



Coastlines

February 2015



NEWSLETTER OF GIRL GUIDES OF CANADA - NS COUNCIL

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Girl Guides NS
3581 Dutch Village Rd.,
Halifax, NS B3N 2S9

(P) 902-423-3735
(F) 902-423-5437
ggcns@girlguides.ns.ca

www.girlguides.ns.ca

Membership Update 2015-16, by Jo Swinemer, Membership

I'm going to do things a little backwards! In this February Coastlines I'm going to talk about 2015-16 registration, and then next month, I'll go over the 2014-15 numbers. I'll give you a little teaser though: great growth for Nova Scotia Guiding ... girl and adult membership are both up over 6% from 2013-14!

As we did last year, registration for 2015-16 will have a 3 tier roll out:

April 1st – Registration will open for girls returning to their same unit (this includes girls in multibranch units, even if changing branches).

May 4th – Registration will open for all current members registering for a different unit, changing locations, or moving branches. (It was decided that May 4th, not the 1st, would be a better start date, because this is a busy registration period; also, starting on a Monday is better for technical support issues and wait list management.

June 1st – Registration will be open for all girls. New and returning.

Some important things to note:

- Registration begins at 11 am Atlantic for all provinces.
- Ontario Guiding, the largest province, will have their dates shifted a few days to reduce the system load and hopefully avoid site issues on launch days.
- Parents will receive email reminders (or mail, if no email on file) about the dates.
- Leaders should remind parents about registration. Registering early means avoiding disappointment. Girls who can register in April, should!
- Use registration magnets (available soon through your Districts) as reminders.
- Registration fee for 2015-16 will be \$100 for all girls in Nova Scotia.

FEBRUARY IS....

*February is **Mental Health Awareness Month**, as well as **African Heritage Month**.
Following are two articles featuring these very important topics:*

Mental Health Awareness, by Kayla Bernard, 1st Halifax Guides

"Mental Illness". Those are two very scary words for most people in our society today. Those are words that we deeply hope are never attached to a girl in our unit, but in reality, we know that this may happen. Even if one of our girls may not be suffering, there may be people in their lives who are. But mental health is a difficult topic... How in the world could we incorporate that into a meeting? How do you make this age appropriate? How do you make sure this does not go over the girls' heads? Luckily, our Guiding sisters in the United States have gotten this started for us.

Girl Scouts of America have partnered with the International Bipolar Foundation to develop a Mental Health Awareness challenge. They have graciously extended it to us as well. The challenge allows the girls to discover how mental illness affects the brain, the stigma and discrimination around mental illness, great achievers who suffer from mental illness, how mental illness is portrayed in the media, and what the girls can do to fight stigma.

You're probably still wondering how you could communicate those messages to a Spark. The great thing about this challenge is that it is an instant meeting with options for every age level. Everything is included, from the background information on the brain (even a neuron hat craft) to bookmarks the girls can give out at school to fight stigma. You can choose from a wide variety of activities for the age group you are working with, and exclude some categories for younger girls to make it age appropriate for everyone.

The crests, all the requirements and supplemental materials are offered to us for free from the International Bipolar Foundation. Even the shipping is free, so cost is not a boundary for units to bring this to their girls. You can find our more information and order materials by going here:

<http://ibpf.org/webform/girl-scouts-mental-health-awareness-patch>

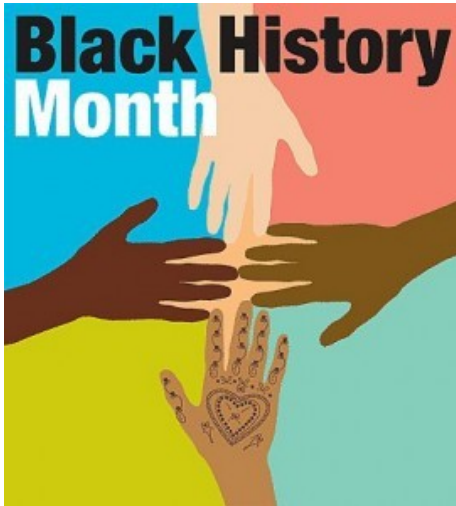
I find it so rewarding to hear the girls talk about mental health after doing the challenge. For example, when we spoke about bullying and peer pressure, the girls use the word stigma! They used it correctly and talked about how people with mental illness also get bullied. It showed us that the information from the challenge had stuck. It did not go over their heads and they learned from it.

