



Coastlines

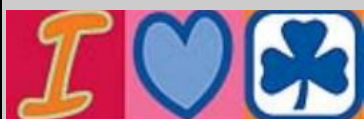
October 2015



NEWSLETTER OF GIRL GUIDES OF CANADA - NS COUNCIL

In This Edition...

- Pg. 1 History of Cookies
- Pg. 2 Twinning2020
- Pg. 4 Take a Hike
- Pg. 5 Political Policies
- Pg. 7 Provincial Trip
- Pg. 10 Trefoil Tales
- Pg. 11 This & That



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

History of Cookies

(Source: Girl Guides Canada National Website, with contributions by Christian Brousseau, Coastlines Editor)

By now, your household has probably consumed more than it's fair share of delicious mint cookies! But did you know how the Girl Guide cookie tradition started?

In 1927, a Girl Guide leader in Regina baked and packaged cookies for her girls to sell as a simple way to raise money for their uniforms and camping equipment. Little did she know that she was starting one of Canada's best-loved traditions - Girl Guide cookies!

Today, Girl Guide cookies are the official fundraiser of Girl Guides of Canada-Guides du Canada. All money raised through cookies sales support girls and women in Guiding by:

- Helping us provide diverse and exciting programs and activities
- Allowing girls the chance to discover new interests, learn valuable leadership skills and making lasting friendships
- Assisting girls and leaders to attend camps and events
- Providing training and support for Guiding leaders



For a fascinating timeline on the history of Girl Guide cookies, check out the national website at www.girlguides.ca -> Cookies -> Cookie History

TWINNING2020 TWINNING2020

Atlantic Canada and Saint Vincent and the Grenadines

By Lashauna Smith, Twinning2020 Lead

Still wondering how you and your unit can get involved in Twinning2020? It's easy! Simply participate in any Twinning activities related to World Thinking 2015, International Day of the Girl 2015 or World Thinking Day 2015.

Right now, Atlantic Canada and Saint Vincent and the Grenadines are speaking up to share our voices through "10 million voices - Stories of Strong Women and Girls" to raise awareness of International Day of the Girl (October 11, 2015).

Guides in Saint Vincent and the Grenadines kicked off International Day of the Girl through a "Girls Rock" campfire. They wore red and white to recognize our twinning partnership— check out the pic below!



continued on next page...

TWINNING2020

TWINNING2020

Atlantic Canada and Saint Vincent and the Grenadines

continued.....

Pathfinders at the recent Quest Camp were challenged to share their voice about what is important to them, and what makes them proud to be a Girl Guide. We got some great responses and thoughts on what it means to be STRONG.

Check out these awesome pictures showing what being a strong girl means to our Pathfinders!



Remember, to see the stories from Saint Vincent and the Grenadines, join the Twinning2020: Atlantic Canada & St. Vincent and the Grenadines Facebook group.



Take a Hike!

Fall Hiking in NS!

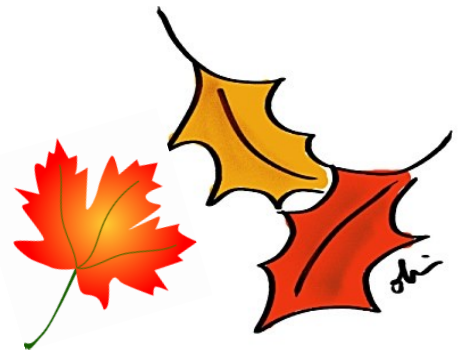
By Catherine Driesbeck, Provincial Active Living Advisor

The only thing better than a fun hike during the most beautiful time of the year in Nova Scotia, is earning a challenge badge at the same time! Hike Nova Scotia, in cooperation with Girl Guides, is offering the Hike Nova Scotia challenge again this year. This challenge is meant to be completed over a few walks/hikes throughout the year. Groups are asked to complete a total of 15 kilometres for Sparks/Brownies and 30 kilometres for Guides and Pathfinders. If you do about 3 different hour long hikes, that would cover the 15 kilometres. For older girls, you can ask them to do a couple hikes with their family/friends to make up the other kilometers. Book your first on a Saturday or Sunday afternoon this fall.



Hiking (or as I like to call it), off-road walking, is a wonderful physical activity for all ages. All you need is decent footwear, some water and a snack. Everyone will enjoy exploring nature, getting lots of physical activity and connecting with each other.

There are so many amazing places and trails to explore in Nova Scotia. Check out the www.hikenovascotia.ca for some suggested trails and more details on the Hiker Distance Girl Guide Challenge. You will find it under "Projects" on the Hike Nova Scotia website or on our own website at www.girlguides.ns.ca -> Programs -> Challenges & Activities. You can also contact me at active.living@girlguides.ns.ca and I'd be happy to help you find a trail or trails in your area.





