



Coastlines

November 2015



NEWSLETTER OF GIRL GUIDES OF CANADA - NS COUNCIL

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Duke of Edinburgh Award, Gold Recipients

By Denise Hirtle, Deputy Provincial Commissioner—Youth Support

It is not every day that a young lady meets a real life Prince, but on November 2nd, Ranger **Sophia Waddell** and past Girl Guide **Corrine Sauve** were able to say that they did! His Royal Highness, The Prince Edward Earl of Wessex, KG, GCVO, SOM, ADC presented the girls with their Gold Awards of Achievement they earned from the prestigious Duke of Edinburgh's International Award. This award represents an enormous amount of work and dedication, and their efforts had finally paid off. As they were told at the ceremony, this is an award that will stay with them the rest of their lives.

Sophia also had the added thrill of being 1 of 5 of the fifty-nine recipients to be invited to a dinner the evening before in honor of the Prince's visit - lobster and elk are not typical meal choices for a teen but she certainly enjoyed herself. The table guests were certainly inspiring for a young lady about to make a lot of decisions about her future, and she even received an invitation from a university professor to check out their campus!



Congratulations on your huge achievement. It was a pleasure for Kathy McKay (Provincial Commissioner - Nova Scotia Council) and myself to be present to witness your award presentation.

Membership Report

By Jo Swinemer, Membership Support and Community Development

As many of you probably read back in the spring, we had record Membership Growth in 2014-15. While we aren't quite on par with last year for growth, we are on our way to matching last year's numbers, and who knows – we might just hit that 6,000 mark for combined girls and adults!

Growing Guiding means that more members are benefitting from our great programs. Increased membership also results in increased cookie sales – which increases funding to units, districts, areas and province – which increases opportunities for girls (and Guiders)!

There are several Districts that have had amazing results with membership development for 2015-16. We have new units opening around the province - very exciting! In many places, where there is already established Guiding, additional new units have been created to reduce waitlists and accommodate more girls. Thank you to all the volunteers who have helped make that possible... These are great additions to Guiding in Nova Scotia!

Perhaps even more exciting are all the areas that are opening up units (and possibilities!) in communities that haven't had Guiding in years (or ever!). If you are a Guider in one of our new units – WELCOME ABOARD – and thank you! Please take advantage of training opportunities and never be afraid to ask questions!

Where are these units?

Well, in Ceilidh Area we have a new Spark unit in Wagmatcook and a Spark/Brownie unit in Marion Bridge! In Maplewood Area, we have a new (and large!) multibranch unit in Guysborough and one just getting underway in Oxford. Dartmouth Shore has a new Spark unit in Highfield Park that is thriving, and will help grow the existing Brownie and Guide programs in the north end of Dartmouth. Harvest Trail has also opened a new Spark unit in Tusket (Yarmouth County), and Liverpool has opened Spark, Brownie, and Guide Units!

Does this have you thinking about pockets in your districts/areas that might be ready for their own units? Talk with your Area Membership Adviser about communities near you that could benefit from Guiding.

Registration Reminder for Unit Guiders:

Please make sure we have all girls registered! Pass out the 1-800-565-8111 number to any parent of a girl not on your roster!

Paper data entry was a little slow during the September rush, but all girls were in within a few days, and now registrations are entered daily. You will also receive notification when girls are added to roster (standard practice after October 1st, for both online and paper registration).



Happy Trails!

Hiking the Great Outdoors in NS

By Catherine Driesbeck, Provincial Active Living Advisor

I think of hiking as simply off-road walking. It is fun, easy to organize, and a wonderful activity for girls and leaders alike. Last month, I mentioned the hiking challenge we have through Hike Nova Scotia. This month, I'll tell you a bit more about some of the great programs available through Hike NS, and how you can work this into your programming:

