

Coastlines

Nova Scotia Council's Quarterly Newsletter

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Keep in Touch

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Welcome, new and returning readers!

My name is Caira Clark and I am the new Coastlines editor.

Thank you to Christian Brousseau, the previous editor, for all her hard work over her term. I am looking forward to the next three years of publishing content that helps you to stay connected with Girl Guides of Canada – Nova Scotia Council.

As editor, I encourage you to send me submissions. The sky is the limit, as long as the content is relevant to adult members and Rangers in Nova Scotia.

Here are some ideas to get you started:

- a success story about a girl or adult member
- a report about a meeting, camp, or other special event
- a thank you or congratulations to a member
- a tip about camping, paperwork, badges or something else
- an activity, recipe, craft, or game other Guiders could try
- an event or training that you would like to publicize

Submissions for the next edition are due December 1. To submit, email coastlines@girlguides.ns.ca



What is Adobe Connect?

You may have seen Adobe Connect mentioned in some emails from Province lately.

Adobe Connect is an internet-based conference software that can be used for online training. Events happen live so you still get to interact with the facilitator and participants, but you can do it from anywhere with a high-speed internet connection!

The possibilities for Adobe Connect are not limited to training. It could be used to host meetings or conference calls for councils and workgroups.

Coming up, Brenda Harvey is offering Safe Guide on Adobe Connect. Once registered, you will be sent access information so that you can use the program. Please see details below.

News from the Training Advisory

My name is Christy Elliott and I am your new Provincial Training Adviser.



I am excited to share with you the great work of the Training Advisory.

Some of you have already taken one of our Adobe Connect sessions and the feedback has been very positive. We are pleased to offer more sessions with this medium in the coming months.

We would like your input on some upcoming trainings. Are you interested in **OAL Adventure** (for activities like backcountry camping)? Please fill in [this short survey](#).

Are you interested in **Understanding the Adult Learner** and the **Trainer Stream**? Please fill in [this short survey](#).

We are testing out a Training model based on "Van Go" weekends in Alberta where a van of Trainers travels to several communities in a weekend. In January, we are going to two communities in Harvest Trail Area. In March, we will head to Ceilidh and Maplewood Areas. Guiders from outside these Areas are welcome to join in the fun. Watch the provincial website for these exciting opportunities.

Planning for the 2017 Guider Conference is underway. We can't wait to share news with you as it becomes available!

Contact Christy for more info about training at training@girlguides.ns.ca and visit the [Training Webpage](#)

Upcoming Training

Wilderness First Aid

November 18-20 (\$40)
at Wo-He-Lo in
Bridgewater
Register by Nov. 10
at girlguides.ns.ca

Safe Guide via Adobe Connect

November 24 from
7-10pm
Register by Nov. 21
Contact Brenda
Harvey -
bchguiding@bellialiant.net

Commissioner's Ongoing Training

December 2-4 at
Guide House
No cost except if hotel
is required.
Register by Nov. 18
at girlguides.ns.ca

Outdoor Adventure Leadership Residential & Tenting

April 18-30 at
Wo-He-Lo in
Bridgewater
Registration TBA



Take a (Guided) Hike!

Are you looking for a fun activity for yourself or your unit this fall? Look no further than a Guided Hike delivered by Hike Nova Scotia.

The organization offers hikes around Nova Scotia, so there is sure to be one near you.

On **November 5**, there is a 3.5km hike in Riverport near Lunenburg.

Check out www.hikenovascotia.ca to find your next adventure.

And - why not complete the Hike Nova Scotia Challenge while you're at it? You can accumulate kilometres over a number of hikes to earn this crest. Total distances are based on age. What a great activity!

Contact Chantal for more information on Active Living: activeliving@girlguides.ns.ca

How do I know when to submit an incident report?

by Darlene Banks, Risk & Compliance Management

An Incident Report (INS.01) needs to be completed to report an unusual incident. You do not need to report mishaps that normally happen like a crying Spark, a Brownie who needed a Band-aid, or a Guide with menstrual cramps.

Let's refer to SafeGuide for a definition of an incident:

"An out of the ordinary occurrence, such as an illness, injury, discipline problem, conflict, frightening situation, or any unusual or unexpected occurrence during a GGC event/activity."