Political Policies

By Myna Kota, Advocacy Strategist, National Office

As you know, Canada is in the middle of a federal election campaign that will culminate on October 19, 2015. During this election campaign period, there may be opportunities for members, volunteers and staff of Girl Guides of Canada–Guides du Canada (GGC) to participate in political or election-related activities, some of which may include political candidates or government representatives. The following is a reminder and clarification of the types of activities that are prohibited and permissible as part of Guiding, both during this election campaign and beyond:

1. GGC is prohibited from participating in partisan political activities

As a registered charity, GGC is prohibited from devoting any resources (including member, volunteer and staff time) to partisan political activities. A partisan political activity is defined as follows: “A partisan political activity is one that involves the direct or indirect support of, or opposition to, any political party at any time, whether during an election period or not, or a candidate for political office.”

GGC members, volunteers and staff cannot participate in partisan political activities as representatives of GGC or as part of Guiding (whether in uniform or not). Examples of partisan political activities include (but are not limited to):

- Providing financial or material contributions to a political party or candidate
- Making public statements (oral or written – including on social media) that endorse or denounce a candidate or political party
- Distributing literature that promote or oppose a candidate or political party explicitly or by implication
- Explicitly connecting views on an issue to any political party or candidate

2. Individuals who are GGC members, volunteers or staff can participate in partisan political activities in their personal capacity (not as part of Guiding)

While GGC members, volunteers and staff – as representatives of GGC (whether in uniform or not) – are prohibited from participating in partisan political activities, they can participate in partisan political activities in their personal capacity. In these situations, it is important that members, volunteers and staff are mindful of the following:

- Because the lines between a person’s personal life and volunteer role are often blurred, it’s important for members, volunteers and staff to keep in mind how their words and actions during or outside of GGC activities may impact the organization’s reputation
- For individuals who do engage in partisan political activities in their non-Guiding life, there may be instances when it would be wise to make it clear that they are doing so in their personal capacity and on their private time, and not as a representative of GGC

continued on next page...



Political Policies

continued.....

3. GGC can participate in non-partisan and/or multi-partisan political activities

While partisan political activities are prohibited, there are some non-partisan and/or multi-partisan activities that are permissible to participate in as part of Guiding. Two common examples are as follows:

a) Non-partisan community events:

GGC members, volunteers and staff – as representatives of GGC (whether in uniform or not) – can participate in community events where political candidates, elected officials or government representatives might be present. Examples include (but are not limited to): local ceremonies, festivals and parades (i.e. Remembrance Day ceremonies, cultural events, holiday parades, etc.) where candidates, politicians (in their capacity as an elected official) and other community leaders are present. These activities are permissible, as long as they are not partisan events and as long as members, volunteers and staff are not seen as favouring one candidate or party over another.

b) All-candidates debates, meetings and forums (multi-partisan)

Education on citizenship and civic engagement for girls has long been integral to the Guiding program. As such, GGC members, volunteers and staff can attend all-candidates debates, meetings or forums as part of Guiding, to enable girls to learn about the democratic process, as long as impartiality is maintained as follows:

- The event does not appear to favour a particular party or candidate (please ensure that all candidates were invited and the motivation for the event is impartial)
- Members, volunteers and staff are mindful of the fact that when they are in uniform and at a Guiding-related event, they are representing GGC and therefore cannot be seen as favouring one candidate or party over another (i.e. no partisan signs, buttons, etc.)
- In addition to listening and observing, girls can ask objective questions of all candidates; however, they should not assert statements or ask questions that stem from a particular position or viewpoint (impartiality is critical)

If you have any questions or require further clarification, please contact
advocacy@girlguides.ca

PROVINCIAL TRIP REPORT

Nova Scotia Provincial Independent Trip — *Our Cabana and Mexico City*

By Margaret Gullage, Provincial International Adviser

On June 29, 2015, our group of 7 Pathfinders and Rangers and 2 Guiders met at the airport to begin our journey to Mexico. The majority of the group had met for 4 hours earlier in the year but this was our first whole group meeting.

One of the goals of international travel is for girls to get to know and create bonds with their sisters in guiding around the world. This was a group of girls from various parts of Nova Scotia who truly bonded together and became good friends. The feedback from girls about the trip truly indicated how important the development of friendship was to them. They also met girls from Ontario, the UK, Ireland and Scotland at our Cabana and had a chance to develop friendships and learn about others. As guiders, we also developed a friendship that will be treasured.