- **TRAIL LISTING:** For a list of trails in NS, go to www.hikenovascotia.ca/find-trail. As you will see, there are numerous hiking trails in every part of the province.
- **GUIDED HIKE:** Hike NS also hosts a Fall Guided Hike series, which allows you explore a new trail with the expertise of a trail guide. For more information on when these events are taking place, go to: www.hikenovascotia.ca/projects/guided-hikes/. (Also, watch for the Guided Snowshoe series that will be posted in this same spot in December).
- **SAFE HIKER:** Safe Hiker workshops (for novice hikers), are offered to anyone 13 years or older. For more info, go to www.hikenovascotia.ca/projects/safe-hiker-course/.
- **LEAVE NO TRACE:** Hike Nova Scotia can help arrange for an instructor to do a workshop on “Leaving No Trace”. You can find info at www.hikenovascotia.ca/projects/leave-no-trace/
- **YOUTH & FAMILIES:** Check out the Hiking for Youth and Families section, which contains great info on safety, how to prepare for a hike and neat activities to do while on the trail: www.hikenovascotia.ca/projects/hiking-youth-families/

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To prepare your girls for the hike, why not spend time at a meeting discussing what they should bring on their hike? Perhaps divide the girls up into small groups to brainstorm about all the things to pack to make your hike enjoyable and safe. Be sure to discuss why it is a good idea to bring each of these items.

There are also lots of corresponding badges and program requirements that can be met by going on a hike. Here are just a few examples:

- **Sparks:** Keepers like Exploring and Experimenting, The World Around Me and Going Outside.
- **Brownies:** Key to the Living World and Key to Active Living, as well as badges such as Bird Watching.
- **Guides:** Badges such as Fun in the Outdoors, Bird Watching, Conservation, Ecology, Endangered Species, Exploring and Forestry just to name a few.
- **Pathfinders:** Outdoors Know How, Out on the Trails and Up Close and Personal with Nature.
- **Rangers:** Environment, Outdoors and, of course, Leadership (by joining some other branches and helping out with their activity).



Everyone Loves Drama!

By Kayla Bernard, Provincial Arts Advisor

Drama is so simple to work into your weekly meetings, cover some program work, and have some fun! Check out these great ways to incorporate drama into your meetings:

Walk Like Me, Talk Like Me! **S B**

This game is really similar to Follow the Leader.

- Start by having the girls form a line behind the leader, and begin walking around your meeting space.
- The leader then begins pretending to be an animal, moving as they would and making a sound if they do.
- Everyone follows the leader by doing the actions and sounds.
- Then switch leaders- the leader in the front goes to the back of the line.
- The new leader picks a different animal. Repeat until everyone has a turn.



Stop and Freeze! **P R**

In this game, girls will try their hand at improve while also working as a team.

- Pick two or three girls to begin.
- Give them a scene or topic to act out (you could pick one to fit the theme or badges you are working on. Some examples could include: bullying, new friends, peer pressure, camping, bridging. The ideas are endless!).
- The girls who were originally picked begin acting out the scene as they see fit, while the other girls listen and watch carefully.
- After a certain amount of time (normally one minute), the Guider calls out "Freeze!"
- The girls who are acting freeze where they are, and the Guider then asks the other girls if anyone would like to switch.
- The girls raise their hand if they would like to switch, and the Guider then picks one. That girl goes and taps one of the girls who are acting and she sits down.
- The girls now unfreeze and continue on with a new actor (the new actor can change the scene and all the other actors are encouraged to roll with it)
- After a couple of switches, change up the topic and start a new scene with all different actors.

Everyone Loves Drama!

Continued...

What's in the Bag? **B G**

Beforehand, collect small items (roughly one per girl) and put them into a bag.

- One at a time, the girls come up to the leader and pick one item from the bag. Make sure they know the name of the item, and do not show the other girls!
- She then tries to act out what the item is, what the item does, and what it sounds like... But she cannot say the name or spell out the item.
- The other girls raise their hand and try to guess what the item is.
- First girl to correctly guess it gets to go next.

Note: It's extra fun when you throw in Guiding items like badges or pins!



Our Own Story **B G P R**

Before doing this activity with younger girls, bring in or read the stories with them ahead of time: this will help the activity run smoothly.

- Split the girls into groups of 4 or 5.
- Assign each group a well known children's story, that everyone is familiar with.
- Have the girls use the story as a guide for their own small skit, but with a twist! Have the girls change something in the story to create a different ending. (Maybe Cinderella can't find her carriage at midnight? What would happen then? What if the ugly duckling turned into a unicorn?)
- Have the girls put on their skits for the other groups or even their parents!

For older girls: Have them put on their skits for a Spark or Brownie unit, and see if they can pick out what changed in the story.



