



Coastlines

December 2014



NEWSLETTER OF GIRL GUIDES OF CANADA – NS COUNCIL

Engineering Quest 2015! By Mary Louise Johnson, Program Adviser

Nova Scotia Girl Guides will be running Engineering Quest (EQ) in 2015 on a weekend during National Engineering Month in Canada (March).

Engineering Quest is an opportunity for Pathfinders and Rangers to learn about science and engineering careers and activities through hands-on workshops facilitated by female science and engineering role models. These professionals come from academia, industry, and government. They range from trades to technologists to engineers to project managers to show the diversity of professionals on an engineering team. The girls will get to meet the professionals and spend time with them. They will learn about the different paths each woman has followed to reach her career objectives. The girls will also learn what flexible career options in engineering are and how it could lead to many other possibilities. Traditionally, EQ takes place out of the Dalhousie University Sexton (Engineering) Campus. EQ's have also included a component at the Discovery Centre which is a few blocks from the Dalhousie Engineering Campus.

Encourage your Pathfinders and Rangers to consider going to EQ. Several self-reported EQ 'alumni' have gone into engineering due to the exposure, encouragement, and contacts from the event.

Watch for more details in the next issue of Coastlines.

Ceilidh Area Program Day by Mary Louise Johnson, Program Adviser

After the promise of a visit, several conference calls, dozens of emails and several visits to CBU by our hosts, our first Program Road trip became a reality.

Girls and Guiders from all over Ceilidh Area, over 400 of them, started arriving at Cape Breton University as early as 9:00am on Saturday, November 8th, anticipating an action packed day of Arts, Active Living and STEM activities.

The Pathfinders and Rangers spent the day with the ladies from WISE (Women in Science and Engineering) and our STEM Adviser, learning about DNA and also about balloon rockets. They had several female STEM role models circulating to answer questions about career/education choices.

Arts and Active Living sessions, offered to the Sparks, Brownies and Guides, were broken down so each girl was able to participate in all of the eight activities-- from learning the Mexican hat dance to learning how to use pedometers. We had participants from Making Tracks, a program through the Ecology Action Centre facilitating stations as well as some feisty volunteers from Ceilidh Area assisting in stations as well. We rounded the day out with an enormous (indoor) campfire, where the girls all sang the Our Cabaña song, which they had learned in one of their sessions. Our assistants, the Coastal Rangers kept the girls going with many of their favorite song choices as well.



What Guiding and Scouting Does for your Child

By Kristy Haayer, 1st Berwick Brownies

First off, I want to thank my son's school for holding a Remembrance Day Service where EVERY child in the school (Primary to Grade Five) had a part. Some children read lines, introductions, recited poetry, created art work, sang songs or brought wreaths to the front. Great work at promoting Self Confidence!



It was at the Remembrance Day Service this morning that really had a chance to see what Guiding and Scouting does for our Youth. I am a Guider of a Brownie Unit (Ages 7 and 8), my husband a Scouter of a Beaver Colony (Ages 5 to 7). It is not often that I am at a Service, Assembly, Parade or Gathering of any kind in public that I am not in Guider mode. We wear our uniforms as often as we wear our jackets and we are proud to do so. But, today I was able to sit back and be in mom mode.

Children of the Guiding and Scouting Movements were asked to wear their uniforms to school. The children loved this. I noticed something about the way they presented themselves with their uniforms on that was different from the other children. They all were displaying their badges and crest with pride. Kudos to the parents for having them all sewed on. But they also took pride in their appearance. Their faces were clean, their hair neat, their uniforms were worn correctly, their shoes were clean. They all stood tall and proud. They all wore poppies. On the correct side and worn them with pride as if they were another badge they earned. I'm sure you could have asked any of them why they were wearing a poppy and they could have told you in detail as if they had put the work into earning the badge themselves.

They were all asked to walk into the Gymnasium with the Veterans. This was an honor. You could read it on their faces as they passed. They also knew how to march in. They were respectful of the veterans. They stayed in line. They were quiet. They did not wave to their friends. They followed their routes then sat quietly with their class.

During the service my heart swelled. They stood straight and tall as they sang O Canada. They did not chit chat. They followed direction. While other Children were escorted out, shushed or moved to sit closer to the teachers, the Children from Guiding and Scouting were perfectly behaved. They were not the only Children to do so, but I was in awe to see that as a group they were all in unison.