Trip Highlights:

- ◆ Small waterfall jumping (the optional highest jump at 11 meters is not really small!!)
- ◆ Pyramid of the Sun and Moon; Avenue of the Dead
- ◆ Floating Garden (our tour was only an hour; another time I would suggest a longer boat ride and to either bring or buy a lunch to eat on the boat)



continued on next page...

PROVINCIAL TRIP REPORT

continued.....

Trip Highlights continued...

- ◆ Our Cabana program – one goal of the program is to have fun and friendship through Guiding. We think our group achieved this!
- ◆ The service project at the orphanage
- ◆ Shopping markets in various places
- ◆ Exploring Mexico City from Ticalli and finding authentic places to eat tacos
- ◆ Mexican fiesta at Our Cabana
- ◆ The amazing meals at Our Cabana!
- ◆ Learning to understand and speak some Spanish.



Recommendations for Future Trips to Our Cabana:

- ◆ Convert money to Mexican Pesos before coming. We all carried US dollars but were advised by our tour guide to exchange to Pesos before leaving the airport.
- ◆ Ticalli – if participating in a program at Our Cabana, spending a few days in Mexico City is a great idea! Ticalli is in a great location for shops, restaurants, and tourist sites. Breakfast is included.
- ◆ The craft house at Our Cabana gives a \$5 USD credit per person. Having a few US dollars extra to pay if you go over that amount is helpful, although our group stayed well under that amount.
- ◆ Swapping of crests was done at the International Night at Our Cabana.
- ◆ Designing a group trip crest to use as a trader might have been nice. Some of the other groups we met had these and they were very well received
- ◆ Bring some nice Nova Scotia gifts for Our Cabana staff.

continued on next page...

PROVINCIAL TRIP REPORT

continued.....

Trip Recommendations continued...

- ◆ Have some common group shirts (by colour or Guiding) to allow for easy visibility. Also, if there is more than one Canadian group, you will be able to separate the groups easily.
- ◆ If possible, find out details about the service project from the Our Cabana staff prior to travelling. We could have made a more significant contribution if we knew when we were going.
- ◆ We started a group Facebook page before the trip as a way to keep in touch with parents and family. This was very well received and it was easy to upload pictures for everyone at home.

(For even more recommendations, contact Margaret Gullage at guidermargaret@bellaliant.net)



This trip was an amazing experience for the entire group. Girls participated in WAGGGS initiatives while staying at Our Cabana. They learned about Mexican culture and customs, about WAGGGS and Guiding and participated in tours from Mexico city. When we sat down at the Toronto airport to share our favourite three moments from the trip, girls had a hard time narrowing it down! We really enjoyed every moment and we believe that each and every one grew as a person and a guide from the trip.

Thank you for supporting this amazing adventure!

TREFOIL GUILD TALES



Camp Burning Spirit 10 Years Strong

By Darlene Duggan, Memory Lane Trefoil Guild / Camp Burning Spirit Coordinator

It was ten years ago that a random thought brought the Trefoil Guilds of Nova Scotia together to enjoy a weekend at camp. A weekend "all about you" to refresh, renew, relax, and release your cares if only for a few days. This 10th anniversary saw 22 of us sit down to a lovely "formal" dinner on Saturday evening after a day spent making no-sew hobo bags from old T-shirts and/or knotted fleece (yes, on a hot day)... blankets with the knots tied by all of us to commemorate our strong ties of friendship and sharing. Oh yes, and there was swimming: it was a perfect day for swimming or just relaxing and chatting by the lake.

Keeping up with our camp skills (or learning new ones), some of us made grilled cheese sandwiches (to go with the homemade chicken soup) on Buddy Burners, made a traditional camp fire, and one brave soul pitched her tent and enjoyed the rain overnight on Saturday. We were like an ever changing kaleidoscope as groups formed and re-formed, in the sunshine or shade, sharing stories, knitting tricks (and, no, we are not just old ladies who sit around and knit), thoughts, and laughter (there is always laughter!). It must be said that these campers, as usual, jumped right in to do their chores in record time after each meal and when we broke camp on Sunday we left it cleaner than when we arrived- as is the Girl Guide way.

Our Quartermasters, Debbie Mellish and Gail LeBlanc, fed us well (too well) and seemed to enjoy doing it. One of our members from Hardwood Lake Trefoil Guild, Ann Skaling, provided us with a plethora of sweets...my waistline is proof of how delicious they were. We thank these ladies for their hard work, for giving their time, and have decided to "hire" them again next year.



(Above) Modeling Our Hobo Bags

TREFOIL GUILD TALES



continued.....

