

Jan 2020 !!



It's a new year and a new decade – where did the time go!!

Respecting how busy December can be for everyone, Guiding usually winds down and takes a back seat for school concerts and family time- I hope you had some time to relax and enjoy the season.

January launches us into a regroup for unit meetings, planning activities and camps, programming and so much more.

SP News was published on Dec 18 2019, here's a recap:

In this edition, we're highlighting our evolutionary approach to mentoring and supporting growth for new Guiders, as well as learning more about how we're making a leadership opportunity more accessible to girls through a nifty new tool! As always, you can review Girl Guides of Canada's (GGC) [2018-2020 Strategic Plan](#) to get a refresh on priorities and see how they provide the framework to ensure everything we do – including all our projects – directly benefit girls.

Girls and Guiders on the go !

The girls and Guiders selected for Nationally sponsored trips were announced and NS is again very fortunate to have the following chosen to have a trip of a lifetime:

The World Awaits!!



The following NS members were chosen for the Nationally Sponsored Trips.

We wish them well during their travels in 2020 !



Guiders

- Lesa McHugh (Ceilidh) - Amsterdam
- Erin Shelton (Dartmouth Shore) - Paris London
- Sarah Tanner (Harbourside) - Yukon

Girls

- Molly MacAvoy (Harbourside)-Amsterdam
- Elaina Dolan (Harbourside) - Kenya
- Elizabeth Carter (Harbourside) - Kenya
- Laura Foran (Dartmouth Shore) - Yukon
- Sophie Bezanzone (Harvest Trail) - Yukon
- Bridget Carrigan (Harbourside) - Ecuador
- Emma Forsyth (Harvest Trail) - Ecuador
- Sofia Darwish (Harvest Trail) - Ecuador

Alternate

- Sara Nemer Gonzalez (Dartmouth Shore) - Kenya



GuidePost

The Guide Post, which was delivered to your email on Jan 9th, has lots of information on tips for Change makers, World Thinking Day, D&I Training, Volunteer Opportunities at National, Girl Assistant info, cookies and much more- don't forget to check that out!



Welcome to the Council / Committee Team!

I am very pleased to welcome Carrie Hunter as the provincial Member Service Representative. Carrie joined Provincial Council in Nov 2019 as the Member Services Representative and works with the Link, Membership, PR & Communications, Training and Trefoil Teams to ensure support is provided to adult members for quality activities, events and trainings and educate the public on what Guiding can offer. Carrie can be reached at [ns-](mailto:ns-memberservices@girlguides.ca)

memberservices@girlguides.ca.

Please join me in welcoming Carrie to her new role.

Office Updates

It is with sadness that I advise that Peggy MacPhie, Records Management Coord (iMIS), will be leaving us effective Jan 31st, 2020. Peggy has worked with the Area and District Commissioners as well as many Guiders over her 13 years at the office and we will miss her. We wish her well in her future endeavors.

Dani Brown has joined the office Team and is working along side Peggy to ensure that "all things iMIS" will continue into 2020. Dani can be reached at ns-imis@girlguides.ca



Around the Province



The 4th Bedford Brownies collected hats mittens and scarfs for Souls Harbour Rescue Mission. They collected an amazing amount with a full garbage bag of sorts. This will help a lot of men women and children who need these during the cold days of winter. Way to go Brownies - Small gestures of kindness go a long way!!



Calling All Unit Photographers!

Are you a shutter bug who likes to take pictures of your unit activities? Then we want to hear from you!

Send us your photos of unit activities, training events, Annual Banquets, Guider Retreats, etc., that took place in 2019. Selected photos will be featured in the 2019 NS Council printed Annual Report or electronic Year in Review. This is a perfect opportunity for our GIRL MEMBERS to be involved. Please ask your Girl Members if they have any photos they would like to share- we would love to get their views as well!



Please make sure that all members within the shots have their IR.1's in place. Submissions will be accepted at [PR](#) until March 13, 2020. Please let us know which Area you are from when submitting.

Featuring: Provincial Council Member:



Anja Clyke, Risk Management & Compliance

Through her many roles in Guiding, Anja has 32 years of membership where she has been active in many Guiding activities at the Unit, District and Area levels holding various leader and Advisory roles in Membership, International, and PR. In addition to being a District and Area Commissioner, she also served as staff for National Camps. One of her personal goals was to travel to all the World Centers and her last adventure took her to India (pictured her at Sangam) in 2018. She is an amateur runner, completing in marathons, and loves to craft with quilting being one of her passions.

In her current role she identifies and mitigates exposure to risks that threaten the Provincial Council's ability to accomplish the Mission of GGC. Safe Guide, GGC's Risk Management Strategy, is also in this

portfolio and Anja works closely with the Safe Guide Adviser to ensure the risk management practices are followed.

Sally Safety Says....**BEE SAFE!**



This is a new section that will feature some need to know as well as hints and tips to make planning of unit meetings, camps and events easier as it relates to Safe Guide.

Wilderness First Aid Training

Wilderness first aid training is not a requirement for most GGC activities. Safe Guide determines the first aid requirements needed to ensure safety at their activities and states:

Red Level where Emergency Medical Services (EMS) response time is more than four hours: The Responsible Guider must verify that at least one adult is certified in Wilderness First Aid (even if they are a health care professional).

A Guider needs Standard first aid for a Red level activity; however, Wilderness first aid is only required for Red level activities with an EMS response time over four hours.

So lets talk EMS.....

Emergency Response Time

There have been inquiries and concerns in relation to emergency medical services response time and whether some events (like an event on McNab's Island) are Red level events. It is important that Guiders check Safe Guide for guidance when planning an activity.