I recommend the Mental Health Awareness challenge to all branches and all units. It opens the door to start conversations about Mental Health early on in life!



African Heritage Month, by Mary-Louise Johnson, Provincial Program Adviser

February is African Heritage Month. Take some time in your unit to honour, commemorate, and celebrate the many contributions people of African Heritage have made to our society.



Visual Arts

- Kente is brightly coloured cloth that often features geometric patterns
- African masks
- Learn about artists of African descent and create a piece of art in a similar style. For example, the beautiful painted story quilts of Faith Ringgold, Kara Walker's silhouettes, the mixed media style of Charmaine Lurch, or the East African Batik of Jane Musoke-Nteyafas
- Discover Egyptian Hieroglyphics and write your name using them!

Dramatic Arts

- Girls can deliver their own "I have a dream" speech after learning about Martin Luther King Junior's speech.
- Learn about women who took action for a better world, such as Viola Desmond, Rosa Parks, Harriet Tubman, or Ruby Bridges. Have girls create and act out a scene that demonstrates how these women lived with courage and strength.
- Learn about writers/poets/spoken word artists such as Chauntay Grant, Maxine Tynes, Lillian Allen, and George Elliot Clarke. Have girls choose and present a poem as a spoken word artist.

Music and Dance

- Find out about African drumming and other musical instruments. Use recycled materials to make your own, such as:
Dumbeks (African Drum): <http://www.kinderart.com/multic/dumbek.shtml>
Shekere (African percussion instrument): <http://spoonful.com/crafts/shekere>
- Explore types of music that were pioneered by African Americans/African Canadians, such as spirituals, Gospel, rap, R&B, Motown. Learn and sing a variety of songs!
- Bring in an expert, or check out youtube (such as this video <http://www.youtube.com/watch?v=Ewqq-3xJFdI>) to learn about African dancing with your unit

For more information, visit <http://blackhistorycanada.ca/index.php?lang=en>

UNIT NEWS

Enrolment on the Go

By Barb Joncas,
Shoreline District Rangers

The Shoreline District Rangers took their enrolment outdoors, as these fun photos show!



Small But Mighty!

By Anne Pentecost,
1st Westmount Brownies

1st Westmount Brownies would like to tell you about some of the exciting activities we have been involved in this year. We are a small but mighty group of girls who like to complete challenges, help others and have fun!

We attended the STEM event at CBU with a ton of other guiders in our area - that was fun! We have had many local talents come in to teach us things like sewing - a very useful skill to have. We learned about Yoga and nutrition, and also had a course on First Aid. We like to keep busy!!!



UNIT NEWS

continued...

Girl Guides at the 2015 First Lego Robotics League

By Mae Lefrancois, STEM Adviser, NS Council

The Nerd Herd was the only Girl Guide sponsored team that was at the First Lego League (FLL) Regional Qualifiers at the NSCC's across the province the week of Nov 24th. They had a great time, and learned a lot!

There are 4 components to an FLL competition: core values, robot design, the project, and the robot game. A team is tested on their comprehension and developed competence in all 4.

Core values tests the team's knowledge of the values that the FLL competitions are built on (team work, gracious professionalism, learning together, having fun, etc.) – something that Girl Guides excel in! The robot design is an opportunity for a team to show how they have adapted their robot to address the challenges, sensors used, and propulsion in the robot game. The project is based on a theme, which is 'World Class Learning' this year. This is another subject in which Girl Guides are very knowledgeable!

This year, the Nerd Herd decided they wanted to teach hearing impaired children how to make a craft, and chose an Olaf craft (from the popular movie "Frozen"). The World Class Learning was in the form of teaching Brownies how to make the craft without any verbal communication (to simulate the inability to hear). The Nerd Herd did an impressive job of this using gestures, powerpoints, movies, and successfully made this adorable craft!



A reminder that units interested in the First Lego League challenges can borrow the NXT Mindstorm robots from the Guide Office (without necessarily having to enter an actual competition). It also fulfills numerous badges in the Guide Program and many challenges in the Pathfinder & Ranger programs.

To borrow a robot and field set-up kit, please send an email to stem@girlguides.ns.ca.

TWINNING2020

TWINNING2020

Amigos del Mundo... Connect, Grow, Impact

One of the main goals of Twinning2020 is to build connections between girls and guiders in Atlantic Canada and Saint Vincent and the Grenadines (SVG). Throughout the initiative we will be looking for ways to connect and share our experiences.