Some of these occurrences would be:

- A weather related evacuation
- An intruder
- A fire
- A missing child
- Difficulties with a parent or guardian
- An accident
- An illness affecting several participants
- Anything listed on your Emergency Response Plan (SG.4)

The Responsible Guider completes the INS.01 and submits it to the National (incidents@girlguides.ca) and Provincial (ggcns@girlguides.ns.ca) offices immediately. Keep in mind that all information on an INS.01 is confidential and is discussed only those who will work on a resolution and the parent/guardian of any girls involved.

Still unsure? As your District Commissioner. She can help you determine if an INS.01 is necessary and what additional information is required.

Contact Darlene for more information on Risk Management: riskmanagement@girlguides.ns.ca



Unit News



Carleton units team up with Wallace Brother Farms to make a delicious difference

by Sheri Hurlburt, 1st Carleton Guides

Girls of all ages from Carleton spent a beautiful fall evening learning about apple farming, heritage, and giving back to the community.

Megan Hamilton (Brownies) and Olivia Hamilton (Guides) gave a heritage presentation on their family-owned apple orchard, including the growing and harvesting of the apples, and a tour of the farm.

The girls skipped through the fields singing songs and enjoying the crisp fall air. Afterwards, a donation of apples was presented to Yarmouth Food Bank representative, Reverend Bill Newell.

“What you have done is very important, because at the food bank we get things from people and often they give us money so we can buy food,” Rev. Newell said. “Items like apples are not something that we get very much of, so this will be a real treat for the folks that come to the food bank. You’ll brighten their day quite a bit.”

This service project was the first of many that these units will complete this year.

Celebrating Day of the Girl and STEM

by Christian Brousseau,
2nd Bedford Guides

Our unit had an awesome meeting celebrating International Day of the Girl. They explored STEM and its applications to their lives.

Girls used science, technology, engineering, and math to:

- follow a recipe and bake a Wacky Cake
- learn the physics behind milk painting
- engineer a marble roller coaster
- create and film a small stop motion movie

The girls earned their challenge and worked towards their STEM badges.



Social Media Spotlight: 1st Halifax Brownies

More and more Guiders are using social media to showcase the accomplishments and activities of their units and to connect to others provincially and nationally.

Check out these recent posts from the 1st Halifax Brownies:



Follow the 1st Halifax Brownies!



An Autumn Sparks Outing

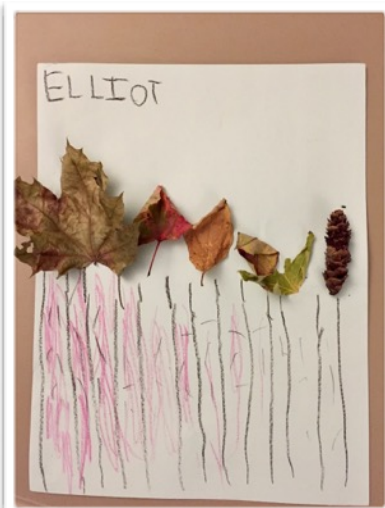
by Deanna Collins, 2nd Forrest Hill Sparks

The 2nd Forrest Hill Sparks went on an autumn outing to enjoy the colours and crisp fall air.

They went on a scavenger hunt. Then, using the treasures that they found, created tree collages.

I really enjoyed seeing how unique and individual each of the girls' creations were. As a result, we incorporated a wonderful talk about how every leaf is different.

It was a great night of outdoor activity, indoor creativity, and valuing individuality!



An Unforgettable Guiding Mosaic

by Hannah Saulnier, 1st Yarmouth Pathfinders

Guiding Mosaic was something I will remember forever! It took my unit, the 1st Yarmouth Pathfinders, two years of fundraising, planning and anticipating, but it was well worth it. The weather wasn't quite what we expected, but it didn't stop us from enjoying the experience.



There were many different activities to take part in - everything from square dancing to archery and much, much more! My favourite part of any activity was meeting and trading with new people.

My favourite part of camp was the Commons. There were so many fun things to do: bouncy castles, Canadian trivia, and even day-to-day artist visitors! There are no words to describe how well it was set up.

Another thing that blew my mind was our out trip. As a unit, we went to the Calgary Stampede. All of the delicious smells of who-knows-what kind of fried foods were overwhelming - even deep-fried Oreos! The highlight was definitely the Ferris wheel. The view was amazing!



