



NEWSLETTER OF GIRL GUIDES OF CANADA - NS COUNCIL

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Nova Scotia WAGGGS Delegate

Did you know that one of our own Nova Scotia Guiders, Krysta Coyle, will be attending as the Canadian delegate for the 60th UN Commission on the Status of Women? Krysta is a busy Guide Guider and District Commissioner for Halifax South (Harbourside). She is excited to be heading to this prestigious event, which will be held in New York at the United Nations Headquarters in March 2016.



We are so proud of Guider Krysta and can't wait to hear all about this amazing opportunity!



To read more about Krysta and the other delegates, visit:

<https://www.wagggs.org/en/news/meet-delegation-amazing-young-women-csw-60/>

Membership Report

By Jo Swinemer, Membership

Keep those mid-year registrations coming, Guiders! It is not too late to join Guiding, and we would like to encourage units/districts to ensure that there is space for new girls! Many parents call the office to see if it is too late to register, and if the fee is prorated. My answers:

- A. It is never too late, if a unit has space...
- B. And the fee isn't prorated, per se, but there is lots of Guiding year left. Our membership fee is split between National, Provincial and local levels of Guiding so this fee would be difficult to prorate. However, new members will not be expected to pay dues/activity fees for time passed, so technically, they are not paying the full amount that the girls who joined in September have paid. Don't forget, financial assistance is available at all times.

When talking to these parents, I have heard a lot of reasons why families are inquiring about our programs later in the year. I would like to share them now, so Unit Guiders are aware of how important it is to welcome girls midyear. So often, it's these girls that need Guiding!

- "We have moved to a new area, and I thought Brownies would be a great way to help my daughter settle in to the community and meet more girls."
- "My daughter was in another program [Beavers/dance/basketball/insert any activity] and it wasn't the right fit... I think she would benefit from what you do."
- "My daughter has been bullied at school, and we are looking for a safe space to help her develop confidence and new friendships."
- "My daughter really wants to join her friends; they are all talking about it at school..."
- "I just bought Girl Guide cookies and realized how much I loved Guiding as a girl and think it would be great for my daughter. I didn't know there were programs in my area."

Of course, for probably 50% of these calls, there aren't available spaces. Please think about whether or not your units can accommodate more girls, and have your District Commissioner contact me about unit capacities.

And what about those just-turned-five-but-aren't-in-school-yet potential Sparks... Girl Guides of Canada welcomes any girl who is 5 by the end of the calendar year, and others, after they turn 5. This means, a girl who turns 5 in January is welcomed to join (again, if there is space) even though she isn't in school.

Our standard answer is girls are encouraged to remain with their peer group, so while a girl may certainly join Sparks in the winter (or even spring) as they turn 5, it will not mean she will advance to Brownies when she is in Grade 1. These girls end up doing 2.5 years of Sparks, and for many girls that works. Other families decide to wait. It is a personal decision for the family, but if they want to be there, we welcome them. (Please note, these girls - born in 2011- would be required to do a paper registration).



If you receive inquiries, please direct families to contact us at any time about registration options.

Cookie Superstars!



*Has your unit struggled to sell cookies? Have you ever thought “we’re too small to sell all these cases”, or, “if only we lived in a larger community, we’d have an easier time selling them”?
Read below for cookie-selling inspiration!*

My name is Mary Jessome, and I’m one of two Guide leaders with 1st Wagmatcook Sparks. Our unit is extremely small... we only have 2 Sparks! We have sold, to date, 30 cases of mint cookies, and picked up an additional 3 more cases last weekend. We were asked to provide our best cookie selling tips, so here they are:

- **Be Safe:** Before we went out selling cookies, we went over Cookie Selling Safety tips. We also talked about how to greet costumers, and to always be polite and thank people for their support. We also talked about how to handle money and how to make change.
- **Be Visible:** On Oct 25th we had a cookie-selling event at the Wagmatcook Cultural Centre (this was the first time our Sparks were out in the community: we are a new group, so we are trying to be visible in order to increase interest). We sold cookies door-to-door in Wagmatcook and Baddeck areas as well.
- **Be Part of a Bigger Event:** Recently we were at the Christmas Parade in Baddeck (the first parade for our Sparks.. they were excited!). They did a great job walking in the parade. After the parade, the community meets Santa at the Alexander Graham Bell Museum.... Lets just say Santa got his cookies early this year. We also plan to be in the Whycocomagh Village Christmas Parade and Light Up.