To get started, the Twinning2020 Atlantic Canada/SVG leads have set up a blog to start us on the road to connecting and sharing: twinning2020@blogspot.ca

You can also use the #Shareit! World Thinking Day 2015 Activities (girlguides.ns.ca ->Program ->International -> Twinning2020 to get you started sharing! Don't forget that we need you! Share your stories, photos, video, questions to: twinning2020@gmail.com

Did you know?

- The Saint Vincent and the Grenadines Girl Guides Association is the largest non-profit organization in the country, with approximately 2300 members!
- The total population of SVG is 110,000. That 's approximately 1/9th the population of Nova Scotia!
- SVG Girl Guides celebrated 100 years of guiding 2014. Guiding is alive in SVG!

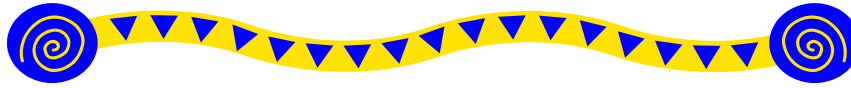
WATCH FOR MORE SVG FUN FACTS IN UPCOMING ISSUES OF COASTLINES!



By Lashauna Smith, Twinning2020 Lead



Challenges & Service Projects



Bridging Challenge in Ontario!

By Jennifer Phalen-Boyce, Provincial Membership

WOW!!! Our brand new Bridging Challenge has reached Ontario, which is exciting. The 5th Markham Guides chose the following Challenge Requirements to fulfill, and did so with the following activities:

- # 1. They learned about the other branches of Guiding
- # 4. They joined two other branches of Guiding in a cookie blitz on Sears Day
- # 5. They are participating in a District, International Theme Night for Thinking Day.
- # 9. They planted a community Garden (which is getting regular Rabbit visitors!).
- #10. The unit participated, with other units, in the Markham Santa Claus Parade.
- #13. The unit made Valentines for Vets.
- #15. They invited a senior member of Guiding to attend one of their meetings.

It always great to see units join together to share in the sisterhood of Guiding and it is especially fun to know that girls in other provinces enjoy sharing their Guiding experiences with other units and branches as much as we do.

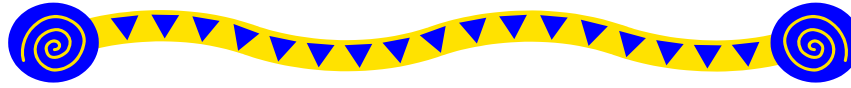


If your unit is doing these kinds of activities, you may be well on your way to completing the NS Bridging Challenge and earning this great crest!

Check it out on the provincial website at:
www.girlguides.ns.ca -> Programs and Challenges.

Challenges & Service Projects

continued...



Words in Action

By Lauren Smith, Provincial PR Adviser

On January 24th, 2015, members from across Nova Scotia kicked off the Girl Guides of Canada National Service Project "Words in Action". Events were held at libraries around Nova Scotia from North Sydney to Springhill and everywhere in-between. Girls and Guiders collected books from citizens in their communities, conducted readings of Canadian authors, traded books, made crafts and sang "story-songs" to guests.

Many units collected books to be dropped off at their nearest location during the event (including books by the truckload from the Rangers in Musquodoboit Harbour!). Organizations supported by donated books included Maggie's Place (Amherst), IWK Children's Programs, Tantallon Junior High Library, Library Book Sales (in support of new books) and Kentville Food Bank. Overall, **approximately 1700 books were brought in, traded and donated!**

This project was a great way to work together as a Province to promote literacy and the National Service Project for Girl Guides of Canada.



One great and easy craft that was done was the "Bookworm Clip". Instructions: Glue faux leaf onto a clothes pin. Twist pipecleaner around a pencil, add googly eyes and glue on top of leaf. Simple, cute and fun!



(Credit: Beth Spencer, Banook DC and Spark Guider).

TREFOIL GUILD TALES



Keeping the Spirit Alive

By Darlene Duggan, Memory Lane Trefoil Guild

Memory Lane TG members like to celebrate! We celebrate...well...almost everything: new achievements, new grandchildren, a new season, anything at all...we celebrate life!

