

DEADLINE FOR
FEBRUARY ISSUE

JANUARY 31

Coastlines

JANUARY 2013

NOVA SCOTIA COUNCIL

Save the Date!
Mark your
calendars now!
Youth
Recognition
Event
Spatz Theatre,
Halifax, NS
May 25, 2013
Details will
follow in the
near future.

INSIDE
THIS ISSUE:

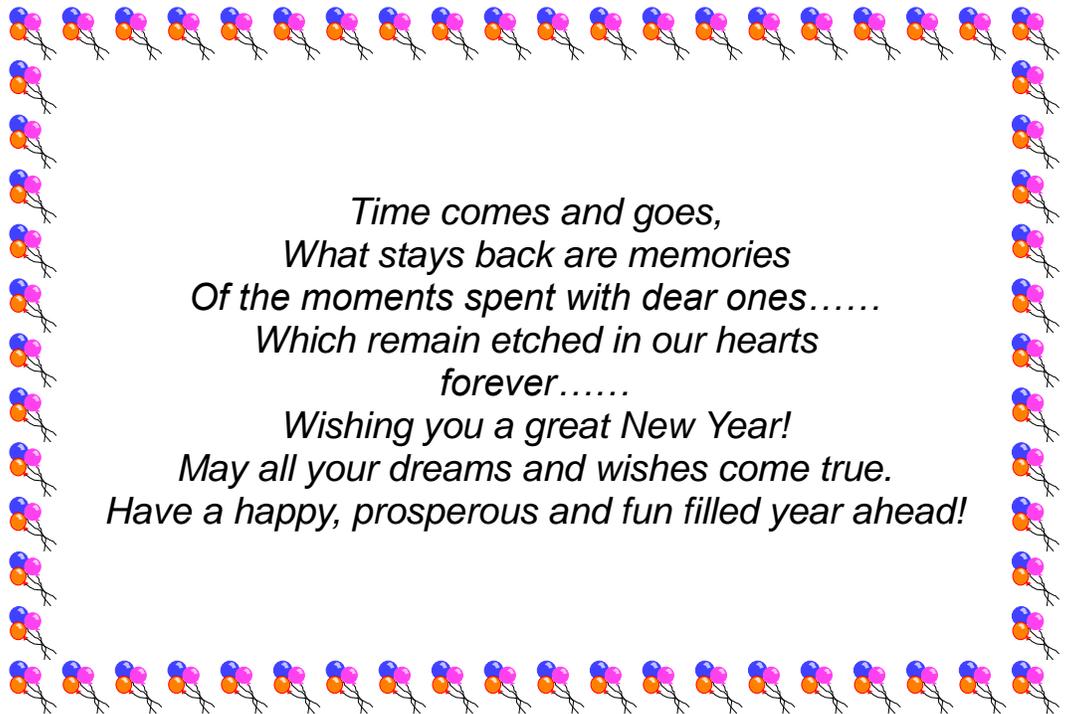
Trefoil News

Training
News

Celebrate
the Young
Guider

Recruitment

International
Adventure



*Time comes and goes,
What stays back are memories
Of the moments spent with dear ones.....
Which remain etched in our hearts
forever.....
Wishing you a great New Year!
May all your dreams and wishes come true.
Have a happy, prosperous and fun filled year ahead!*

Ask an Advisor

Do you have a burning question you'd like to ask?

You are probably not the only one.

Why not submit your question and it will be answered in the next issue of
Coastlines.

Just send your questions to coastlines@girlguides.ns.ca

Celebrating the Young Guider

Celebrating the Young Guider 2012 was a conference for Nova Scotia young Guiders (19 - 30 years old) that occurred Nov 2-4, 2012 in Halifax with 27 participants. The event was generously subsidized by the D-250 Legacy Fund.

CYG12 was inspired by the most educated, technically savvy, well travelled and worldly generation of Girl Guide Leaders to date. Its goal was to continue the work of its predecessor, Defining our Place 2011 - specifically, how to give the best experience possible to our young Guiders and to have them choose Girl Guides of Canada as the organization of choice for volunteering. It acknowledges that GGC is at a unique point in its history in that its membership currently varies from these young Guiders to the more traditional Guiders and everything in between. This follows the demographic trends observed in women in the general population. CYG12 attempted to capture the requirements of young Guiders, gain insight into how they structure and live their lives, etc. This information will assist Girl Guides of Canada be a part of the adventure for these impressive young women.