PROVINCIAL NEWS

Brownie STEM Badge Day, By Mae Seto, STEM Arts Adviser

ENGINEERS ... SOLVE ... PROBLEMS!! This is what was ringing through the halls of the NSCC Waterfront Campus in Dartmouth on the afternoon of Sunday, Oct. 25th. On that beautiful autumn afternoon, 24 female Engineers Nova Scotia (ENS) volunteers, 60 registered Brownies (representing most areas in Nova Scotia), and 13 Girl Guide leaders converged on the Waterfront Campus, Nova Scotia Community College, to facilitate these Brownies earning their STEM (science technology engineering mathematics) Special Interest Badge at the 2015 Nova Scotia Girl Guides Brownie STEM Badge Day.

To earn this badge, the Brownies were in sessions with ENS volunteers that explored three engineering disciplines: electrical, mechanical, and chemical. Each girl made:

- a super hero glove to learn about magnetism
- a blooming flower to learn about simple machines, and
- a tube of lip gloss to learn about chemical reactions.

In the sessions, the Brownies interacted with the ENS role models and asked many questions. The afternoon culminated in a session where the Brownies, in small groups with ENS role models, learned the process of brainstorming on a problem and sketching out an initial design solution (on graph paper, no less).

The Brownie STEM event was made possible through a relationship between Nova Scotia Girl Guides and the ENS STEM Outreach Working Group (which has Girl Guide representation).

What a remarkable way for Brownies to earn their STEM Special Interest Badges. Thank-you, Engineers Nova Scotia!



Note: This article has been reprinted with permission from "The Engineer" (Newsletter of the Association of Professional Engineers of Nova Scotia)

PROVINCIAL NEWS

Continued...

November 2015

Nocturne at Night, By Kayla Bernard, Provincial Arts Adviser

How well do you know downtown Halifax? Pathfinders and Rangers from across the province came to the city to explore downtown Halifax, but with an extra twist: they explored it at night, while it was lit up with art! Girls took part in “Nocturne”, the art festival that brings Halifax to life at night once a year.

What did they see that Saturday night in October? For that, you’d have to ask the girls, as everyone enjoyed something different: some rode a Ferris wheel on top of Citadel Hill, some sang karaoke on the Halifax-Dartmouth ferry, while others watched acrobats and others got to experience the cat room!



Right: Kayla Bernard, Arts Adviser, awaits girls outside Neptune Theatre to give the girls their next challenge.



As if that wasn't enough adventure, everyone then woke up nice and early on Sunday morning to test their knowledge of downtown Halifax. The girls broke into teams and set off on an Amazing Race adventure. From jumping rope with strangers on the waterfront, to taking selfies in the Public Gardens, to performing their very best Disney scene at Neptune Theatre, it was most definitely a weekend to be remembered.

PROVINCIAL NEWS

Continued...

November 2015

Quest Adventure!

In October, Pathfinders from all across NS took place in an exciting adventure-style camping challenge weekend. Girls worked in teams to go on a Quest, completing various projects along the way. The projects challenged each team's abilities in reasoning, leadership, teamwork, and endurance... and this year, it was all done in the rain! Check out some of the great Quest photos below!



UNIT NEWS

Fall Craft Camp, By Sheri Hurlburt, 1st Carleton Guides

Recently, 1st Carleton Guides organized and participated in a Fall Craft Camp. This was a two-night camp at the Carleton Fire Hall. Camp started the morning of Friday, October 23, with two overnights in tents, and wrapped up on Sunday, October 25 in the morning. Guides worked on crafts for the Christmas tea, and fulfilled a craft badge in doing so. They also earned the fire safety badge, as we had a volunteer firefighter come to talk to them. The 3rd-year guides participated in campfire leading, and all the girls enjoyed outdoor-related activities, such as exploring and hiking. It was a small group but they were amazing young ladies who were willing to try anything- even vegan bacon and tea!

I have only been a guider for two months so this was quite an adventure that turned out to be a great experience!



UNIT NEWS

Continued...