So what does Guiding and Scouting do for our Children? In this case it has taught them the importance of a ceremony, respect for others and themselves. It has given them responsibility and a sense of pride. They have learned to listen and when they listen, they learn, remember, reflect and grow.

Great job Guiders and Scouters. Thank you for teaching our youth to be model citizens.

Holiday Gift Ideas for Members of Guiding

By Dawn MacNeill, Harvest Trail Camping Adviser

If you, or family, are looking for some gifts ideas for the member of Guiding in your life, for the holiday season or things to keep an eye out for during the rest of the year, here are a few Guiding related suggestions that you might want to consider... (included below are a variety of items at a variety of price ranges for a variety of age groups)

- uniform items (shirt, tie, sash or pin tab for the Pathfinders/Rangers) that your daughter does not have (note the Guide store closes Dec 11th for inventory)
- Navy pants
- program book if your daughter does not have one (note the Guide store closes Dec 11th for inventory)
- camp blanket or poncho (you don't have to get these from the Guide Store, you can buy them at local retailers or make one)
- non-breakable Mug for meetings
- head lamp (style of flashlight)
- watch
- bucket style camp hat
- rain gear (rain jacket, rain pants, rubber boots)
- PJs (rather than a night gown/shirt)
- fleece PJs (It can be cold when tenting in June and October)
- fleece clothing - pants, shirts, etc. (you don't always have to go to camping supply stores for these, on occasion we have found them at Frenchies, Walmart, Winners, etc.)
- quick dry/moisture wicking clothing (you don't always have to go to camping supply stores for these, on occasion we have found them at Frenchies, Walmart, Winners, etc.)
- Mittens not gloves (help keep those fingers warmer when snowshoeing etc.)
- Compass (type with a base plate is preferable)
- Whistle (non-pea type as they will work in cold weather and a pea type may not)
- a warm sleeping bag
- a sleeping bag storage bag
- a fleece or flannel pillow case (not a light cotton one as these can get cold too)
- a small camp or travel size pillow (not the type that go around your neck but the small or mini regular type pillows)
- self-inflating or blue foamie type mattress (we have found these at places other than camping stores, including Value Village and Canadian Tire, etc.)
- a backpack (or duffle bag) for tent camping instead of a wheeled suitcase
- Properly fitting hiking boots (if she or her group is into hiking and backpacking)
- Mesh bag for Dishes
- non-breakable dishes for camp and sleepovers (this includes a mug that hot chocolate could be put in eg. not metal)
- Spatula (flipper type) and tongs
- Oven Mitt/Pot holder
- pocket knife for older girls



Some of these your daughter may already have and some may not sound very exciting but they can be very handy.

Trip Report -Part 3 (Tour de Paris) by Lisa MacPhee, Sydney Pathfinders/Rangers

Sunday July 6, 2014

On Sunday, we said goodbye to our pen pals and took the Eurostar to Paris from St Pancreas/King's Cross Station where we got to see Platform 9 ¾. Upon arriving at our hostel in Paris, we deemed the area to be too dangerous to stay and decided to change accommodations and we moved to a hotel near the airport. We had been followed trying to find our hostel and it would have been no place for us to venture out especially after dark.

Monday July 7, 2014

Monday in Paris was a full day. We began our day at the Louvre where got to see the Mona Lisa and others works of Art. We then went on the Hop-On, Hop-Off tour. In the evening we went on a night time bus tour of Paris, a cruise on the Seine River and a tour of the Eiffel Tower. It is amazing to be on the Eiffel Tower at night.

Tuesday July 8, 2014

On Tuesday, we left Paris at 11:00 am. Our flight was delayed leaving Paris which seemed like it would have caused us to miss our connecting flight but when we arrived in Toronto our connecting plane had mechanical problems so it was actually delayed while they waited for a new plane. We arrived in Halifax just after 8:00 pm 2.5 hrs. later than scheduled.

Overall, This was an amazing trip. New friends were made. Our endeavor with our pen pals made this trip unique and it was great to meet them and make connections across the ocean. What I hoped the girls would get from this trip is that the world is small place and that anything is possible if they set their minds to it. We worked very hard to get to Europe and made the most of the time we were there. We discovered that London is a wonderful city and that we could have spent weeks there discovering all that it has to offer and that Paris was quite the opposite. It was very dirty and we were surprised with the amount of panhandlers there were and the girls even witnessed pick pocketing. The Louvre and the Eiffel Tower are impressive but most of us have no desire to go there again.