Highlights of the CYG12 Program included a presentation from GGC National Board Member, Allison Sephton. Other sessions that scored high in the participants' evaluations included: "How to Win the Confidence of Parents", "International Travel in Girl Guides - Strong Applications", "Resume Writing and Marketing Me". "Financial Mgmt in Girl Guides of Canada" provided a valuable supplement to the Financial Training Modules by outlining differences in how GGC does its accounting against the backdrop of modern banking practices that young Guiders are familiar with. The young Guiders really enjoyed their "Open Mike" session where they addressed questions on elements of a GGC future they would like to see, innovation in training, and ideas to support recruitment and retention of young Guiders.

Guides, Pathfinders and Rangers from the Hammonds Plains and Bedford districts came together on Nov, 10, 2012 to cut and sew reusable cloth pads for girls in Kenya. This idea was brought forth by Candace Tattie who is the director of the Jami Foundation, which is a local non-profit community group working on issues concerning reproductive health in Kenya. The Saturday afternoon workshop was a huge success. We assembled 46 kits for Candace to distribute to school aged girls when she returns to Kenya in January. Vulnerable girls are missing up to 2 months of school because they can't properly manage their periods. Candace was overwhelmed by our support and eagerness to change lives. For more information and pictures on the workshop, please visit Candace's blog at <http://jamiifoundation.org/2012/11/12/girl-guide-workshop/>.

Tara MacDonald
5th Hammonds Plains Guides



Public Relations and the Media

Written articles

Generally newspapers and magazines do not require you to write articles for them, they usually require background information. However, smaller publications or newsletters may ask you to prepare an article. Make sure you ask how long the article should be and if they want photos.

While an article is different from a media release the process is quite similar. You must think about the message you want to get across and the kind of angle you want for your story. Do you want to focus on the local issue, the event or the community that surrounds your project? It's also a good idea to use your organizations letter head and clearly mark 'Media release'.

Once you have thought about the angle of your story you should write down all of the important information you want to include in order of importance. You should then write your article in that order.

Community Service Announcements

Community Service Announcements (CSAs) are short messages that promote a cause, activity or event that is thought to be of service to the community.

Many television and radio stations set time aside to broadcast CSAs free of charge. Many newspapers, particularly suburban and regional papers, publish their version of CSAs in free community 'What's on' columns or 'filler' ads.

To find out how the radio station or TV station prefers CSAs to be prepared and submitted, contact the switchboard or visit their website. Ask for the guidelines and try to follow their advice closely.

You should send in your announcement about three weeks before the event and include:

- who is holding the event and what the project is about
- what sort of event is planned
- where the event is to be held
- when will it be held (date and times)
- why the event or project is happening

What to do when the media contact you about your event

First of all, relax.

If the time is not convenient for you or you need time to think about what you are going to say, organize a time to talk to your contact and phone them back.

Re-confirm the message that you want to get across.

Listen carefully to what your media contact asks you and make sure you understand. If you don't understand ask them to explain in more detail.

Don't speak about your program off the record.

If a journalist interprets what you say differently to how you were trying to say it, don't panic. You can either email or call them back and explain.