Our Christmas celebration is always a dinner of some kind; eat out, potluck, hosted by one of our members, whatever we feel like that year. This year we decided to stay at our meeting hall and bring finger food. Dressed in our Christmas finery we learned to paint on mugs, played Christmas games, and played a game to exchange our "Secret Santa" gifts. We also do a "Tacky Gift" exchange for anyone who wants to participate (everything we do is "free to opt out"). This is usually pretty hilarious, there's tacky and then there's *tacky* and the tackier the better. Actually some of these tacky gifts become very familiar year after year. We had so much fun with the game that we did not have time for the planned Christmas carol sing ...but I am sure we will make up for that with many other song fests...we love to sing.

January is our anniversary and to start the New Year right, we celebrate Everybody's Birthday. This year we dined out at a local restaurant. Our "Secret Birthday Pal" gift exchange is a little different from our Christmas one. The gift **MUST** be from the Dollar Store (or something homemade)...you are not to spend any amount of money; this is just a fun thing. We draw names as we arrive and for the exchange you hold your own gift, say something(s) nice about the person you have drawn, and when the rest guess who that person is, you give her your gift and she is the next to present hers. Sounds easy but it sometimes take a few minutes to guess. Perhaps that is because we are so likeminded, share so many of the same traits...I guess that's why we are Guiders. We bring a birthday cake and this year it was quite funny because there were a few other birthday celebrations at that restaurant...but we were the only ones singing "Happy Birthday to us, Happy Birthday to us...". I noticed lots of smiles from the other patrons.

Next month we will celebrate Thinking Day with our Guiding friends all over the world. We already have received messages from our Trefoil Guild pen pals in England and Australia and we send Thinking Day greetings to all our Guiding friends, near or far, young or old, it matters not...we are in this together, our Guiding Sisterhood...and Trefoil Guilds are Keeping the Spirit Alive!



Did You Know?

Did you know that cookies have insurance? Check out the article below to learn more. Also, did you know you should be following certain guidelines if your girls have pen pals? Read on to find out more.

Cookies in My Basement, by Myrtle Corkum, Risk Compliance

Have you ever wondered what the consequences of storing cookies in your garage or basement – or any other part of your home – would be if an unexpected incident occurred? None of us expects to have a fire in our home or to have a home invasion or have your cookie order destroyed – but such occurrences do – and have – happened!

Prior to the spring of 2014, the responsibility for any such losses of cookies – or cookie revenue – rested squarely on the shoulders of the individual Guider who had them stored in her home. The same was true if the Unit or District's cookie supply was stored in a church hall/basement or other storage facility that was not owned by Girl Guides of Canada. In the case of such a loss, it is not only the cost of the cookies that is lost, i.e. the amount per case your Unit pays for the cookies, but also the loss of potential revenue that would have been received from the sale of those cookies – revenue that you use to provide programming and activities for your girls.

Recognizing the undue responsibility and liability the storage of Cookies placed on our Guiders, in the spring of 2014 Nova Scotia Council approved the transfer of this liability from the individual Guider to the carrier for GGCNS insurance. With such insurance coverage, Guiders can now feel secure that should anything untoward happen, with regards to Cookie storage, that protection is now in place for compensation from our insurance carrier. When that decision was made, little did we know how quickly we would need to use it:

In July of 2014 vandals set fire to St. Andrew's Church Hall on Coburg Road in Halifax. Six Units met at that facility and had storage not only for all of their camping and program supplies but also their cookies! The Church's insurance would not cover any of the Guiding supplies or cookies. Were it not for the previous action taken by Nova Scotia Council to provide insurance on cookies stored on behalf of our Units and Districts, these Six Units would have lost the investment they had made in purchasing the cookies and there would be no additional revenue they'd expected to make from cookie sales.



We wanted to make all Guiders aware of this "Cookie storage protection" as you head into the spring 2015 Cookie Sales. We hope you never have a situation where you will need to access this coverage (if this does occur, please contact your District Commissioner immediately)...All the best for your Cookie Sales!

Note: We are aware of one District that uses a commercial storage facility for cookies, but they have insurance coverage for this. Should any other Unit or District use one also, they must obtain appropriate insurance coverage. Please call the Provincial Office for assistance.

Did You Know?

continued...

Having a pen pal is a lot of fun, and can also help you meet program requirements and earn badges.
Use these helpful guidelines if your unit has decided to have a pen pal(s):

Pen Pal Guidelines

Before Correspondence Begins:

- Make the initial contact with the pen pal Unit Guider, before involving girl Members.
- Send correspondence from a Guider's mailing/e-mail address, rather than from girls' personal addresses, as a safety precaution.
- Inform parents/guardians of risks and obtain their permission in writing before involving girls in a pen pal exchange.
- Use caution when sharing girls' personal information and/or photographs.

