



Coastlines

September 2015



NEWSLETTER OF GIRL GUIDES OF CANADA - NS COUNCIL

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Cookies are Coming! by Cindy O'Hearn, NS Cookie Adviser

September is here, which means another cookie campaign is almost upon us! The mint cookies are being delivered to the province the week of Sept 14 and then we'll all be off and selling.

Our Provincial Cookie Day is Saturday October 3, and the National Cookie Days are Saturday October 17 and Sunday October 18. If you are having a cookie selling event I encourage you to use the Cookie Finder map to help advertise:
www.girlguides.ca -> Cookies -> Find Cookies -> Cookie Finder Map

Also on the national website, there is a very interesting Cookie Infographic which would make a great poster at selling events. Why not print and use as a conversation starter? www.girlguides.ca -> Cookies -> Infographic



Guiders are encouraged to keep track of individual and unit sales of cookies for all girls so they can be entered into the Cookie All Stars program. Watch in upcoming Coastlines how this program benefited girls attending Mosaic 2016.

Cookies are recognized by the public and an easy fundraiser, so happy selling to all!!

(Cookie Questions? Email cookies@girlguides.ns.ca).

Membership News

By Jo Swinemar, Membership

*Summer flew by and we are back to school and Guiding!
For your reference, I have compiled a list of membership and registration items
that all Guiders should know:*

Check Your Rosters – Then Check Them Again!

Regular roster checking is critical in the first part of the season. Once the rush of it is all over, starting October 15th, Contact Guiders will be notified when a new girl is added (whether by paper or online registration).

Girls Must Be Registered After 1 Meeting or Event!

This is so important. For liability reasons, we just can't have girls attending meetings if they aren't registered. Be sure to tell parents that! Turning a girl away is tough, but it often is the motivation the family needs to get the registration done. Give them 1-800-565-8111 and www.girlguides.ca and check in a couple days to see if it worked.

Refunds are Possible *(but like anything – we have a policy for that!)*

Refunds can be requested by parents (membership@girlguides.ns.ca or the 1-800 #) within the first 3 meetings, whether or not they attend. If you have a girl that is on your roster and not showing up, send the name on to the office, and we can start the refund process and follow up with the family. Complete details can be found at:
https://register.girlguides.ca/web/OnlineReg/Refund_Information.aspx

Transfers are Possible *(but only through the office!)*

If families need to change locations or are moving further afield, registration is transferrable. Again, as with refunds, have them contact the office.

Wait Lists are a Work in Progress!

We are constantly placing girls, and encouraging other units as appropriate. Wait list discussions happen through the District Commissioners, and here at the office, we are in constant communication with DCs and the families that are still waiting. Our hope is find a place for every girl! Thank you to all units who have taken extra girls as we continue to clear wait lists so we can get as many girls as possible registered!



TWINNING2020

TWINNING2020

Atlantic Canada and Saint Vincent and the Grenadines

By Lashauna Smith, Twinning2020 Lead

What is Twinning2020?

Twinning 2020 is a new approach to building international relationships among World Association of Girl Guides and Girl Scouts (WAGGGS) members. Through this model, the Canadian Provinces have been paired with Member Organizations in the WAGGGS Western Hemisphere Region. Girl Guides of Newfoundland and Labrador, Nova Scotia, New Brunswick, and Prince Edward Island have been paired with the Girl Guide Association of St. Vincent and the Grenadines. Our goal is to connect girls, celebrate our cultures, and foster a shared sisterhood among girls in Canada and Saint Vincent and the Grenadines.

Twinning2020 Objectives:

- To enhance the engagement of girls in WAGGGS initiatives;
 - To extend adult leadership opportunities through twinning innovations and methods of delivery;
 - To learn, understand, and adopt WAGGGS approach to youth learning
-

Twinning2020 and International Day of the Girl (IDG) 2015

There are many ways to get involved – keep reading!

Atlantic Canada and Saint Vincent and the Grenadines Twinning2020 leads worked together during sessions held at Our Cabana this past summer to plan fun and interactive activities for girls and guiders that relate to **International Day of the Girl 2015 – October 11, 2015.**

Since 2012, the United Nations has marked 11 October as the 'International Day of the Girl Child'. The day promotes girls' human rights, highlights gender inequalities that remain between girls and boys and addresses the various forms of discrimination and abuse suffered by girls around the world.

TWINNING2020

TWINNING2020

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10 Million Voices – Stories of Strong Women and Girls!