Area News

Cape Breton Pride Parade

by Kimberly Batten
Ceilidh Area

In August, girls and Guiders from Ceilidh Area had the opportunity to take part in their first Pride Parade.

For many, this was the first time that they had ever attended Pride.

Girls and Guiders had an amazing time celebrating with Pride Cape Breton, the LGBTQ + community, and everyone watching the parade.

It was a great experience for all girls and Guiders who attended, and we plan to make it a yearly event.



CSI: Brownies Edition

by Kirsti Campbell, Ceilidh Area PR Advisor

On the last weekend of May, the Ceilidh Area Brownies became Crime Scene Investigators. After the girls set up for camping outside, a crime was afoot. Someone stole the Girl Guide Cookies, and the girls had to solve the crime together!

The camp was a huge hit with the 86 girls in attendance. The crime was solved with fun activities and outdoor games where the girls were given clues to compare with their list of suspects.

There was a special visit from Constable MacDonald, a strong female role model and an actual Cape Breton Regional Municipality crime scene investigator! The girls loved sharing stories and asking questions about her job. They were all given Junior Officer Badges from the Municipality.

A major success was a craft session where the girls received items and materials to create their own CSI kit. Some spend their free time on the weekend solving imaginary crimes using their reasoning and problem solving skills. Everyone had a fantastic time!

This was the Biennial Brownie Camp for Ceilidh Area. Next year the camp will be for Sparks.

Provincial News

An Archival Adventure with Canada 150

by Krista Blaikie,
Archives Committee

The Archives at Guide House is going cyber in 2017 with Archives Nova Scotia and the Council of Nova Scotia Archives, as part of their Canada 150 celebration project.

Using digital scans of archival material, online community albums are being created to showcase the history of communities in Nova Scotia since Confederation in 1867.

Our Archives are a treasure trove of items. The committee selected more than sixty to tell the story of Guiding in Nova Scotia. The items range from photographs, catalogues, and books to programs, correspondence, and textiles like badges and scarves.

Council of Archives staff are now scanning the material and preparing it for use online.

The online community album portal will be launched in 2017. It will include an album highlighting Guiding in Nova Scotia from its start through to the present day.

Stay tuned for a link to this interactive site that will be available early in the new year.

Provincial Active Living Day a Sporty Success

by Chantal Desrochers

The first Active Living event of the year, "Guides on the Go," was held at the Nova Scotia Community College (NSCC) in Truro on October 23.

Guides from all over the province gathered for an active day which included Zumba, Golf, Geocaching, Cross-fit and and Active Campfire.

All the girls who attended learned a new activity and took home some new skills.



Photos: Krysta Coyle

Quest for Camelot

by Isabel Tees, Quest Champion



The morning sun glinted off helmets, tiaras, unicorn horns and backpacks as 41 Pathfinder teams from around Nova Scotia - sporting names like “The Royal Andalusians,” “Titans,” and “Knights of HP” - marched into the woods on their 2016 Quest for Camelot. Their Quest? To complete as many of the 24 challenging medieval-themed projects as possible within 12 hours, amassing points for qualities like teamwork, respect, planning, and task completion.

Sound fun? It certainly was! Sound easy? Here you might find differing opinions. Quest is a great place to hone skills like map reading (to find projects), strategy setting (to decide what projects to do when), endurance (to carry everything on your back), forethought (to pack quest-specific items), teamwork, problem solving, and maintaining good cheer. But not only did our Pathfinders overcome the challenges, they also had a great time doing it!

In this year’s Quest, not only were the decorations and costumes themed, so were the projects themselves. We saw Pathfinders building and using catapults, tying ropes, negotiating obstacle courses, building fires, shooting arrows, and a host of other challenges. This was due primarily to all the wonderful Rangers and adult volunteers who prepared, ran, and scored each project. We couldn’t run this camp without them.

The annual Quest Camp isn’t for everyone, but those who enjoy tent camping, the outdoors, independence, and working on a team: this is the camp for you! We are looking forward to next year already.

Provincial Volunteer Opportunities

Elected Member - Youth

Provide direct input about of Guiding in Nova Scotia, ensure the voice of girl members is considered, and connect the Council and the Youth Forum. With the Youth Forum, create and publish articles for girl members. Execute the annual Provincial Youth Recognition Event.

