Blazers Trefoil Guild, Annapolis Valley**

This guild is also very active. They were invited to unit meetings with the Aylesford Guides and Pathfinders to help make pillowcase dresses. They were very impressed with the girls. They held a plant auction among themselves for the World Friendship Fund. In the last few months, they have also held an international supper and completed the Quebec Chocolate Challenge.

# Congratulations

## Members honoured with long service awards in Yarmouth

The Amicae Trefoil Guild held a celebration in November at the Yarmouth Library.

Provincial Commissioner Kathy McKay and Provincial Trefoil Guild Co-ordinator Trish MacDonald attended.

Kathy and Trish presented Iris Richards (a proud 95 years old) with her 75 year service pin. Iris is a retired Latin teacher and continues to be very active in her community. She volunteers at the Yarmouth Hospital.

In addition, Ruth deMolitor, Amicae Trefoil Guild President, received her 55 year pin.

The celebration continued with a short meeting, and of course a snack

Congratulations to you both!

## Trefoil Guild members receive volunteer awards



The Lieutenant Governor awarded members of the Colchester Trefoil Guild certificates in recognition of 90 or more hours of volunteer service. These certificates commemorated Queen Elizabeth's 90<sup>th</sup> Birthday.

## Sue Loring awarded NS Guiding Heart Award

In December, Deputy Provincial Commissioner Lorena Fortune visited Sue Loring in Oakfield to present her with the Nova Scotia Guiding Heart Award. Her Trefoil Guild, Annie's Angels, and her family arranged the surprise.



Sue began in Brownies in England in 1946. She moved to Halifax in 1961 where she became Tawny Owl of the 4th Halifax Brownies. She has held many positions in all levels of Guiding since and has 58 years of service.

*It is with sadness that Sue passed away just prior to the release of this publication. NS Council thanks Sue for her contributions and dedication to Guiding.*