We all have a voice! SVG and Atlantic Canada are looking for stories of girls and guiders about YOU! What makes you, you? How do you reach your full potential? What makes you unique? What makes you a strong women/girl?

We want to hear all stories of strong women and girls in Atlantic Canada and SVG!

COLOUR SWITCH DAYS – October 5th – 9th

We all know that Canada's colours are red and white, but do you know SVGs National Colours? They are blue, green, and yellow.

During the week of October 5th - 9th we are challenging all girls and guiders to wear blue, green, and yellow in recognition of our friends in SVG. They will be wearing red and white the same week! Wear to school, a meeting or just hanging out at home.



TWINNING2020

TWINNING2020

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How Can I Participate in Twinning2020 & International Day of the Girl (IDG)?

- How about planning an IDG2015/Twinning2020 themed meeting in October 2015? Use materials and activities found in the IDG2015 links in side bar.
- To share 10 million voices stories you could:
 - Set up a photo booth or video corner. Girls can brainstorm and then share their stories.
 - Have Sparks and Brownies draw pictures showing what makes them unique.
 - Suggest that older girls interview each other and capture the stories of their friends in writing.
- Incorporate Colour Switch into your meeting during the week of October 5th-9th. Challenge girls to see who can most creatively wear SVGs colours and share with us via the Twinning2020: Atlantic Canada/St. Vincent and the Grenadines Facebook Page.

IDG2015 LINKS

Girl Guides of Canada Instant Meeting:

www.girlguides.ca -> Programs -> Specialized Programs -> Make a Difference Days -> International Day of the Girl -> Instant Meeting

WAGGGS Activity Pack - 10 Million Voices (IDG):

Watch for postings at:
www.wagggs.org



CONNECT WITH US

Email: twinningns@girlguides.ns.ca

Facebook: Twinning2020: Atlantic Canada & St. Vincent and the Grenadines

Twitter: Twinning2020

Remember to SHARE* your videos, pictures and stories on the Twinning2020 Facebook page! Encourage older girls (Pathfinders and Rangers) to join the Facebook page as well. One of the best things about Twinning2020 is sharing and connecting with our sisters in SVG.

**remember, before sharing photos/video on FB or other social media, ensure Image Release (Yes) for members appearing in photo/video*

TWINNING2020

TWINNING2020

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Cultural Connections!

By Janice Noble, Twinning2020 Team

On August 16 – 21, 2015, Twinning partners from across the Western Hemisphere joined together at Our Cabana in Cuernavaca, Mexico to 'connect, grow and innovate!' We had the chance to meet our partners in person for the first time, learn together and plan exciting new Twinning initiatives and activities for the coming Guiding year!

Twinning members from Chile, Peru, Guyana, El Salvador, St. Vincent and the Grenadines (SVG) and Canada were present, and we were joined by WAGGGS staff and mentors from the United Kingdom, the United States, Costa Rica and Mexico.



The official group photo!

Over the week, we participated in various activities and faced different team-building and leadership challenges. We learned as a group about cross-cultural leadership, making learning experiences **REAL** (our favourite acronym of the week – Relevant, Exciting, Attractive and Learner-led) and putting girls in the lead. Lots of time was also put into planning, of course! While we did do lots of work, we also found time to celebrate all the different cultures at International Night, to visit Mexican Pyramids, to do community service with the local orphanage and to take a trip to Taxco, the silver city of Mexico.



Over the course of the week many memories were made with our Twinning partners, as well as lifelong Guiding friendships. We are looking forward to implementing everything we have learned and planned, and are ready for a wonderful year of Twinning activities!

(Left) The Atl. Canada - SVG team make a pyramid on a pyramid!

SAFE GUIDE TIPS

By Joyce Custance, NS Safe Guide Adviser

Welcome back to a new season of Girl Guiding activities! We have wonderful Guiders giving girls experiences of a lifetime, from unit meetings where they learn new things, to visiting parts of the world they have never seen before. I commend all of you for providing those opportunities... and Safe Guide plays its part in all of that.

By now, you know the 2015 edition of Safe Guide is available, along with some revised forms, so please make sure you use only the most up to date versions, all of which are available on the national website (www.girlguides.ca -> Volunteers -> Member Volunteer Resources -> Safe Guide). **Check for a revised date at the bottom of each form.** The SG.3 has had some slight changes and will have (Rev 2015/09) at the bottom of it. Please destroy any of the older ones you have – the use of an outdated form will delay your acknowledgement. If you don't have access to the forms, contact your District or Area Commissioner.