Provincial Program Adviser

Work with the Area Advisers to promote and support programming. Support programming opportunities in the Areas. Work with the Provincial Program Advisory Committee to plan, coordinate, and deliver provincially sponsored workshops. Portfolio includes Active Living, Arts, and STEM Specialists.

Provincial Membership Adviser

Part of the Member Services Team. Work with Area advisers to support registration and retention. Monitor NS Membership Development Plan and long- and short-term goals. Support online registration, registration events, INQ adult inquiries, and Guider screening.

To apply, fill out the Volunteer Application on the NS Provincial website and send it to office.manager@girlguides.ns.ca.

You can also submit an application by mail to Guide House. The address is on the first page of this newsletter.

RANGERS

CREST CHALLENGE

2017 Guider's Conference

Do you want to design your own crest, with the prospect of having it manufactured and produced? The Conference Committee challenges all Nova Scotia Rangers to showcase their creative talents and come up with a Conference Crest.

All entries will be judged on the required elements:

- Crest size (3" by 3")
- Girl Guide Logo (Trefoil)
- Theme (Light the Fire - Rekindle the Flame)
- Year - 2017
- No clipart - design must be original

Entry details:

- Deadline: November 30, 2016
- Contact info - Full name, phone number, email, district, unit
- Submit a PDF copy to joytotheworld30@hotmail.com OR
- Email a paper copy to:

Joyce Chapman
Box 165
Newport Station, Hants County, NS
B0N 2B0

Entries will be judged by the 2017 Conference Committee.

THE GRAND PRIZE

- **1 WEEKEND PASS** to the 2017 Guider's Conference
- 1 Conference t-shirt
- A copy of their crest, produced for the conference

Trefoil Tales



Trefoil Guild: In Memory

The trail marker above signifies "End of Trail. Gone Home." We remember those Trefoil Members who have reached the end of their trail and have gone home.

2013

Marie Eaton - Colchester
Cecile Lindsay - Dartmouth
Joan MacDonnell - Dartmouth
Eleanor Teed - Colchester

2014

Dora Bateson - Dartmouth
Mary Belshaw - Annie's Angels
Donna Clarke - Colchester
Lena Ferguson - Dartmouth
Dorothy Graham - Dartmouth
Frances Grant - Colchester
Anne Harnish - Dartmouth
Evelyn King - Dartmouth
Sheila Sanford - Amherst

2015

Mary Boutin - Dartmouth
Ruth Donaldson - Colchester
Mary MacLeod - Dartmouth
Helen McBride - Dartmouth

2016

Elvin Gaetz - Dartmouth
Bonnie Loomer - Memory Lane
Catherine McKay - Amherst
Jean Moore - Trail Blazers
Frances Marsh - Colchester
Joyce Voghel - Hardwood Lake
Anne West - Trail Blazers



The Gathering: Purple Heads East

by Darlene Duggan, Nova Scotia Trefoil Guild PR

Thirteen Nova Scotia Trefoil Guild members were delegates to the National Gathering in Newfoundland and we had a wonderful time.

The Gathering Committee is to be congratulated and thanked for their hard work in hosting such a successful event. The sessions were well done and the out-trips were fun. We are also all proud of our crafts. It was quite interesting to get the Ugly Sticks home, but my quilted placement was much easier.

At the Saturday night banquet, we inducted the planning committee into the Sou'wester Club. Of course, we also had the opportunity to be screeched in. I was determined to take the challenge. So, I stood in line as they brought the cod - a real one! At least it was frozen. I watched from the end of the line as the cod began to thaw and get limp. Its mouth began to open! But I did it. I was officially screeched in!

Eight of us, in two vans, did a seven day road trip around Newfoundland before the Gathering. Everything lived up to our expectations: the scenery, the food, the fun, and, of course, the people. We saw icebergs, enjoyed live entertainment, were the live entertainment ourselves when we sang karaoke, and ate all the seafood that we wanted. It was a great trip that we will always remember - and Newfoundland might just remember us!



Camp Burning Spirit

The eleventh year of Camp Burning Spirit was another success. The weather was perfect for relaxing, sitting by the lake and chatting, or going for a swim.