There were a lot of first for the girls and the leaders on this trip. First airplane ride, first subway experience, first live play, first time near a movie star. We got to see where Girl Guides started and see that the movement is very much alive. We discovered that the social issues that plague Canada are much the same in Britain.





GM 2016 Ranger Information by Lisa Pretty, GM 2016 Liaison

My name is Lisa Pretty and I am the NS GM2016 liaison. To date I have received some information regarding the National Camp in 2016. There however have been several questions that have risen from the document. One key change for this National Camp, is the participation of Rangers. Different scenarios had played out in the past, and this event will be slightly different. Rangers MUST register as a Ranger patrol, and are not permitted to be part of a mixed Pathfinder/Ranger patrol. There have been varying questions and answers on the subject, but I am including the information that will be shared in the near future from the National Camp Director. The following is the CORRECT information as of November 2014. This information may change the plans for some of the patrols planning to attend. Things are still evolving as the plans are being made. I thought it only fair to share this information with you so that you are Prepared.

How many Rangers are planning to go from Nova Scotia? Where are the Areas that they are coming from? How will I find myself a patrol? How do I fundraise? There are still many questions that now have come to light with this information. Nova Scotia does not have all the information required at this time to have answers to these questions. But we will work on them together to provide the National Camp opportunity to the girls of Nova Scotia in the near future.

If you have any further questions on this matter, you may forward them to nsgm2016@girlguides.ns.ca It is best to direct questions to me as the NS GM 2016 Liaison, as then I can share the questions and answers with others in the province. I look forward to sharing more information as it is made available.

Colchester Trefoil Guild News by Goldie Chisholm, Colchester Trefoil Member

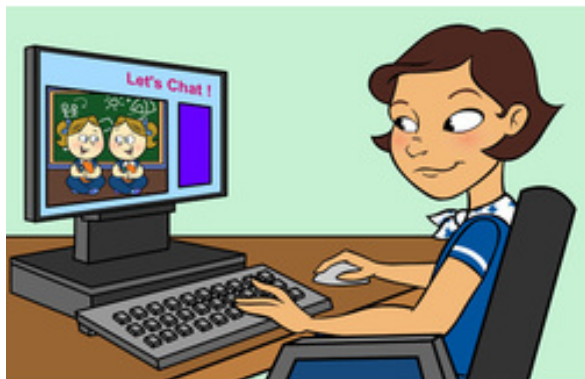
Colchester Trefoil Guild met in October and November. Highlights of the meeting included:

- Presenting Kay Mattahall with her 55 Year Service Bar. Kay has been in ill health so has not been able to travel to meetings recently.
- Welcoming new member Angela MacCleary of Pugwash.
- Updates from Members who attended Provincial Advisers Day and announcement of the next National Trefoil Gathering which will be held in Newfoundland in 2016.
- Planning for our upcoming "Move More Challenge" which will be our goal in 2015. We look forward to working on this challenge with our District Commissioner.
- Signing Christmas Cards for our associate member in Newcastle England as well as members unable to make our meetings due to ill health.
- Holiday gift exchange of handmade gifts.



WOW! - Wandering Our Web - The GGC Way

By Provincial Office



Did you know that www.girlguides.ns.ca is Nova Scotia's provincial website and has a wealth of information to help you as a member of Guiding?

Check out Crafts, Games and Program Ideas for Sparks, Brownies, Guides, Pathfinders and Rangers under the Volunteer Tab, Guider Resources and then Guider Tool Kit. And while in the Guider Tool Kit section - check out the Provincial Challenges and for your convenience there is a quick link to the National ones too !!