Tips for Completing the SG.4

Detailed Emergency Procedures:

- ◆ You must include emergency procedures in as much detail as possible for all scenarios associated with your activity. (For example: If you are transporting girls to the location of a hike, then your SG.4 needs to include possible emergencies related to the transportation as well as what might happen on the hike itself)
- ◆ There are Emergency Response Guidelines in Safe Guide, but they are very generic, in order for you to adapt them to your situation. Please be sure to make them specific to your situation.
- ◆ You are not limited to the scenarios listed on the SG.4 form– if something is not included, add extra paper and list out your scenario.



Roles of Guiders During Emergency:

- ◆ Be sure to indicate who is going to be responsible for each emergency that may arise. In some cases it may be the Responsible Guider (Guider Jane). In another situation it might be the First Aider (Guider Joan), or possibly the Alternate Responsible Guider (Guider Jean). Name them, because in an actual emergency it helps to know who is doing what.
- ◆ Be sure to review the SG.4 with all supervisors before the event, so everyone is aware of their responsibilities. If those people change, your SG.3 must change and your Assessor be contacted.

Contact Details (Page 2 of SG.4)

- ◆ Complete the second page of the SG.4. This is extremely important, because in an emergency situation with adrenaline running high, it helps to have contact names and numbers listed all in one place.
- ◆ Each year, the Office sends out an Emergency Contact list. You must use the numbers from that list. (Please note that the office number is not listed: if you are doing an activity on the weekend, or after hours, no one is there to answer the phone).
- ◆ The name / contact number for your Commissioner should also be listed.
- ◆ The civic address for your activity must be listed. If we don't know where you are, we can't start looking for you in case of emergency. This is of special importance when using private camps or cottages. You may know you are at "Brown Owl's cottage", but we need to know exactly where that is!

In next month's Coastlines, I will include a sample SG.4. In the meantime, if you have questions, don't hesitate to ask your DC, a trainer or me (sgadviser@girlguides.ns.ca). Safe Guiding, everyone!

Your Guiding Story

By Jennifer Boyce, Provincial Membership Adviser

I was talking to a Young Adult Guider recently. She was telling me that she had taken some training through the e-learning modules. I congratulated her on taking the initiative to get this done before the Guiding year started and then asked her if she checked to make sure her training was updated in her IMIS profile.

What Does Your IMIS Profile Say About You?

Your IMIS profile tells your whole Guiding story, how long you have been in Guiding (*including* your girl years), awards and recognition that you have received, trainings you've taken and positions you have held. It even tells you when your PRC and first aid expires.



Why is Your IMIS Profile Important?

Did you know that your IMIS profile has to accompany travel applications? Your success in applying for a provincial or national trip could hinge on the experience you have listed in your profile. Have you ever considered staffing at a provincial camp or sitting on a provincial committee? Your suitability for a position might be found in your profile.

Did you also know that external trainings and awards can be listed in your profile? Have you completed Duke of Edinburgh programs, Hike NS or Canoe Kayak NS? All of these have provided you with skills that are transferable to current or future roles in Guiding. From a Safe Guide perspective, expired first aid could jeopardize your event. Making sure your current First Aid credentials are up to date in IMIS will help make your Safe Guide process smoother.

And don't forget about the bling! Your DC, AC or fellow Guider might want to nominate you for an award. You could have qualified for training recognition. Did you know that you receive bling for completing certain trainings? By keeping your profile up to date, your DC can see what awards you have already received to ensure you have been properly recognized.

How Do I Check and Update my IMIS Profile?

Log into your Memberzone account and go to "My IMIS", click on "My Profile", then on "My Activities". Read through it carefully and ensure that all your information is current and up to date. If you find an error or omission in your profile, email our provincial IMIS specialist at imis@girlguides.ns.ca. She can work with you to update your profile and assist in correcting any errors.

Don't let Guiding opportunities slip through your fingers because your IMIS profile is incorrect or out of date. Check and update yours today!

Camping in the Yukon

By Kayla Bernard, NS Arts Adviser

Ever since I was very little, everyone around me has told me to dream big and to never stop dreaming. I think I was about five years old when I learned that Canada had territories. A place that, at the time, seemed so magical to me for many reasons. At five years old, I made it a goal of mine that I wanted to visit there some day.