Halloween Camp, By Kayla Bernard, 25th Halifax Pathfinders

This Halloween weekend, the 25th Halifax Pathfinders had a sleepover. Not only did the girls go trick or treating, they also took time to give back to members of their community by baking and delivering muffins to people who were working on Halloween night. The girls also learned about Dia de los Muertos (Day of the Dead), through crafts and discussions. The best part of the night was when the girls asked if this could become a new tradition for our unit! Safe to say, they had a great time.



Twinning 2020 Night, By Christian Brousseau, 2nd Bedford Guides

2nd Bedford Guides enjoyed a night learning all about Saint Vincent-and-the-Grenadines, participating in Color Swap (girls wore green, yellow and blue– the official colors of SVG), making a video for their Guiding sisters in SVG and doing a beach-themed craft. We had fun being part of Twinning2020!



TREFOIL GUILD TALES



October Happenings

By Darlene Duggan, NS Trefoil Guild PR

The leaves are falling, there is a skim of frost on my car every morning, and it is time to put away the happy paraphernalia of summer... autumn is truly here. Soon the time will change, the nights will grow longer (and darker?), and the days will be shorter- time to reminisce about those summer days, and warm things. And the warmest thing I can think of is...friends - Guiding friends - Trefoil Guild friends.

Although many things slow down in the winter, and meetings are canceled or put on hold when the weather is inconsistent, our Trefoil Guild members have already been busy with registration, catching up on news they missed all summer- and having fun. We are growing and welcome our many new members! Winter might be coming, but it will not keep us from our adventures... we will be "Keeping the Spirit Alive" no matter what tricks Mother Nature might have up her voluminous sleeve.

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October 17, 2015, was a lovely autumn day that found 47 members from all over Nova Scotia gathering to enjoy time with good friends, listening, learning, and laughing. Annie's Angels Trefoil Guild hosted this day with a Halloween theme...and costumes...and a booklet of pumpkin recipes.

It was Halloween in the hall so, of course, there were Halloween games. Bobbing apples was a hit and Pin the Halo on the Angel brought much laughter. A special guest taught us all about pumpkins (there is always something new to learn, isn't there?).

We congratulated Ann West from the Trailblazers Trefoil Guild on being presented with the Bronze Merit Award for her contribution to Guiding and her leadership over many years. It is always heartwarming when people are surprised to receive an award.

The meeting was very interesting with lots of information being brought forward, issues being discussed, and decisions being made...all constituting a successful meeting and time well spent. It was great day...it is always a great day when we get together and catch up.

(Note: Salt Water Sisters Trefoil Guild, the newest in Nova Scotia, has offered to host the Semi-Annual meeting in the spring...date and venue to be decided).



Photo Contest!

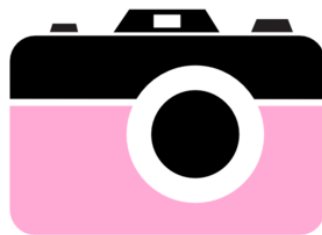
Attention Nova Scotia Guides, Pathfinders and Rangers!

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!

IMAGE RELEASE:

Reminder that if submitting
photos to social media or
Coastlines, Guiders/
Submitters are responsible
for ensuring persons in
photo have valid Image
Release on file.

PAPERWORK! Oh what to do
with those pesky permission
slips !!!

We all know that for Yellow and
Red events your Safe Guide
Paperwork, including
Permission Slips, is to be sent
to the Provincial office for filing,
but what if you have
Permissions Slips for a Green
level event? What should you
do with them?

These should be held and
included in your Year End
Financial
Package
and sent to
the Office.
for filing.



This & That

continued.....



Congratulations to Sophia Waddell, Gold recipient of the **Duke of Edinburgh** award, and Silver recipients **Deanna MacPhee, Chelsey Gould** and **Hannah Ernst**.

This prestigious award represents countless hours of hard work and commitment... Congratulations on this wonderful honor!

Encourage girls (and Guiders) to wear their uniform to school for Remembrance Day ceremonies, and any other ceremonies they attend.



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Editor's Note:

Judging from the submissions I received, it looks like everyone's been off to a wonderful start of adventures this new year of Guiding! As you host enrolments, and other celebrations, don't forget to keep us updated.... Send your news and photos by December 1st to coastlines@girlguides.ns.ca.

Yours in Guiding,
Christian Brousseau, Coastlines Editor / 2nd Bedford Guides