Tina Joudrey spent the weekend filming the camp for a special project: Canada in a Day, a country-wide project that will use crowd-sourced footage. It will be aired on CTV in Summer 2017 for the Canada 150 celebrations. We might be TV stars!

Debbie Mellish and Lorena Fortuna fed us well, and Camp Mockingee was the perfect venue. The manager said that we are the longest running camp that they have had and that we always leave the camp cleaner than when we arrive. Of course! We are Girl Guides and keep up our reputation.

Camp Burning Spirit is like a kaleidoscope: ever-changing groups move through, but the camp reflects the sparkle and colour of who we are each year.



Guiding's Golden Girls

by Darlene Duggan, Nova Scotia Trefoil Guild PR

You are truly "Keeping the Spirit Alive" when you have 80+ years of service in Girl Guides of Canada. You have touched many lives and made many memories. You are our Golden Girls in Trefoil Guild.

Goldie Chisholm (Colchester Guild)

Goldie is a founding member of the Colchester Trefoil Guild. She was never a girl member, but when her daughters joined she realized what she had been missing. Goldie has held positions at the district, area, and provincial levels. Guiding is a big part of her life and she is very active in the Trefoil Guild.

Catherine McKay (Amherst Guild)

Catherine went home this year with 82 years of service. She became a Girl Guide in Moncton when she was 12. She was proud to be the first Provincial Lone Guider. She had a notebook that was sent from Lone to Lone by mail, in which they reported their accomplishments and badges. At age 94, she helped to reestablish the Amherst Trefoil Guild, which continues to be active.

Kathleen Smith (Amherst Guild)

In the 1950s, Kathleen turned a knitting club into a Brownie Unit, and lead five units for over 15 years. She had a conversation with Lady Baden Powell in 1962 when Lady B.P went through Amherst on the train. She is a proud recipient of the Queen's Diamond Jubilee pin for her community service.

Lillian Varbeff (Dartmouth Guild)

As a girl member, Lillian was a Patrol Leader. One of her favourite memories is of a Guide Camp in 1943 in French Village, where she made her own straw sleeping pallet in a bell tent. She was a Brownie Leader and returned to be a Trefoil Guild Member. Guiding is a tradition in Lillian's family: her aunt was a Guide leader and her granddaughter is a Brownie leader today.



Above: Goldie, Catherine, Kathleen, and Lillian

Congratulations

Duke of Edinburgh Award Recipients

Gold

Alison Cane, Tri-Waters

Silver

Makayla Foster, Harvest Trail
Caitlin Mangin, Tri-Waters

Bronze

Chantal Monty, Dartmouth Shore

Our Chalet 2017 Trip Participants

Guiders

- Sarah Tanner, Responsible Guider, Harbourside
- Chantal Desrochers, First Aider, Harvest Trail
- Debbie Mellish, Alternate, Maplewood

Girls

- Makayla Foster, Harvest Trail
- Emma Little, Harvest Trail
- Hannah White, Dartmouth Shore
- Danielle Stewart, Harvest Trail
- Olivia Crook-Simiana, Dartmouth Shore
- Maisie Campbell, Harvest Trail
- Hailey Taylor, Tri-Waters
- Elizabeth Graham, Ceilidh

Alternates

- Sophie Keddy, Harvest Trail
- Maddie Lambert, Dartmouth Shore

Vera Stone (right) received her 80 year pin from Provincial Commissioner Kathy McKay. Thank you, Vera, for your service and commitment!



Awards Presented at the 2016 AGM and Dinner

Letters of Commendation:

- Yvonne Savoury - Tri-waters Area Commissioner
- Joyce Custance - Safe Guide Adviser

Commissioner Award:

- Gail Leighton - Ceilidh Area Commissioner

Team Award to the Area Commissioners Working Group:

- Andrea Griffin - Dartmouth Shore
- Bonnie Boulter - Maplewood
- Darlene Banks - Harvest Trail
- Gail Leighton - Ceilidh
- Yvonne Savoury - Tri-waters
- Wendy Land - Harbourside

Silver Merit Award:

- Andrea Griffin - Dartmouth Shore Area Commissioner
- Bonnie Boulter - Maplewood Area Commissioner

Mayflower Awards:

- Darlene Banks - Harvest Trail Area Commissioner
- Mary Louise Johnson - Provincial Program Adviser

Beaver Award:

- Kathy McKay - Provincial Commissioner