It has been a number of years since there was a Girl Guide unit in the area. When people see us out selling cookies, they are supportive and are happy to see Guiding back in Victoria County. (This weekend I had a gentlemen run toward me and ask if we had any more cookies, I said "We are all out, but I can get more". He replied with "I will buy the whole case"... We have more cookies on the way.



Way to go 1st Wagmatcook Sparks!

TRIVIA Night

in support of the

Canadian World Friendship Fund

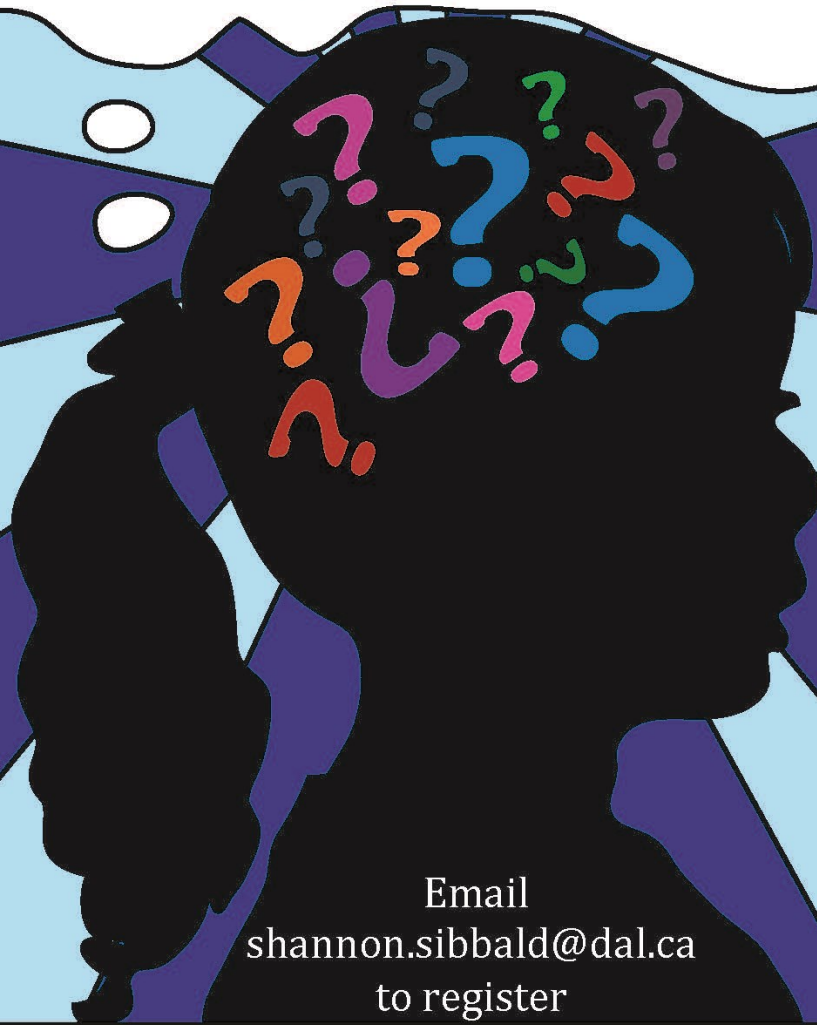
January 22, 2016 ■ First Baptist Church (1300 Oxford St.)

7 - 9 pm ■ \$30/team (max. 6 per team)

Guiders, Rangers, Link & Trefoil Members Welcome

Science ■ Geography ■ History ■ Guiding ■ Sports ■ Movies

Music ■ TV ■ General Knowledge



Email
shannon.sibbald@dal.ca
to register

DISTRICT SPOTLIGHT



This month, the spotlight's on... **Timberlea Prospect District!**

Our district was created 6 years ago when the province merged many former areas and districts. The former Timberlea District and Prospect District were merged together to become what is now known as Timberlea Prospect District.

We have grown since that time and now have three Spark units, three Brownie units, three Guide units (the third having just opened this year) and two Pathfinder and Ranger units. We have 42 Sparks, 61 Brownies, 43 Guides, 13 Pathfinders and 10 Rangers, along with 43 leaders... this is a grand total of 212 members in our district.

We currently have three units planning trips: one Pathfinder and Ranger unit is planning to travel to Switzerland in 2017; another is planning to travel to England and Paris in 2017 and the final trip is a Guide one to Montreal in 2017 which will have girls from all three of our Guide units coming together for the trip.