Trefoil Guild News



Notes from Memory Lane Trefoil Guild

As you read this, Memory Lane Trefoil Guild will be celebrating at our 13th Anniversary Party. Actually the party will be our "Everyones' Birthday/Anniversary" and, as with all great parties, there will be gifts, food, and fun. Wait! The food and fun is normal for any Guiding event and, of course, there is always a gift when Guiders get together...the gift of friendship. Our numbers have grown this year to include our Friends in Guiding (FIG) TG and we are very happy to have them. We are a small group and it is often difficult to get everyone together at the same time but we still manage to have fun and we go with whoever can make it at the time. We are "Purple Pals" to a Spark unit and we do "Pink and Purple Pals" activities such as: attending their special events/parties, a camp day, a Princess Tea, and whatever else we can do for them. There is something to be said about a picture of a Trefoil Guild "Princess" wearing her gown and tiara sweeping up after that Princess Tea. That pretty much says it all. We participated in the Carter District tea and Sale in November. We brought in gently used (or new) items and set up a "Christmas Shopping" table complete with a gift wrapping section so the girls could buy Christmas gifts and actually wrap them there. I think my favorite moment was when a little girl picked up a paperback novel but was not sure if her Mom had read it. She said, "Wait, I'll go ask her" and ran off with the book. I watched her talking to her Mom then she ran back to buy the book... quite excited that Mom had not read it so would be "sooo surprised" when she opened it on Christmas morning. Yes, I am sure Mom will be "sooo surprised", like all Moms have had to be at one time or another. As they say, "Been there, done that".

As 2013 begins we hope for only good things for everyone and strength to carry us through those times when we need it most. As I typed that sentence, these words came to me...

With our friends by our side
We can take things in stride
With a hug wrapped around us so tight
Though things often change
And our lives rearrange
They will show us the sun still shines bright.

Darlene Duggan, President
Memory Lane Trefoil Guild



ADVENTURE CAMPING INTEREST POLL

In case you missed this in the December Coastlines, this is a reminder message from Nova Scotia's Provincial Camping, Training and Safe Guide Advisers:

The Outdoor Activity Leadership Program Guide for Adventure Camping begins with this introduction: "Adventure camping opens an exciting avenue for adventure and challenge for girls who want to experience the great outdoors first hand, up close and personal. There is nothing quite like adventure camping for girls to gain confidence, learn how to be resourceful and to engage in challenges with courage."

Leaders who have experience taking girls on multi-night camping experiences are ready to expand their skills to a remote setting where amenities do not exist and all food and equipment must be carried with them. In an adventure camping environment it is up to the leaders to provide all the necessities – which go beyond food, water and shelter and includes good judgment and decision making, solid leadership and competence in backcountry or wilderness camping skills."

If this sounds like the kind of camping experience you're ready to take on – or even just ready to learn about – then please take a few minutes to give us some feedback via the Survey Monkey link below (only 3 questions.) This feedback will help the Camping, Training and Safe Guide Provincial Advisers plan how we offer the new Adventure Camping Training program to Nova Scotia Guiders. Survey Monkey is usually used to provide anonymous feedback, but in this case, you will be asked for your name and email address so that we can contact you later to keep you in the loop as the Adventure Camping Training moves forward.

Please note, completion of GGC's OAL tent camping training or equivalent experience is a pre-requisite for taking the Adventure Camping Training. If you don't have the pre-requisite yet, there's no need to take part in the Adventure Camping Interest Poll.

If you would like more information about the OAL Adventure Camping Training program before you go to Survey Monkey, take a look at the "Key Messages" document on the Member Zone Adventure Camping page. Here's the link:

<https://memberzone.girlguides.ca/ProgramResources/CampingAndOutdoors/AdventureCamping/SitePages/Home.aspx>

Here's the link to Survey Monkey:

<https://www.surveymonkey.com/s/G7D9PGX>

AREA TRAINING EVENTS

Ceilidh Area – “Sparks and Brownies Travel the World” is a fun internationally-focused event for Sparks and Brownies and their Guiders. It will also serve as a training event for any Guider in our Area who would like to gain knowledge and experience with international ideas which can be adapted to all age groups.

Feb. 2nd, 9-1200 in Sydney. Exact location TBA.

Feb 3rd 1-4 in Port Hawkesbury. Exact location TBA

Fee: \$5.00

Registration form will be distributed from your District Commissioner.

“Healthy Relationships” is a terrific session focusing on understanding both healthy and unhealthy relationships and on creating age-appropriate strategies for promoting healthy relationships. Healthy societies, communities, neighbourhoods and organizations depend on healthy relationships between adults, between children and between adults and children. We may see wonderful examples of positive and healthy relationships all around us – but we are also likely to see many types of bullying and social aggression; power struggles and disrespect. Guiders are in a unique position to model and encourage healthy relationships. Don't miss this learning opportunity!

Feb. 2nd, 1-5 pm in Sydney, Exact location TBA

Fee: As a way of demonstrating the importance of this training, Area will cover all costs. Thus there will be no charge to participants.