In Girl Guides, we are always encouraged to apply for things. We apply for so many things with the hopes that we'll be accepted for one. I have gotten used to the emails being sent back saying "Thank you for applying and for all you do in Guiding", but you have not been selected. So when I got the email last winter saying "Congratulations!", I stopped breathing and was so excited I couldn't speak! I had been selected to be a core crew member for "Camp 101: Strange Things Done Under the Midnight Sun", which was held in the Yukon this past July. This was the first time I was ever selected for something in Guiding and the largest camp I have ever attended.

The winter and spring flew by so quickly and before I knew it I was leaving Halifax all dressed in my uniform and getting ready for the 16 hour trip to the Yukon. The camp was made up of 97 ladies from across the country. It was such an experience. Every day was packed full of programming that the girls enjoyed (the leaders as well when we could slip in). Some highlights of programming included: stained glass, paddle board yoga, and cupcake decorating.



Everyone also participated in at least one service project! We made birthday boxes for the local food bank and visited them to help pack bags, we planted flowers for the local museum and we also painted Guiding pictures that will be hung up all around the campground (see photo to the left).

As well, everyone got to go on one adventure out trip: I got the opportunity to go swimming in the hot springs. And of course, we all got the chance to explore downtown White Horse and learn about the heritage of the Yukon.

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Camping in the Yukon

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The camp was a dream come true, as well as such a wonderful experience. One of my favorite memories from camp was when the girls all figured out I was the only person from Nova Scotia. Word traveled very fast around the camp and soon I had girls hunting me down so that we could swap badges.

It made me smile, when I walked by a group of girls from Manitoba, and witnessed them drop what they were doing so that we could swap badges, as everyone desperately wanted one of my light house badges... Check out the collection of badges I came home with myself! ->



In the end, after an amazing week, I was sad to leave. With a lot of hugs and tears we all went our separate ways. It is honestly truly amazing the places Girl Guides will take you. It is so empowering to see how strong Guiding is across our large country. I truly hope I get an opportunity to return to the Yukon again some day. I would love to bring girls up there so they can experience the beauty of the Yukon. I cannot wait to see where Guiding will take me next!



LINK NEWS

Art Party,

By Denise Hirtle, Deputy Provincial Commissioner, Youth Support

On June 19th, LINK members took part in the Art Gallery of Nova Scotia's "Art Party" for youth. The Art Gallery was transformed into a vibrant space with lights, music, food, and most importantly, art, making the night a one-of-a-kind experience. The girls had fun taking photos in the onsite photo booth as well.



TREFOIL GUILD TALES



Colchester Trefoil Guild News

By Sheila Stewart, Colchester Trefoil Guild

Colchester Trefoil Guild began its year with plans to visit Tatamagouche and followed up by having the October meeting there. It was fitting that the last meeting of the year on June 15 was also in Tatamagouche.

Our member Kay Mattatall is a life-long resident of Tatamagouche who is confined to her home most of the time, so it was extra special to have her with us at both our Tata meetings. Thirteen of us – 11 members and 2 visitors - were welcomed at the Chowder House Restaurant; we wholeheartedly recommend this restaurant if you are coming this way! Not only did we have a fine meal, we were able to make tentative plans for the coming year – and then the best part: We presented Kay with her **55-year membership pin** – all years served as an adult! It was so nice to have Gwen Busby, Kay's daughter, and Joan Ellis (a good friend of Kay's and a representative of Maplewood Area), as well as all our current members present for this special time.

Our hearts were heavy as we recalled the two members we have lost this year – Donna Clarke in October, and Ruth Donaldson in May – but we were sure their spirits were with us as we joined together so joyfully in the fellowship of Guiding. Until next time – go well and go safely until we meet again.



(Above) Kay Mattatall, wearing her 55-year pin



(Above) Anne Leggett and Ethel MacLaughlin



(Above) Rosemary Baas and Mary Beckett

GUIDING MOSAIC 2016 *update*

By Lisa Pretty, Provincial Camping Adviser

My role as Nova Scotia Guiding Mosaic Liaison, has been very busy to date. I receive several emails on a daily basis, as everyone prepares for this event in Sylvan Lake, Alberta, and have been in contact with Patrol Guiders, Core Crew and other parents and members of our organization.

Although things seem to change on a daily basis, as of this moment in time, we have the following members intending to attend the event (we have surpassed the expected numbers, which National anticipated):

Patrol Guiders, Pathfinders and Rangers	215
Pathfinders and Guiders	166
Rangers and Guiders	49
Core Crew	25

Those involved are working hard on fundraising, GM Mandatory training and all other related tasks needed to ready ourselves for this fantastic event.