➤ Safe Guide states:

EMS response time: The length of time it takes an EMS agency to respond to a medical emergency in the location where your event is taking place. EMS may include ambulance, fire (career and volunteer), police, land management (park staff), and other types of services available to a specific area/location such as a community nursing station.

➤ First aid training required for activities are:

- ✚ **Green** – recommended (but not mandatory) that at least one adult have Emergency First Aid
- ✚ **Yellow** – recommended (but not mandatory) that at least one adult have Emergency First Aid; however, in the case of EMS response time of 30 minutes to 1 hour, required to have Emergency First Aid.
- ✚ **Red** – at least one adult must have Standard First Aid

Using McNab's Island as an example and the type of activities that make take place, the event could be either Yellow or Red. It is important that Guiders obtain the response time for their location (consult local fire department/EHS). The SG.1 needs to be clear and detailed enough in relation to the where and the what of the activity so that parents/guardians have a clear picture of where the girl will be and what the girl will be doing during the activity. With respect to McNab's Island and other locations with a possible EMS response time of over one hour, Assessors will ask further questions if the SG.1 does not give a clear picture of the activity in order to determine the EMS response time.

It is important that this assessment be conducted as it impacts Safe Guide paperwork filing. If your event ends up being Red level, paperwork must be submitted 21 days in advance of the activity (rather than 14 days for Yellow level) and the first aider must have Standard first aid (rather than Emergency).

More hints and tips will be coming in future issues!

So – what's next!!

Don't forget to order your units **WAGGGS Crest!** Information is available at: www.girlguides.ns.ca under News and Articles section. Orders are due by Jan 29th!



CSI
Challenge

CSI – Jan 25th Guides will learn about basic forensic science and crime scene investigation techniques through round-robin style activities, often using items you can find at home! They will also hear a guest presentation from someone who uses forensic science in real life!

Throughout the day, the girls will need to use their observation and problem-solving skills to complete each activity which will earn them the BC CSI Challenge crest!

Winter Kwahee- Feb 2020

Kwahee is a wonderful opportunity not only for the girls but also for adults as well. The February weekend camps (2) will provide girls with a camping experience to remember. Guide leaders are asked to encourage their girls to attend. More information is available at -> [Kwah-ee](#).



Women's March 2020

The fourth Women's March will take place globally on January 18, 2020- dates in Canadian cities may vary. In an effort to provide guidance to GGC groups or individual members who are interested in attending a Women's March in 2020, a resource for members was developed and is available on Memberzone and in the January Guide Post!.

The Secret 3K

We want to let you in on a secret. In 2015 for the first time ever, a marathon was held in Afghanistan, a marathon that both men and women were able to participate in but they had to keep it a secret. Why? There are still places in the world where women are not allowed to run or walk outside. However, a community in Afghanistan is courageously carving out a new way forward for the next generation. By creating safe races they are helping to create safe places and we want to help. Join us for The Secret 3K run/walk. Held on the week of International Women's Day, this race celebrates our right to be free to run. We're inviting everyone to come together in solidarity supporting the right all humans should have to walk or run free of fear in their community.

By participating you are helping us to share the story through film and by making a donation you are helping to further the work of Girl Guides to build safe and inclusive spaces that promote gender equality. Together we can empower women and girls through education and sport.

Make a difference by signing up to participate in The Secret 3K and inviting a friend to join you today.



Girl Guides of Canada has been selected as the official charity partner for [The Secret 3K](#). GGC will be the charity receiving donations raised through run participants. And just as cool, our members have the opportunity to volunteer for the run OR participate in the run in support of GGC.

Date: March 4, 2020 at 6:30pm More information can be found [here](#).

Looking Forward:

- March 1st: Camp Properties Meeting for Camp Chairs, District and Area Reps – location Halifax.
- April 25th : Spring Connections – for DC's, AC's, Provincial & Area Advisers, Treasurers and Youth Forum- location- Halifax.
- May 23rd: AGM- location – Truro.

Myth Busters

- *If a contract / lease is for less than one year, the Guider or District Commissioner can sign.*



Contracts for less than one year are “short term contracts” and must be signed by the PC or her delegate. More information on contracts is in Guiding Essential. Contracts are to be completed by the member and forwarded to ns-officemanager@girlguides.ca for processing. Please allow 5 business days for processing.

- *Girl Assistants do not need to be registered in a separate unit such as Pathfinders or Rangers in addition to the unit they are volunteering in.*



Girl Assistants can volunteer in units two levels below the one they designated for their age -group (Rangers volunteer with Guides and lower, Pathfinders with Brownies and lower). However, if they do not want to be in a Pathfinder or Ranger group, they may register in the unit they are volunteering in. More information on Girl Assistants can be found at [Girl Assistant](#).

Join the Team !

While we have had some great women step up to join the team, we are still looking to fill the following roles:

Active Living - promotes active living activities through N.S. Girl Guides programming for girls and guiders.

PR- promotes and supports activities relating to getting the good word of Guiding out to the public via various methods.

Social Media Adviser – connects and share information via Social Media venues provincially and nationally. Monitor provincial website, encourage Advisory Committee updates and advises office of updates and changes.

Trainer Development Coordinator - supports Guiders wishing to undertake the Trainer Stream Modules and complete the requirements to become a Trainer and supports Trainers in their continuing education.

Please keep in mind that there is also a huge need for women to fill some of the vacant or upcoming vacancies for District Commissioners or District Treasurers, Safe Guide Assessors, etc.

Please don't hesitate to email me at ns-pc@girlguides.ca if you wish to speak to me about any of these opportunities. The Volunteer Application for Provincial level positions can be found at [Forms](#).

Thank you for all you do, *LORENA*

Everything She Wants to Be