Open to all Guiders, non-member volunteers and unit assistants.

Registration form will be distributed from your District Commissioner.

More details will be coming shortly from your District Commissioners – stay tuned!

Dartmouth Shore Area – planning for the next Safe Guide training and Ranger Stream session is underway. Details coming soon!

Harbourside Area – has a Safe Guide session scheduled for **Sunday, February 17th**, 1:00pm to 4:00pm. The location is Guide House, 3581 Dutch Village Road, Halifax.

Participants must register beforehand by calling Marie at 477-8272 or m.cron@ns.sympatico.ca
Deadline for registration is Thursday, February 14th.

Harvest Trail Area – is offering the Girl EmPower Challenge Adult Training.

Date: February 8- 9, 2013 Friday evening at 6:30-finish Saturday at 4:30

Location: Aylesford United Church, Hwy #1 Aylesford

Fee: \$20.00

Guiders may have heard of the Girl EmPower Challenge. This Challenge developed to teach Brownies, Guides and Pathfinders about healthy, equal, non-violent relationships. It includes age-appropriate activities designed to help diverse groups of girls understand the signs of unhealthy relationships, know what healthy relationships are, challenge the forms of violence and oppression commonly experienced by girls and women, and be empowered to form healthy, equal relationships in their own lives.

Guiders are encouraged to attend the Girl EmPower Adult training in order to develop confidence in using the Girl EmPower Challenge Guider Resources and Challenge Activities with their units.

Full details and the registration form can be found on the NS website under the Area Training Calendar – here's the link: <http://www.girlguides.ns.ca/dev-cal.html>

Maplewood Area – is also offering the Girl EmPower Challenge Adult Training. Information on the workshop for January 19th has been distributed directly from the Area. Check with your DC for more details.

****And as always - REMINDER TO ALL GUIDERS** - if you are interested in particular learning topics, make sure you let your Area Training Adviser know! She absolutely needs to know that the Area's training activities will meet Guider needs. Some training can even be done in someone's living room or around the kitchen table if there are several potential participants in one community. Don't hesitate to speak up if you have learning needs!

Here's the email address for your Area's Training Adviser:

Ceilidh - Ceilidh Area is looking for a new Area Training Adviser. For the time being, send your questions to Elizabeth Buffett, Area Commissioner elizabeth.buffett@seasidehighspeed.com

Dartmouth Shore – Jo Swinemer joswinemer@gmail.com

Harbourside – Nicole Kreiger nkreiger@nsar.ns.ca

Harvest Trail – Claudia Porter notimetorest@hotmail.com

Maplewood – Joan Ellis bjellis@ns.sympatico.ca

Not sure which Area you are in? Check with your District Commissioner. And remember to check the Area Training Calendar on the NS GGC website to find out about trainings in your Area.



Girl Guides Pathfinder Science Retreat, November 17, 2012

As taken from the WSE newsletter -

Forty-two Pathfinders representing Guiding Units across Nova Scotia visited Mount Saint Vincent University and met female role models to learn firsthand about science and engineering. The girls took part in hands-on activities and learned about the value of teamwork, while meeting lots of women working in science and engineering fields. Thanks to all of the volunteers, Pathfinders, and over a dozen leaders and parents for taking part!



"I loved science before this retreat, so now I love it even more" Gr. 7 Pathfinder event participant
"I had never considered the field of nutritional studies, but it could be something I would want to experience." Gr. 9 Pathfinder event participant

COLDBROOK UNITS
ATTEND PARKER DISTRICT
HAWAIIAN DANCE



SPARKS, BROWNIES AND GUIDES



FUN WAS HAD
BY ALL
WITH MUSICAL CHAIRS
LIMBO AND LOTY
AND LOTS OF DANCING



LIMBO



MUSICAL CHAIRS



Below is part two of our look at Membership and Recruiting. This article was taken from the Fall edition of The Signal which is Newfoundland's Provincial newsletter.

Getting to "Yes"

Here are tips to motivate people to say "yes". Expect more adult leadership help when you apply this simple framework.