If you have any questions, please feel free to contact me at nsgm2016@girlguides.ns.ca. Or, for more information on this exciting event, please check out the official website at www.guidingmosaic.com

*DID YOU KNOW? GM2016 is still
recruiting for Core Crew positions! Go to
www.guidingmosaic.com -> Volunteer
for all the details.*



STEM Solutions

ENGINEERS SOLVE PROBLEMS!

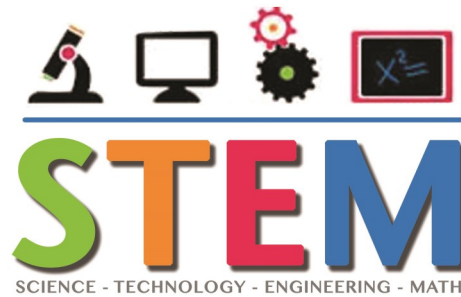
That is what engineers are good at. Maybe they can solve one of your problems: Are you looking for resources to help your Guides earn their Engineers Badge in a fun way that can get your girls to think about STEM (science, technology, engineering or math)? How about help with the Brownie Key to STEM Activities or to enrich a Spark meeting? What about an exciting speaker to talk with your Unit about STEM careers?

Our solution is a dynamic female engineer who is inspired by STEM. She can come to your Unit meeting with the necessary supplies, knowledge of your STEM program requirements, and of course her specialized knowledge and experience as an engineer. Your Unit will get a memorable program experience at no cost!

Access to these Engineers is administered through Engineers Nova Scotia which is the licensing and regulatory body for the 6,000 Professional Engineers and Engineers-in-Training practicing in Nova Scotia or working on Nova Scotia Projects. Our members, who live all over the province, are excited and prepared to help you achieve some of your STEM program requirements.

Contact Rosalie@engineersnovascotia.ca for an engineer in your area to help with some of your Unit's STEM program.

- By Mae Lefrancois, Provincial STEM Adviser



STEM is on the Rise!

Once again, Nova Scotia Girl Guides and Engineers N.S. are teaming up to offer Brownies the opportunity for a day of STEM activities. This provincial event is being held at the NSCC Waterfront Campus (Dartmouth) on Sunday, October 25th.

Registration will soon be available on the provincial website (www.girlguides.ns.ca). Girls registered will be placed in a lottery, and an equal amount of girls from each area will be selected.

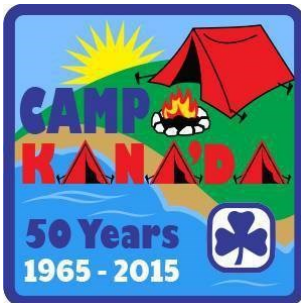


Camp Kana'da is 50!

On Saturday, June 6th, many gathered to view displays and take part in activities to mark the 50th anniversary of Camp Kana'da.

After many years of work, there is now a Reflections area at the camp (see photo). The dedication took place during the event and included the reading of a poem by Beth Spencer, a long time Guider from Dartmouth (see sidebar).

Although there was a bit of dampness in the skies and air, the spirits and mood were sunny and bright. Thanks to all who came out to help celebrate!



- By Marie Cron,
on behalf of Camp
Kana'da Celebration
Committee



Camp Kana'da

There is a spot around a campfire
Down a winding road
Where I find peace and friendship
Where I can rest life's heavy load

And I won't forget my camp hat
In Guiding that's how it's done
I'm on my way to Camp Kana'da
For friendship and for fun

I can see the fire burning
If only in my mind
The memories and the smiles
That the ashes leave behind

Camp Kana'da is so many things
S'mores and tents and muddy trails
Junebugs on the window screen
The shed with rakes and water pails

It's camp gadgets and colors
The sun setting behind the trees
It's time spent with girls and women
Who mean the world to me

When we camp together
Kana'da takes us by the hand
And she helps us to remember
What all Girl Guides come to understand –

That the flame within each one of us
Can light the darkest night
When we support each other
When we share our Guiding Light

Soon I will sing "Linger"
And "Say Why, Say When, Say Where"
Soon I will smell like campfire smoke
And I'll have camp hat hair

Soon Guiding friends will surround me
My soul will laugh and sing
That's the power of Camp Kana'da
The magic she can bring

As I go down that winding road
And see the trefoil sign
Camp Kana'da reaches out her arms
Just as she does every time