We also have a contest happening this year for a new district crest and we are all looking forward to that milestone. Also, this year we held out first district camp, and even though it rained, it didn't dampen the girls' spirits!



Left & Below: 2nd Timberlea Guides learning about puppetry with puppeteers from Mermaid Theatre.



Editor's Note: "District Spotlight" is a new monthly segment for Coastlines. Area Advisers selected a District in their Areas to be profiled, and 1 from each Area will be profiled over the next 6 months.

DISTRICT SPOTLIGHT

continued...



Left: Sparks with a fitness instructor, working on their Being Healthy keeper



Above: Spark at her Remembrance Day ceremony



Above: 1st Timberlea Guides with stockings they filled for Bryony House.

Right: Prospect Guides working on a community service project for Adsum House.



International Trip Report

By Chelsey Gould

Have you ever seen the magnificent mountains stretch as far as the sky? Felt the ground only ever at an angle of upwards or downwards? Immersed yourself in a totally different culture, while making international friends from all over?

I got the chance to do just that this past summer with Girl Guides of Canada. Every year the organization offers domestic and international trips for older Girl Guides to take advantage of. This year, for the second time, I was one of eight girls across Canada selected to go on an adventure- this time to Switzerland (last year having gone to Churchill, Manitoba).



Switzerland is a special place to Girl Guides and Girl Scouts all over the world, because this is where the first WAGGGS (World Association of Girl Guides and Girl Scouts) World Centre was built, in 1932. From across the valley, facing the town of Adelboden, and surrounded by humongous rolling mountains, is where Helen Storrow and Falk (two very famous figures in our association's history) built Our Chalet. Here lies the grand heritage of an organization that is currently represented by 10 million members all over the world.



Our Chalet, like the other current five World Centres, is a gathering place for all members of WAGGGS, although technically any person is welcome to stay here. This kind of place sees girls regularly travelling from all corners of the earth, and creates opportunities for international friendships as well as discovering more about other Guide and Scout organizations. Here, your passion as one in 10 million intensifies.

International Trip Report

continued...

Our Chalet is all about adventure and challenging yourself past your boundaries. Since the Centre is in the perfect place for recreation, there are endless amounts of ways to do just that. The everyday hiking in itself is intense, with the constant changes in elevation. When I was there in July, we had the opportunity to go to an adventure park where there were ziplines, high ropes courses, rock face climbing, and bungee jumping off of a high bridge. Another day, we journeyed to a deep gorge where we abseiled over rushing water; truly one of the most terrifying and exciting times in my life.



As Helen Storrow said, here you can truly find "peace for the soul". Everywhere you look is a postcard! It was impossible to memorize all the names of the beautiful mountains around you. Some remain snow-capped all year round. When just a few clouds roll in, it is quite a sight to see them surrounding the tops of the mountains.

The towns are also very quaint and a delight to tour. Every house is built in the chalet style and they are often decorated with flowers and gardens. As well, each chalet usually has a special phrase engraved on the house as well as the year it was built. These chalets are not just clustered in towns, as several of them also dot all across the landscape.

There was a day when we travelled out of our valley into the Lauterbrunnen Valley, also known as "The Valley of 72 waterfalls". This place is said to have inspired J.R.R. Tolkien's Misty Mountains in *The Hobbit*, after his long hike through the Swiss Alps. Hidden within these mountains is a special gem- the Trummelbach Falls. This thunderous stream of water winds and twists in and out of the mountain with amazing motion. The most astounding part of this is that these falls used to be invisible; it wasn't until tunnels were dug in 1877 that tourists like us were able to go *inside* the mountain to view this amazing phenomenon.

At Our Chalet, there is a famous overnight hike up the Bunderspitz Mountain that only the most fit hikers can sign up for. This hike involves departure in the evening, a sleep on straw in the Cheesemaker's Hut, and then a very early morning departure from there in the dark, which leads you up to the peak to see the sun rise. As an avid hiker, I was super stoked to have a chance to do this; however, it was not to be. With severe thunderstorm warnings in the forecast, it had to be cancelled. However, on our last day during the program, I did make the challenging hike to and up to the peak of the Elshorn Mountain, which is 2,341 meters high above sea level. I did not hike up from the very bottom, however the hike was indeed very strenuous- but well worth it! The view was surreal, and you could see the entire valley and beyond, the various towns, Lake Thun, *more* mountains, and the faraway flat part of the Swiss country, all from overhead. That was a moment that absolutely took my breath away.