- Don't confuse recruitment with publicity. Sending out a flier or email notifying a long list of people about unfilled positions is information, but not necessarily an invitation to come forward. Never assume everyone knows what help is needed or whether she is right for the job. If you think someone would be ideal for a position, ask them directly.
- Be clear on what you want people to do before you recruit them. Writing volunteer job descriptions forces you to be specific. Avoid the vague approach of "Do you want to volunteer?" This can lead to all sorts of incorrect assumptions about what the tasks might be. Instead try: "Would you be willing to coordinate the cookie delivery and distribution process next month?" It is more appealing to be asked to become a definable role than an indistinguishable "volunteer"
- Be honest. Tell prospective volunteers about the time and effort the role entails, even if you think it may sound like a lot. Don't minimize the work with comments such as "This will only take a few hours" or try to sway people into acceptance with "Why not try it and see what you think?" If you need someone several hours every week, or for a full year's commitment, or willing to drive 25 miles each time, say so. It may take longer to find someone willing to fill the position, but once you do, you'll have the right person.
- Define the training, supervision and support the volunteer will have. Many people are understandably cautious about being thrown in to sink or swim. If they know they are going to get help while they learn the ropes, they'll be more likely to give volunteering a try.
- Identify and express the positives of volunteering. Explain how much girls will benefit from their help and talk about personal payoffs, too. Be aware that people have different reasons for volunteering. Some enjoy interacting with girls, others want to learn a skill for career development - the list of possible motivations is extensive. You can share how you've grown personally from your own volunteer work for Girl Guides – and don't forget to point out that they'll have fun!
- Explain why you decided to ask this particular person to help - what skills or personality traits make her a good candidate for the position. After all, you are implying this person has the talent to do the job, and that's quite flattering. In the long run, it is better to live with a vacancy for a while than to appoint someone who is unqualified or reluctant to make a full commitment to the work. A second-choice placement can negatively affect all the others on your team.
- Never recruit anyone by asking her to do it as a "favour" to you. Instead, try to communicate that you don't want them to miss a marvellous opportunity to participate in an important project! Finally, the best way to recruit volunteers is simply to ask people to help. If you never have the conversation, how can someone say yes? And if you are turned down, keep in mind that you have still helped Guiding by reaching out to new people and lending visibility to worthwhile projects.

On the first weekend of June, the 1st Harbourside Area Rangers (now the 1st Bedford Rangers) planted trees at the DNR Education Center in Middle Musquodoboit. The event was organized by Ranger Georgia Atkin, who successfully applied for a \$500 Tree Planting Program grant from Girl Guides of Canada-Guides du Canada in partnership with TD Friends of the Environment Foundation. Also working with the Ranger unit was Matt Miller, Forestry Campaign Coordinator of the Ecology Action Centre in Halifax.

The event began with the planting of a dozen 3-year-old trees which consisted of sugar maple, yellow birch and red oak. These species are native to the province and part of the endangered Acadian Forest ecosystem found along the East Coast. The group worked to first plant them, then surround each tree with wire fencing to keep hungry deer away.

Miller then gave a demonstration of traditional reforestation practices with different tools, using a 'dibble' (a metal stick with a cookie-cutter-like hole at the end) and a 'pottiputki' (a metal stick with a claw-like appendage at the end), to quickly open small holes in the ground to plant seedlings. The girls used these tools to plant eighteen red spruce seedlings.

On the whole, the event was a success, and all participants enjoyed the chance to get outside and help the environment. They had a fun and informative time, and expressed a willingness to do similar work again.



Let the Games Begin

Archery, plant identification, presents sent down from the sky, stalking people in the woods, cries of “may the odds be ever in your favour!!” hmmm Hunger Games you say? Nope. Just Rangers having fun at the latest Ranger Event in October 2012. 16 Rangers in all joined us at Anne Fraser House for the weekend event. Although some girls came in small groups, lots of mingling happened during the weekend as names were drawn for some of the activities such as teams for the Night Games and who would go first into the Cornucopia and gather their survival kits for the weekend. Yes, we even had a cornucopia and the girls jointly made it on Friday night. Alas, a little surprise awaited them as they entered eh girls? Luckily the weather was oh so sunny and warm and one could dry off in not too much time. We also had a few surprises lurking in the woods as the girls went in two by two on our blindfolded obstacle course. Not sure who laughed louder, the girls or leaders! We know who screamed the loudest!!