Once You've Made Contact with a Pen Pal Unit:

- Decide on the preferred method of correspondence (e.g., traditional mail, e-mail, moderated blog)
- Have girls think about their goals in the pen pal relationship, and ask about the pen pal's goals. Is there a particular type of information you would like to share or are you just looking for a new friend?
- Encourage girls to think of fun activities to share with their pen pals. Some ideas:
 - Have both Units work on the same challenge
 - Share camp recipes
 - If both Units have access to Skype, you could have a virtual meeting online
 - Send a file of your Unit singing some favourite songs



This & That

External Scholarship Opportunities for Girl Guides and Guiders

Girl Guides of Canada and the Nova Scotia Council recognize the importance of higher education and commends those girls and women who plan to continue their education beyond high school.

With this in mind, we are pleased to provide support in the form of National Scholarships and the NS Chief Commissioner's Education Fund. In addition, NS Council has also undertaken to provide information on scholarships and bursaries that are available from outside organizations that meet with Girl Guides of Canada's Mission and Vision.

Girls and Guiders who are considering post-secondary or post graduate education, should visit the www.girlguides.ns.ca -> Programs -> Awards & Recognitions -> Scholarships & Bursaries page, where these external opportunities will be posted along with information on the NS Chief Commissioners Education Fund Bursary and Girl Guides of Canada Scholarship links.

Save the Date!

Mark your calendars for the Youth Recognition ceremony on May 23rd at Spatz Theatre. More details to follow.

VOLUNTEER OPPORTUNITIES

ARTS COORDINATOR - PROGRAM ADVISORY:

Do you have a passion for singing? Love to act it up in skits? Perhaps you have a list, pages long with resources to assist Guiders in delivering Arts in their units - if so we have an exciting opportunity for you !! The Provincial Program Advisory is currently looking for someone with a love for the Arts to join their team. Registered members of Girl Guides of Canada who love to work within a team and who have the ability to help plan and execute Provincial Program events are encouraged to apply.



SOCIAL MEDIA ADVISER:

The Social Media Adviser is a member of the Public Relations Committee and is responsible to manage the Social Media for Guiding in Nova Scotia. Some of the responsibilities include:

- Connect and share information via Social Media venues provincially and nationally.
- Monitor provincial website, encourage Advisory Committee updates and advises office of updates and changes.
- Administers the NS GGC Facebook page, updating information releases and monitoring comments.
- Maintains the Girl Guides of Nova Scotia Nova Scotia Twitter account
- Maintains the Girl Guides of Nova Scotia Blog and monitors content

Detailed information on the above, plus other opportunities, can be found on the provincial website site under: Volunteers -> Volunteer Opportunities

This & That

continued...

Trefoil Travellers?

Trish MacDonald, NS Provincial Trefoil Adviser, is trying to determine if there is enough interest in doing a Trefoil trip with members from Nova Scotia. It would be a trip around the world to the four World Centres in 2017.



For more information on the potential trip, please go to: <http://www.goingplacestogether.com/WAGGS/AroundOurWorld2015/tabid/248/Default.aspx>.

WOW (Wandering Our Web) - the GGC Way !

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

Check out Crafts, Games and Program Ideas for all branches of Guiding at www.girlguides.ns.ca -> Volunteer -> Guider Resources -> Guider Tool Kit. (And while in this section, check out the Provincial Challenges...for your convenience there is a quick link to the National ones too!)

International Flair



You asked for it... you got it! A year ago, we asked the question "How much International is in your Program?". What we found out is that Guiders wanted resources available to deliver International programming any time of the year- not just Thinking Day.

So with the input of Area International and Program Advisers (and some special assistance from Cathy and Alana), there are now International Instant Meetings available concentrating on the country Jordan.

(Find them at www.girlguides.ns.ca ->Volunteers -> Guider Resources -> Program Ideas).

Cookie Season is Almost Here!



Look for more details
on Spring Cookies in
the next edition of
Coastlines!

Editor's Note: My name is Christian Brousseau, and I'm excited to be the new Coastlines Editor. The provincial newsletter is made up of submissions by YOU, so please send your Guiding news my way. Submissions are due by the 1st of the month and can be emailed to me at coastlines@girlguides.ns.ca. I look forward to hearing from you!

Yours in Guiding,

Christian Brousseau, 6th Bedford Brownies