And it's like a hug from a good friend
Who understands why I've been gone
I'm back at Camp Kana'da
Back where my heart belongs

- by Beth Spencer

This & That

September 2015

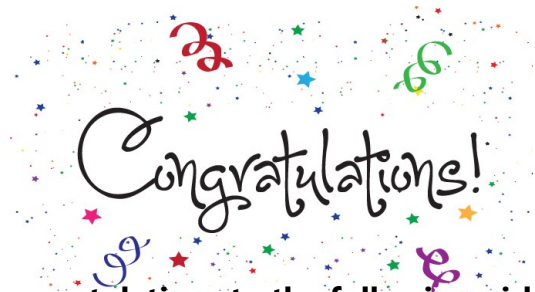
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It's that time of year again.... We're getting ready for Quest 2015 (Friday, Oct 2 – Sunday Oct 4) and we need your help !

This is not your average outdoor tenting camp; on Saturday we hold our “main event” where teams of 4 Pathfinders embark on a 12-hour Quest to complete as many 20-30 minute challenges (found along a 2-km trail) as they can. Projects are planned and run by Rangers and other adults, and in the past have included activities such as archery, ropes courses, trivia, problem-solving, orienteering, and camp skills. This year is even more special, because we have two themes: MACH 1 (Making Adventures and Challenges Happen!) AND we're also promoting The International Day of the Girl.

This is where you can help - get your creative juices flowing and come up with a project, complete the forms and send them in so you can be a part of this exciting event. Project Information packages can be found at www.girlguides.ns.ca -> Program -> Camping -> NS Quest.



Congratulations to the following girls for their hard-earned awards!

Annika Benson -	Bronze Duke of Edinburgh
Maisie Campbell -	Bronze Duke of Edinburgh
Mikayla Halliday -	Bronze & Silver Duke of Edinburgh
Alex Payne -	Bronze Duke of Edinburgh
Deanna McPhee -	Silver Duke of Edinburgh

Conference 2015: There are still a few spaces left for the NS Provincial Guiders Conference (Nov 6-8)! For more information or to register, email nsguiderconf@girlguides.ns.ca



The Provincial Program Advisory would like to welcome **Kayla Bernard** to their team as Arts Adviser. Kayla is a young Guider from Bedford attending Mt. St. Vincent University. She has worked with Brownies and Guides, has volunteered for Provincial events and has a passion for the Arts.

Kayla is very eager to help Guiders integrate Arts into their programming, so please feel free to contact her with any "arts" related programming @ Arts@girlguides.ns.ca

Congratulations Kayla!

This & That

continued.....

September 2015

Camping Champions - Welcome & Volunteers Needed!

We would like to welcome the following Champions to the Nova Scotia Camping Advisory:

Kwahee Champion: Megan Todd (Harvest Trail)
Camp Property Regulation Champion: Dawn MacNeill (Harvest Trail)

We are still recruiting the following Champions:

Spark / Brownie Champion:

The Spark Brownie Champion will promote and administer a Spark Brownie Camping experience for Spark and Brownie age members.

Camp Activity Champion:

The Camping Activity Champion will promote and administer Camping Activity event(s) for any combination of members delivering a high standard of camping experience for all. These individuals work with an Area Camping Adviser Partner, in planning the themes and locations of the event. They advertise to recruit the staff for the event and assist in the paperwork collected and distributed for the event. Please consider taking on this adventure!



What teenager wouldn't like staying up half the night, roaming around downtown Halifax then racing around the city the next day?

Program is offering Pathfinders and Rangers from across the Province a night on the town. In patrols, we will be participating in Nocturne, the Art at Night event that is held annually in parts of Halifax and Dartmouth on **Saturday, October 17th, 2015**. After a night's rest, we will then break into patrols and do an Amazing Race around Halifax. Registration will be sent to parents of registered Pathfinders and Rangers and will soon be available on the provincial website (www.girlguides.ns.ca). For more information, please contact program@girlguides.ns.ca

Brownies are turning 100 this year, and we're celebrating with a brand new Brownie Anniversary Challenge. Details of the new "Then & Now" challenge, including a cool new crest, will be available soon on the provincial website (www.girlguides.ns.ca). And don't forget any alumni can complete the challenge!

Editor's Note:

Welcome back to another year of Guiding! I look forward to hearing about all of your adventures this fall! A reminder that we can only include in Coastlines what is submitted to us, so please be sure to send in your news and photos to coastlines@girlguides.ns.ca. We want to know what's happening all across NS!

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