As is traditional for us, we all contributed to Campfire...after all, this camp was for all of us so we should have an input to our own Campfire. After Campfire, some of us re-gathered around the fire and sang, chatted, and laughed... while others wandered off for a game of some kind or drifted off to bed. On this night, those who gathered around the fire got an unexpected shower...one minute we were looking up at the stars and the next we were being pummeled with rain- hard rain. We can still run pretty fast!

Reflections on Sunday morning proved that the weekend had been just what we needed, sharing time with our sisters in Guiding, renewing, relaxing, refreshing, and releasing...even if only for those few days. We left with lighter hearts and more energy to take on life.



(Above) The 2015 Campers!

I have some ashes from every one of our Campfires during these ten years and I plan to add to that for another ten years...and more. Ashes from the fires that prove our spirit for Guiding, for camping, for friendship, for life, is still burning and we ARE...Keeping the Spirit Alive!

Colchester Trefoil Guild News

By Goldie Chisolm,
Colchester Trefoil Guild

Seven Colchester Trefoil Guild members and two guests met at Sobey's Community Room, September 21st. for the first meeting of the fall. This is the meeting where we pay our annual registrations fees and receive ideas and discuss future programs for the remainder of the year.

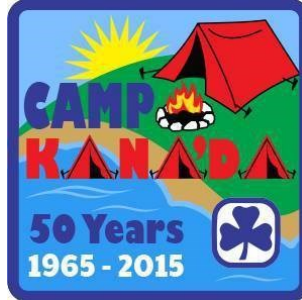
Having completed the Move More Challenge last year, we were presented with a N.S. Trefoil Move More Challenge Badge for our efforts. We also received a Badge from the SPCA for the useful items we had gathered, as well as monetary donation for the shelter.

A Thinking of You card was signed by all members present to be sent to Kay Mattatall, now a patient at the Lillian Fraser Memorial Hospital in Tatamagouche. At our next meeting in October, we look forward to hearing from our member, Angela MacCleary about her across Canada trip this past summer.

Kana'da Crests & More

Kana'da 50th anniversary celebration crests are still available. If you missed your opportunity to get yours, they will be at Ideas Market at Conference, for \$1.25 each.

We will also have the 'regular' Camp Kana'da crests and the Lewis Lake Camp crests, at \$2.00 each.



Do you collect year bars to note what years you were at camps or events... or just to mark your membership years?

We have some from numerous past years, including a very few of the double length Nova Scotia Centennial Guiding year 2011. All year bars are \$1.00 each, and will also be available at Ideas Market at Conference next month.

- By Marie Cron, Camp Kana'da Celebration Committee



NS Provincial Guider's Conference is coming up soon on Nov 6-8! Registered participants- watch your inbox for more details! Questions? Contact nsguiderconf@girlguides.ns.ca

Provincial Camping Advisory Committee Volunteer Opportunities

The Camp Committee is building a great team and we are looking for more dedicated people to fill the following roles: **Spark Brownie Camp Champion** and **Camping Activities Champion**.

Are you interested in promoting camping and planning province-wide events for Sparks and Brownies or Camping activities in general? Along with the Chair of the Camping Advisory Committee and the Area Camping Advisers, you would join a team that consists of the Kwahee Champion, Quest Champion and Camp Properties Regulation Champion who are all working towards providing a safe and fun camping experiences for all.

If you would like more information on any of these roles, please see www.girlguides.ns.ca -> Volunteer-> Volunteer Opportunities -> Committee Responsibilities or email Lisa Pretty at Camping@girlguides.ns.ca



This & That

October 2015

continued.....

DID YOU KNOW?

We have several pairs of SNOWSHOES at Guide House to lend out to units, so keep this in mind when doing your long term planning for winter (or even just for a spontaneous event)!

How do you go about getting them? Email Guide House at ggcns@girlguides.ns.ca or call us at 902-423-3735 to book snowshoes for your unit's activity.

Keep in mind, snowshoeing is great fun, an excellent workout, and at most program levels... THERE'S A BADGE FOR THAT!



World Association
of Girl Guides
and Girl Scouts

Our 5th World Centre has been named! Check out the new website for Kusafiri at <https://www.waggs.org/en/our-world/world-centres/kusafiri/>

QUEST!

On Oct 2-4, Pathfinders from all across NS participated in Quest! Stay tuned for more photos and details in next month's edition of Coastlines!



Editor's Note:

By now, most units are back to the swing of things and getting into the Guiding routine. I hope your first meetings were successful, and that you have lots of fun things to look forward to this year! Please email pictures and news of any of your activities... even if your news is just in point-form, I can tweak it for you. Submissions should be sent by the 1st of the month to coastlines@girlguides.ns.ca.

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