International Trip Report

continued...

At Our Chalet, we got the chance to meet staff members and participants from all over. Surprisingly most of the participants were American; however we had a group from Denmark and another from Australia. The superb volunteer staff members were the ones who were the most diverse; Africa, Sweden, Finland, England, Hong Kong, South Korea, the U.S.A., and Brazil are just some countries to name. Everyone was so kind and welcoming there, and you were easily able to have fun and talk about where you were from. As well, we heard wonderful stories to pass on from adults who had been there numerous times before. Not only did I love the people at Our Chalet, but I loved my fellow Canadian Girl Guides as well. We came from all over Canada, and prior to departing for our trip had never met each other before. We quickly formed friendships that I know will last a lifetime.

The World Centres are legendary places for us in Girl Guides, and all are worth visiting. Is there a particular one that catches your eye? In addition to Our Chalet, we have Pax Lodge in England, Sangam in India, Our Cabana in Mexico, and our recent pride and joy, Kusafiri in Africa. This latest world centre is an established moving centre in Africa whose name was just released on October 5th! This World Centre is a major accomplishment in WAGGGS, and this is why I absolutely love being a member of Girl Guides of Canada and WAGGGS.

Extraordinary things happen within this organization that I love, and I will always cherish that. Our Chalet was such a surreal place to travel to, and I know that I will return once more, at least in the winter time to try the winter activities available. As well, I would most absolutely love the chance to visit all of the other World Centres. These places truly are extraordinary in what they have to offer and the values they carry through in representing WAGGGS. The opportunity to travel to one of these places as a seventeen year old was an honour, and it is something that I will never forget. So if you ever get the opportunity to visit a World Centre, be sure to take it! It will sure be the experience of a lifetime.



UNIT NEWS

The Brownie Giving Tree, By Jackie Belliveau, 2nd Lunenburg Brownies

The Lunenburg Board of Trade approached me, as I manage their Visitor Centre, and asked if the Brownies would like to decorate a little park on Lincoln St. in Lunenburg. We were given free range to decorate however we would like. After seeing the lady from Caledonia and her daycare kids putting jackets and scarves around Halifax, I was inspired to make the "Brownie Giving Tree".

Within the very first day, we had 2 garbage bags full of donated hats, mittens and scarves and after a few days, we had many sets of Christmas lights and a few decorations. On November 16th, at our regular scheduled meeting, the girls made many pipe-cleaner snowflake ornaments and bagged/tagged and sorted all of the hats, mittens and scarves.

Then on a different Monday, we decorated the tree, and a couple of surrounding trees, to really draw attention to "The Brownie Giving Tree". We are still collecting donations, at Caico-Mae Clothiers, and will bag/tag and hang them weekly until Christmas. Our unit is small this year, as we started late, but they have done a great job getting this all together!



UNIT NEWS

continued...

International Day of Persons with Disabilities,

By Brenda Short, 2nd Bedford Brownies

2nd Bedford Brownies learned about International Day of Persons with Disabilities. One of our Brownies talked about her best friend's disability and shared lots of things that he can do the same as everyone else, even though he is in a wheelchair.



WE Day, By Alana Coneen, 1st Bedford Pathfinders

Pathfinders and Guides from Bedford were chosen to participate in "We Day", and were excited to attend the event in Halifax recently. We Day is a celebration of youth making a difference in their local and global communities, and the girls came away very inspired!



We also spied lots of Rangers volunteering their time at this great event. Kudos and thanks to those girls for helping make the event a great day for everyone.

UNIT NEWS

continued...

NS Brownie 100th Anniversary Challenge Camp,

By Cathy Langille, 4th Hammonds Plains Guides / Harbourside Area Program Advisor

4th Hammonds Plains Guides spent a weekend camp completing the new NS Brownie 100th Anniversary Challenge and had lots of fun doing it! Activities included glow-in-the-dark ring toss, outdoor games including variations of tag, Mousetrap, and jump rope, learning about old Brownie badges, creating fractal patterns, singing songs from the early 1900s, and completing a service project to make Birthday Boxes to donate to Adsum House.