Anne Fraser House was transformed on Saturday evening for a banquet fit for the Capitol. All the girls and leaders, Denise Hirtle, Katherine Adye and Joan Smith dressed up in their finest for the occasion and Provincial Commissioner Holly Thompson even stopped by for a bite and to join in the fun.

The girls had an interesting and lengthy game in the woods later that night, hiding from the leaders and trying to get to their “prize” hidden out of sight. Really testing the leaders powers of observation, hiding right along the road as the leaders walked past. Good job girls!! Later back to relax, enjoy popcorn and a movie..... Hunger Games of course.

Sunday was getting help at seeing what edible plants were growing around the camp and packing up.. more food and saying goodbyes.

Thanks to all the girls who dared to come play with us!! Joan, Katherine and Denise



~ An International Adventure ~

Part 2—Part 1 appeared in the Dec Issue of Coastlines

Our days at camp were jam-packed with things to do. There were lots of choices for activities, and I participated in biking, geocaching, swimming, sailing, a tour of Glasgow, and many, many other activities. The entire camp went to an amusement park for a day, completed a community service project and participated in an Olympics themed day. One day at camp was designated as International Day, with an International Bazaar in the afternoon and an International Night with performances from girls all over the world. At the International Bazaar we set up a table on Canada and at International Night we performed a song called “We Are Canadian” that one of our girls wrote.

By the end of Ayrwaves, I had met girls from every country at camp, and had collected many traders from all over the world! I made so many memories and new friends at camp - such as late night UNO games, the time our tent collapsed, the “disco party” where they played songs like Barbie Girl and Pizza Hut, eating haggis a second time and drinking Irn Bru! Camp was an awesome experience, and it was hard to say good bye and leave our new friends on August 1.

After camp, we headed to the Scout Hall in Kilmarnock where we stayed for the next three nights. Our first post camp adventure was to visit Dean Castle, where we had lunch and toured the Castle. On August 2, we caught a train to Edinburgh where we spent the day exploring. Highlights of our day included the National Art Gallery and Edinburgh Castle. We spent August 3 on a Hop On – Hop Off Bus Tour of Glasgow. Through the bus tour we learned about Glasgow and its history, as well as stopping at a couple of places like the Scotland Guide Shop. That night we went to a Scottish Guider’s house for dinner. It was our first home cooked meal in nearly two weeks, and it was delicious!

We were up early on August 4 to begin our long journey home. We had to split up after arriving in Toronto, and, after many tears and good byes, I went through security for the last time. Although it was sad to leave, I was looking forward to seeing my family again!

This trip was the experience of a lifetime, and I would do it all over again if I could! While it may seem like a lot of work to apply for an international trip, in the end it is 110 percent worth it! When you travel internationally with Girl Guides, you gain so much – you make new friends, you see another country and so much more! I encourage everyone to apply for international trips, as they will definitely change your life!

Thank you to Girl Guides of Canada, the International Travel team, the Ayrwaves Canadian Patrol Guiders, Deanna and Shirley, and the Canadian Patrol for giving me this wonderful experience!

Janice Noble, Canadian Patrol, Ayrwaves, Scotland 2012

To both Girls and Guiders: For those that are interested, I’m willing to do presentations about my trip, or if you live farther away, I have a video (windows movie maker) that I can e-mail. Also, if you have questions or comments about applying, traveling, or my trip specifically, feel free to get in touch at janice56xc@hotmail.com !!



At the International Bazaar, we met a Nigerian Guider!



The entire Canadian Patrol in front of our subcamp sign!



Yes, we even dressed up during our tour of Dean Castle!

LEARNING TIPS

In each Coastlines we try to include some helpful adult-focused tips. In this issue, we're continuing the focus on building great adult teams – whether they are Unit Guider teams, District Councils, Area Councils or event/camp planning teams. Beginning in October we presented tips from a little booklet called, “The Team Member Handbook for Teamwork” written by Dr. Price Pritchett. It was first published by Pritchett Publishing in 1992 but it's been revised and is still widely available – an oldie but a goodie!