World Thinking Day Crest by Mary Louise Johnson, Program Adviser

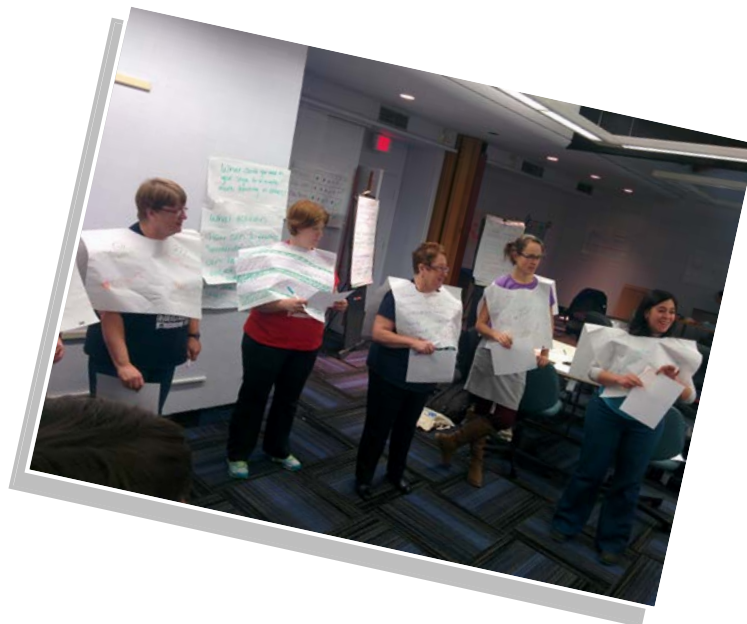
Interested in completing this challenge but don't want to purchase crests in packages of ten? Program is taking orders to purchase crests from the WAGGGS store, enabling you the opportunity to buy only the amount you need. If this sounds like something you want to do, email Program@girlguides.ns.ca with your order by January 15, 2015. <http://www.worldthinkingday.org/en/resources/document/view/25466>



Twinning2020 Atlantic Canada and St. Vincent and the Grenadines

by Lashauna Smith, Twinning 2020 Lead

Twinning 2020 is a new approach to building international relationships among World Association of Girl Guides and Girl Scouts (WAGGGS) members. Through this new twinning model, the Canadian Provinces are being paired with Member Organizations in the WAGGGS Western Hemisphere Region. Girl Guides of Newfoundland and Labrador, Nova Scotia, New Brunswick, and Prince Edward Island have been paired with the Girl Guide Association of St. Vincent and the Grenadines.



The highlights of the first phase of Twinning 2020 will be World Thinking Day 2015 and the International Day of the Girl 2015. We will be creating opportunities for girls to connect and share their culture and experiences throughout the Twinning2020 initiative.

Our *Twinning 2020 Blog* will be one way that girls can share. The Blog will be launched in time for World Thinking Day 2015. We are

really excited to be able to offer a relevant, easy way for girls and Guiders to share their experiences for the duration of the initiative. Throughout the next two years, we will be turning to girls and guiders to document your twinning experiences and share openly with our Twinning Partner via the blog, with the goal of connecting girls, celebrating our cultures, and fostering a shared sisterhood among girls in Canada and Saint Vincent and the Grenadines.

If you have any questions about Twinning 2020 or are interested in learning more about what your unit, district or area can do for World Thinking Day 2015 in connection with Twinning2020, please contact:

twinningns@girlguides.ns.ca

Check back in January and February Coastlines for specific activities and ideas you can do for World Thinking Day 2015 that can be shared on our Blog.



Saint Vincent and the Grenadines is an island country that lies at the southern end of the eastern border of the Caribbean Sea. The country consists of the main island of Saint Vincent and the northern two-thirds of the Grenadines (32 islands), which are a chain of smaller islands stretching south from Saint Vincent Island to Grenada. Saint Vincent and the Grenadines has a population of approximately 120,000. Its capital is Kingstown on Saint Vincent island.

The Saint Vincent and the Grenadines (SVG) Girl Guides Association is the largest non-profit organization in the country, totaling approximately 2500 members. The Guiding Levels are: Bim Bims (Age 5-7 years), Brownies (Age 7-11 years), Girl Guides (Age 10-16 years), Ranger Guides (Age 15-21 years)

Fun Fact: One of the favorite activities of SVG Girl Guides is Grenadines Island hopping – a 1-day event where they take a charter boat from island to island, completing a series of activities and adventures.



A Fall Welcome by Colchester District

Colchester District Girl Guides welcomed 110 new girls and Guiders, along with returning girls and Guiders to a fun afternoon at Captain Cobb's Fun Farm and Corn Maze. The girls had a fun time with various activities within the park. Popular events were the enormous jumping pillow and inflatable obstacle course, petting zoo plus an adventure playground. Other activities, included a mini zip line, hopping ponies and of course the corn maze were enjoyed on a perfect fall day. Members of 1st Hilden Sparks and their Guider Jan Betts tried out the jumping pillow, corn maze and the pumpkin patch. Plenty of smiles and laughter were experienced throughout the day. Terrific fun for both young and old.