Along with the Challenge, we also celebrated a Year in a Weekend, kicking off Friday night with New Year's Eve, then Valentine's Day for breakfast, an Easter hunt for morning snack, Cinco de Mayo for lunch (including taco in a bag and a piñata for dessert), Eid-al-Fitr brought us date squares for afternoon snack, a Halloween supper, and of course, stockings for Christmas morning that contained an orange, some chocolate, and the badges and crests that were earned over the weekend, including Campfire Leading.

The NS Brownie 100th Anniversary Challenge had lots of great activities to choose from. You can read more about our camp and other Guide meeting plans at my blog: www.blunoseguider.blogspot.ca.



UNIT NEWS

continued...

Cookies for Seniors, By Christian Brousseau, 2nd Bedford Guides

Our group was excited to carry on the yearly tradition of delivering cookies to senior citizens in our community, as a community service project. This year, we partnered with the Bedford Lion's Club to distribute the cookies at the Bedford Lion's Christmas Seniors Dinner. Girls from the 4th Bedford Sparks and 6th Bedford Brownies worked together to make the tags. The cookies were baked by the 2nd Bedford Guides and then packaged by them, along with the 1st Bedford Pathfinders.

In total 217 packages of cookies were bundled up to be delivered to senior citizens! This puts the total at over 700 packages in the four years since this tradition began with Guider Alana Coneen.



DISTRICT NEWS

Yarmouth Parade Participants!

Girls from the Yarmouth Sparks, Brownies, Guides, Pathfinders and Rangers participated in Yarmouth's Annual Parade of Lights on November 28th. Even Diversity Bear came along for the ride!



PROVINCIAL NEWS

Provincial Conference 2015

On the Nov 6-8 weekend, over 200 Guiders from all across Nova Scotia attended our Provincial Conference. This conference is held every two years for Guiders to meet other Guides from across the province, receive training and build Unit Guiding skills to bring back to all of the girls in our Units. The theme was "Be Part of the Bigger Picture", and a wonderful time was had by all! Thank you so much to the Conference Committee for putting on such a great weekend. #GGCNSBiggerPicture2015



TREFOIL GUILD TALES



Nova Scotia Trefoil Guilds Celebrate!

By Darlene Duggan, Memory Lane Co-President, NS Provincial Trefoil Guild PR

It is the middle of December (almost) and the Trefoil Guilds in Nova Scotia are celebrating. Not all of us celebrate in the same way, nor do we celebrate the same event, but...we do gather in friendship and share a special time together.

I have just returned from my own Memory Lane Christmas party, where we shared a potluck supper with the special friends that we brought along. We like to make our party a "Bring a Friend" night and we were happy to welcome two young ladies, former Guiders, and a very vibrant 88 year old mom- also a former Guider (we are recruiting her). As is our custom, we each brought two gifts: one "serious" one for our Secret Sister and the other a tacky one...amazing how tacky it can get. We play games to do the gift exchanges so there is plenty of laughter. Tonight we also played a Pictionary type game with a Christmas theme and I was surprised that no-one could guess my drawing. Evidently, since it was posted on Facebook, no-one on social media "got it" either.

Although I have not heard from all the Guilds, I have had hints of some party plans. These range from dining out in style, to wearing the ugliest Christmas sweater you can find. There have been many potluck suppers, and an auction instead of a gift exchange (with the money going to support girl events and/or the Nova Scotia Chief Commissioners' Scholarship Fund). Cards have been sent to pen pals far away, and some have participated in unit activities such as a Tea & Sale, a dessert tea, carol singing, and craft nights. All in all...we are celebrating!

At this time, on behalf of every Trefoil Guild member in Nova Scotia, we say, "Enjoy whatever holiday you are celebrating. Share special times with your family and friends as you wish each other only the best of times, good health, and happiness. May 2016 bring us only good things and a world free from turmoil and hate."

As we march forward toward 2016, you can be assured that the Trefoil Guilds of Nova Scotia will continue "Keeping the Spirit Alive".



This & That

On November 26, 2015, Girl Guide member Cheyenne Hardy was recognized in the House of Assembly by Minister Joanne Bernard, Community Services, for her outstanding Community Involvement.

"HON. JOANNE BERNARD « » : Mr. Speaker, today's youth are often portrayed in an unfavourable light, and in my constituency of Dartmouth North youth fight this negativity and the stereotypes which accompany them every day. One youth in particular deserves recognition for her work, her spirit, and her determination.

I met Cheyenne Hardy last year through her involvement with her school, John Martin Junior High, and have watched as this young, brilliant woman makes a difference not only in her school community but in the community of Dartmouth North.