These are the 16 Guidelines in the Teamwork Handbook – tips 1 to 4 were in October's Coastlines; tips 5 to 8 were in November; tips 9 to 12 were in December and tips 13 to 16 are explained below.

Push for High Quality Communication

Bring Talent to the Team

Play Your Position

Turn Diversity to the Team's Advantage

Back Up Others Who Need Help.

Practice

Be Prepared to Sacrifice for the Team

Help New Teammates Make Entry

Play Down Yourself and Build Up Others

Spend Time With Your Teammates

Help Drive Discipline Into the Group

Make Sure You Make a Difference

Give Attention to Group Process

Help Create a Climate of Trust

Strengthen the Leader Through Good Followership

Be a Good Sport

Give Attention to Group Process

Things are always going wrong when people work together in groups. Pay attention to what's going on inside your group and you'll see problems there that need fixing.

Monitor the team's effectiveness. How can the group make better use of its resources – time, money, materials, and people? Look for what's missing...what's getting in the way...what needs to happen. Does someone need encouragement, feedback, or clarification?

Maybe you can give the group what it needs. Maybe you should call on a teammate who can. But if you still see behaviour that's hurting performance, have the courage to bring the problem to the rest of the group's attention.

Even if everyone in your group is competent, committed and hardworking, you can't ignore internal problems and still succeed as a team.

Help Create a Climate of Trust

The “growing season” for trust is when people are being tested – in matters big or small.

Only then do you get a chance to really *prove* anything. Will you keep your word? Do you honour your commitments? Are you consistent? Do you play fair? Can others count on you to “be there” when the going gets tough?

Can you imagine working closely with a group of people you can't trust? Would you want to be on a team if you couldn't count on your teammates?

Everyone on the team should protect and nurture the trust level. It's every bit as fragile as it is important. Even little violations can fracture people's faith in each other. And if building trust is a slow, difficult process, rebuilding it can be next to impossible.

Strengthen the Leader Through Good “Followership”

No leader is good enough to take a team to high performance if the team members are lousy followers. On the other hand, even if the leader is weak, strong followership often can overcome the problem and create a high-powered unit.

What’s involved in followership? Initiative for one thing. Know what to do without being told, and do it. Think for yourself. Give yourself permission to take appropriate action. Good followers are people who lead themselves, freeing up the person in charge as much as possible.

Good followership also requires you to align your efforts with the rest of the group. Commit yourself to the team’s common goals. Don’t drift off in another direction and splinter the group.

Still another responsibility of the follower is to strengthen the leader. Show your support for whoever is in charge, and you empower that person.

Followership is not an argument for blind obedience or mindless conformity. Good followership can mean having the courage to take a stand. Sometimes you may need to argue your point, or challenge authority when it is being abused. The key is to do it for the good of the group and the group’s goals – not for personal gain, and not as a mere trouble-maker.

Be a Good Sport

Good sports grease the wheels of group interaction. They promote harmony. Poor sports, on the other hand, put a strain on team relationships. And if people in the group have trouble getting along, the team can’t come close to achieving its true potential.

Start with a sense of fair play, instead of playing dirty or trying to beat the rules. Show respect for others, rather than putting them down, finding fault, or promoting yourself at their expense. Humility fits in the picture too. This comes down to not bragging or getting a big head when you “score”...not showing off...and being big enough to ask for help, admit your mistakes, or say “I’m sorry.” The good sport can also take criticism without taking it personally.

Sportsmanship requires that you show grace – for example, forgiving teammates who foul up, and sharing the spotlight when you’re the hero. It calls for a sense of humour. Instead of taking yourself too seriously, make sure you can take a joke and laugh at yourself. Finally, to be a good sport you must compromise and share, rather than having to get your way or grabbing for the best “toys.”

Your character and your attitude are constantly on display. Teammates pay attention to how you handle yourself. Make sure they don’t charge you with unsportsmanlike conduct!

That’s the last of the 16 Guidelines from the Team Member Handbook for Teamwork. You might like to review all 16 from time to time...



Harvest Trail Area council members were all business December 2 for their regular area meeting - until the big guy arrived! With Santa's visit and a festive potluck, the Guiders took the opportunity to mark a year of growth and development in Harvest Trail.