Surviving the GGC Way by Susan Noble

Surviving the GGC Way was a weekend intended to get Guiders thinking about emergency planning at their Guiding events such as camps, hikes or even at meeting nights. The facilitator, Michael Coolican, lead group discussion, activities and scenarios that introduced the topic and then provided practice. Throughout the weekend, groups were presented with “emergencies” to manage – sometimes with advance notice and sometimes not! The weekend was offered to Guiders and Rangers, and the group that attended quickly developed a team spirit that Guiding training weekends are known for! Everyone blended their experience, advice, and encouragement with a generous heaping of laughter. All the participants agreed that their confidence increased as the weekend progressed – and that practice is needed in emergency planning just as it is for everything else. The Provincial Camping Advisor, Lisa Pretty, and the Provincial Safe Guide Advisor, Joyce Custance participated and offered their support and knowledge as questions arose. As well, having several provincial Safe Guide Assessors add their experience to the discussion was helpful as everyone worked toward clear and practical plans. Thanks to the training team for a weekend dedicated to this important and often anxiety-inducing subject – and making the learning process informative and fun!



Carter District Tree Planting

by Yvonne Savory, Carter District DC

On October 19, 2014, members of Girl Guides of Canada / Guides du Canada gathered in Lower Sackville to assist in the planting of 13 trees and additional shrubs in the blossoming Acadia Park. Sparks, Brownies, Guides, Pathfinders, Rangers, Guiders, Trefoil Guild members, lifetime Guiding members, as well as National, Provincial and Area guiding representatives all gathered to take part in the tree planting and fall carnival events. Great support was shown by the community as local MLA's, District Councilors, family and friends all gathered to show their support.

The "Rooted in Cookies: Planting for Future Branches" project, a \$2500 grant sponsored by TD Friends of the Environment Foundation, was successfully awarded to Carter District Guiding. The grant is provided to guiding groups who can demonstrate a need for trees, a desire to plant, and put a plan in place for the maintenance and care to assist with long term sustainability of the trees. Being awarded this grant allows Girl Guides to promote their roots and assist with their community's development.

Our goal with this project was to create a legacy presence in the newly developing park. While encouraging our young ladies to develop an ownership of the space for years to come, we hope to also spark community engagement from the general public. Various Guiding units sponsored the planted trees by purchasing plaques describing the new trees in the park so future generations would be able to identify the trees origin. By doing so, it is hoped the youth in the community will visit the park and take pride in what they have accomplished.

Trees were specially selected for the park after consultation with the volunteers who help to care and manage the park. They were also strategically placed to highlight particular species, such as the Magnolia and Harlequin Maple. Other trees included Ginkgo Biloba, Serviceberry, Mountain Ash, Korean Fir, White Pine, Hawthorn, Dogwood, Red Oak, Lilac, and Greenspire Linden. The girls were an active part of the planting process eagerly filling each hole with soil and mulch. Experts were positioned throughout the event to provide educational information.

We hope this event brought awareness to Acadia Park and the importance of educating future generations on how to live a sustainable life.





In Memory by Darlene Duggan, Trefoil Guild Adviser

(Donna Clarke sitting between Rosemary Baas and Mary Beckett at the June 2014 Colchester Trefoil Guild Pot Luck Gathering.

Donna Grace Clarke 1950 – 2014

Sometimes someone comes into our lives for only a moment and leaves a lasting touch – this was Donna Grace Clarke.

Guiding played a large part in Donna's life wherever she found herself. In September 2013, she found us and joined Colchester Trefoil Guild as well as the Guide Training Team in Colchester, only to find that ovarian cancer had become a very real part of her life. Oh, how she struggled and fought through the following months! And how blessed we were when she joined us for our closing Trefoil meeting in June!

We rejoiced with her when she told us that she was well, that she was declared 95% cancer-free. And we were so happy to hear that she had plans to travel to England with her son in the summer to see her daughter graduate in Canterbury Cathedral. But then came the phone call in September 2014 telling us that the cancer was back. She did not give up; she still wanted to live life fully and to be part of Guiding. She called us to come for a visit and pick up her yearly Guiding dues; it is a visit that will always be treasured. Our Guild members sent messages in a card in September and again in October; she was not doing well and time ran out quickly. She passed away on October 23, 2014, 3 days after our October meeting. She played the game well and was a true Girl Guide. She gave true meaning to the part of the old Guide Law that said, "A Guide smiles and sings even under difficulty." Now we say, "All is well, safely rest, God is nigh."