Cheyenne has done tremendous work within her school, most recently being appointed president of the Leadership Committee; in this role Cheyenne initiated the Lunch with Friends Program. Her goal is to provide a safe and supportive space for students who feel marginalized within the school community. Over the lunch hour, students mentor students on issues both within and outside the classroom.

Cheyenne is involved in Between the Bridges and has spoken publicly at all events of this government-community initiative representing youth. She also co-chaired the Youth Round Table organized by my office, and also took part in We Act, and was a participant in We Day.

Cheyenne's community involvement has also seen her speak publicly at Pride events where she eloquently describes the value of diversity in her role and as an ally to the LGBTI students. Last year Cheyenne was the first Nova Scotia Girl Guide to win the National Girl Greatness Award, and is also a flight corporal with the Air Cadets.

I ask my colleagues in the House to please join me in thanking Cheyenne Hardy for her efforts in making Dartmouth North a better community in which to live, work, and play. Thank you, Mr. Speaker."

Congratulations Cheyenne!



This & That

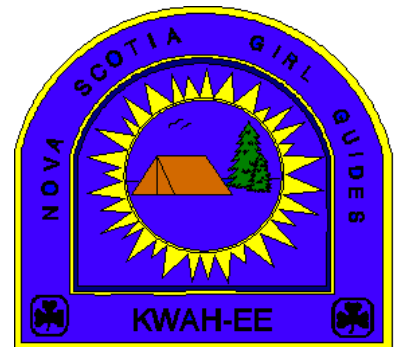
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WINTER KWAH-EE VOLUNTEERS

Kwah-ee is now accepting staff applications for Winter Kwah-ee 2016 (February 12th-14th at Camp Kanada and February 19th-21st at Anne Fraser House (Lewis Lake). This year's theme is "Quartermaster Camp" Why not join us??

Who can apply ? Any Nova Scotia Adult Guider !!!

Kwah-ee provides a place for Adult Guiders to develop and expand on their leadership skills by working with other Guiders within the Province. Kwah-ee provides an avenue for mentoring;- where experienced Guiders can share their expertise with other Guiders with limited camping experience. We welcome any Guider, no matter your branch, to apply for a Kwah-ee Position.



Application and position descriptions available at: www.girlguides.ns.ca -> Program -> Camping—Kwahee. (Questions? Email kwahee@girlguides.ns.ca)



Is your unit planning to complete the World Thinking Day 2016 Challenge: Connect?

Once again, Program will be offering crests for purchase at the Provincial level. The cost per crest will be \$1.75, and the deadline to order them (to ensure delivery by Thinking Day) is January 16, 2016.

Order forms can be found at
www.girlguides.ns.ca ->
 Program -> Challenges & Activities ->
 WAGGGS Thinking Day Challenge

This & That

continued...

PHOTO CONTEST!

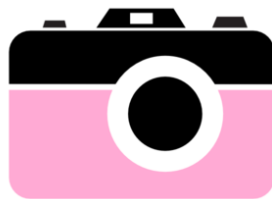
**Attention Nova Scotia Guides,
Pathfinders and Rangers!**

Do you like taking pictures?
Do you want to show the province what you
enjoy the most about Guiding?
Do you want recognition?
Do you want to win a great prize?

***THEN OUR PHOTO CONTEST
IS FOR YOU!***

We will have one grand prize winner followed
by a winner in each of the following categories:

- ⇒ Camping
- ⇒ Program Fun
- ⇒ Cookies
- ⇒ International



Check out the rules and regulations at
www.girlguides.ns -> Program -> Challenges
for more information on entering the contest!

Note: The "Archives
Uniform Loan
Program" is currently
being reassessed and
uniform loans are not
available at this time.

*Correction: The "Our Cabana
Trip" article featured in the
October 2015 Coastlines was
prepared by Maaïke Niet &
Bonnie Boulter- the Guiders that
traveled with the girls to Mexico.*

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GGCNS/](https://www.facebook.com/GGCNS/) (Facebook)



@GGCNovaScotia
(Twitter)



Ggcnovascotia
(Instagram)

Editor's Note:

Thanks to everyone for the wonderful news and photos you sent this month! Keep them coming. Submissions are due by the 1st of the month, and can be emailed to me at coastlines@girlguides.ns.ca.

Happy Holidays to All!

Yours in Guiding,

Christian Brousseau, Coastlines Editor / 2nd Bedford Guides