Kids' party for the Queen

Harvest Trail Area Sparks and Brownies marked Queen Elizabeth's Diamond Jubilee year with not one, not two but three parties on November 18, 2012!

Guiding volunteers organized events in Greenwood, Clare and Windsor, all with the same schedules and activities.

- In Kingston, 52 girls attended.

- Thirty-six girls gathered in Clare, with a special guest, Digby's Scallop Queen Chaylene Sarty.

- In Windsor, 18 girls celebrated with special guest Apple Blossom Festival Princess Kate Grandy.

All the girls made their own Royal Seal, learned about the Crown jewels, made their own crown and played traditional English games, such as Whisper and Four Corners. "High tea" included juice and goodies.

The highlight of the day's activities included assembling 14 birthday boxes, a collection of party supplies and decorations brought in by the girls and donated to local food banks.

From all accounts, a good time was had by all.



Congratulations to Susan Sarty of Harbourside Area. She was presented with the Queen's Diamond Jubilee Medal. Susan was one of the Girl Guides of Canada-Guides du Canada recipients. Susan has been a member of GGC for over 30 years. She has been a Brownie, Guide and Pathfinder leader and she has held various positions at the District and Area level including District Commissioner. Below are excerpts taken from Susan nominations letters.

Susan always works with the best interests of the girls foremost in her mind. During her years as a unit Guider Susan has spent considerable time preparing for unit meetings, camps and other events to ensure that she had both interesting and a variety of activities for the girls to participate in whilst they worked on challenges and program. During her many years as a member of Girl Guides of Canada Susan attended almost every Guider Conference and Commissioners' Trainings so that she would have the tools and knowledge needed to fulfill her roles as a member of the organization.

Susan reached out to the local Seniors Complex, which includes a nursing home component, to establish links between Girl Guides of Canada and that community. Susan's Guide unit met in the nursing home for one Guiding year during which time they included as meeting nights two Friday evenings per month so they could assist and participate in resident activities. The work Susan had the girls do as they mingled and assisted the residents not only assisted the staff but also brought special bonding opportunities to the girls as they got to know the residents. Susan has continued her volunteer work at this nursing home in the years since the Guide unit no longer meets there.

Susan was also active in her community serving on the Parent / Teacher Committee as well as church committees. Susan has taught Religious Education through her church for many years and continues to serve the needs of youth in her church as Religious Education Director.

Susan is very deserving of this award and we wish her well in her future endeavors.



Congratulations to the following recipients who received their Queen's Diamond Jubilee Medals from the Department of National Defence.

Eleven thousand Canadian Forces personnel will receive the QDJM. This will be the largest number of commemorative medals awarded in CF history. Each recipient was nominated to receive the QDJM. The programme was coordinated by the Directorate of Honours and Recognition with individual commands making the selections based upon merit and exceptional service. Medals like the QDJM are created to commemorate anniversaries and special occasions. The Diamond Jubilee Medal was personally approved by Her Majesty, and unveiled February 6, 2011 by Governor General David Johnston and Prime Minister Stephen Harper.



Sgt Gail Leighton
Ceilidh Area

Sgt Cheryl Jardine
Harvest Trail Area



Cindy O'Hearn
Dartmouth Shore Area

“Gone Home” : Elizabeth “Betty” Hartling

It is with great sadness that on Dec 30th 2012 Guiding said good bye to Betty Hartling (1916 - 2012) - a long standing member of Guiding in Nova Scotia.

During her 62 years of membership, Betty held various positions: she served her Guiding community as Brownie Leader in Halifax, as the Provincial Treasurer, and a member of the Archives committee.

For her service and dedication to Guiding, Betty was awarded long service award as well as the Medal of Merit and the Provincial Mayflower Award.

Outside of Guiding, Betty was very involved in her church and the health sector and was instrumental in the establishment of the NS Division of the Canadian Cancer Society and as Executive Director set up chapters all over the province.

Cards of condolence can be sent to Betty’s family :

The Hartling Family c/o
Girl Guides of Canada
3581 Dutch Village Rd,
Halifax, NS B3N 2S9

