



Coastlines

Jan 2016



NEWSLETTER OF GIRL GUIDES OF CANADA - NS COUNCIL

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Cookies, by Cindy O'Hearn, NS Cookie Adviser

Another successful Mint Cookie campaign is behind us and the Classic Campaign is just around the corner. Orders will be going in this month, so stay tuned!



Have you ever wondered if Girl Guide cookies have an expiry date?

Girl Guide cookies are best within eight months of the date they were produced, during which optimum taste, texture and appearance are retained. Girl Guide cookies can be consumed after this time period even though the optimum quality will start to diminish. To determine the packaging date of your cookies, please locate the code imprinted on the end flap of the box. This code is a series of four or five digits followed by a letter. The first one or two number(s) refers to the year in which the product was made (e.g. 9 represents 2009, 10 represents 2010). The following three numbers refer to the specific day within the entire year (day 001 to day 366), and the letter refers to the shift the product was produced on. For example, the code 11035D would indicate that the product was made in 2011 on the 35th day (February 4), shift D.



So check your dates, and get selling / eating!

Membership Report

By Jo Swinemer, Membership Support & Community Development

Happy New Year Guiders!

We are fast approaching census (the end of this month), and soon, believe it or not, I will be shifting my focus to 2016-17. Registration will begin in April, and that means by February I will be looking at unit details, and getting 'the map' up to date for a new year. I would love to think that this year, 2016, can be the year when we have room for everyone who wants to join Guiding in Nova Scotia.

I will be working with DCs, ACs, and Area Membership Advisers to identify places for new units. Maybe you have 3 full Brownie units in your District – it is likely time to open the 4th! Facility limitations, and of course, the continued leadership recruitment can be barriers, but it is doable, and I'm here to help.

Maybe your District or Area includes a community that would be a great location for a new unit. The success I talked about in the fall with our new units in Guysborough, Oxford, and Liverpool and beyond, is really what is helping us maintain healthy registration numbers in Nova Scotia. There are likely many more communities that might need time to think about it, and get some word out - and we have the winter, spring and summer.

Let us make a new year's resolution... let's spread the word – Guiding is Great. Guiding is doing great things in Nova Scotia. Tell your friends. Tell your coworkers. Tell the other parents at preschool/dance class/karate. Tell your Twitter and Facebook friends. Tell them why you love being a part of this great organization, and why they should consider getting involved!



WHAT ARE YOU WAITING FOR?

VOLUNTEER WITH GIRL GUIDES

Girl Guides of Canada
Guides du Canada

girlguides.ca **1-800-565-8111**
Girl Greatness Starts Here

DISTRICT SPOTLIGHT

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

Western District is located at the Southwestern tip of Nova Scotia, within Harvest Trail Area. There are currently 21 units stretching throughout Carleton, Salmon River, Pubnico, Wedgeport, Yarmouth and for the first time since 2007, a unit in Tusket. This adds up to 175 girls, 38 Guiders, and more being added each year.

Units within Western District are very busy working on their program, camping and taking part in events in and around their communities such as parades, ceremonies and helping out where ever they can. However, we love to get together for events as a District as well. Each year the Guides, Pathfinders and Rangers throughout the District get together to go winter camping, and in the summer attend Camp What Knot (described by most girls as "the best camp ever"). In 2015, the Sparks and Brownies got together in March for what is likely to become the 1st "Annual" Spark/Brownie Snowball where everyone came dressed as a princess to take part in dancing, crafts, face painting and making lots of new friends. Units from all levels get together throughout the year as well for events such as "Girl Guide Night" at the Mariner's hockey game, a family skating party over the holidays and the "Friendship Rally", which is a one night camp for all levels of Guiding.



Left :
Wedgeport
Units learning
about fire
safety

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

DISTRICT SPOTLIGHT

continued...

Each year in February, the entire District comes together for our annual World Thinking Day Rally which is a fun-filled day to learn more about Guiding in other parts of the world and collect money for the C.W.F.F. In Western District, units are challenged to collect funds with the help of Diversity Bear. "D.B." was created in 2003 to challenge units to see who could collect the most money for the C.W.F.F. The unit collecting the most money (on average) gets to host Diversity Bear for the year. D.B. gets to earn badges for her very own campfire blanket, and take part in activities and special events.

In 2015, Western District marked a huge milestone as units celebrated 100 years of Guiding in Yarmouth. With increasing activity in our communities to let everyone know that Guiding is here to stay, plans are certainly underway for another hundred...



*Above :
Diversity Bear*



Above: A visit from Iris Richard of the Amicae Trefoil Guild



*Above: Yarmouth Units getting
ready to participate in the
Remembrance Day Ceremony.*

Snowshoeing



Looking for some good ol' winter fun? Why not introduce the girls to snowshoeing? There's a badge for that!

Hike NS Winter Guided Snowshoe Hike Series 2016

Hike Nova Scotia and 28 host organizations across the province have partnered up to offer the 2016 Winter Guided Snowshoe Hike Series in January, February and March. There are over 50 hikes led by local folks and participants qualify to win "trail prizes." Most hikes are free unless otherwise indicated in the schedule. (Remember that Girl Guides are not initiating any of these hikes, so if Safe Guide procedures are needed, please plan accordingly).

We do offer several pairs of snowshoes at Guide House, as well, on the Hike N.S. website there are contacts around the Province to borrow, rent or purchase. Check out the list of events here: www.hikenovascotia.ca.

By Mary Louise Johnson, Provincial Program Adviser

Take the ROOF
off WINTER

International Trip Report

By Sarah Tanner, Harbourside Area

The **1st Windsor Park Pathfinders** started planning our trip to Europe almost 3 years in advance. When we finally arrived at the airport August 17th we were ready to go! The group decided to travel just with carry on luggage. We each brought a larger carry on backpack as well as a smaller one. Our kit list was quite reduced but the girls did a great job packing.

We had a long day of travel before we arrived in Edinburgh. We stopped in Toronto and then Frankfurt, arriving in Scotland 28 hours later. The group powered through and we hopped on a double decker bus that took us to our accommodations, about 20 min from the city centre. We stayed at the "Currie Hut" which is a

guide hall. Our host, Sheila, rescued us as we got off the bus too early. She was our saviour! That night a guide unit was meeting in the hall so we were able to see their uniforms and learn some of their songs. The girls gave out some badges at the end of the night.



We had a kitchen at the hall so we made our lunches the night before, had a good breakfast in the morning and were able to make supper for ourselves. We had purchased the Royal Edinburgh Ticket, which includes main attractions and a hop on hop off bus. The first day we went to the Royal Botanical Gardens, the Royal Yacht Britannia and the Palace of Holyrood House. The glass houses in the gardens were a must see. The following day we stopped at the Guide Store before going to Edinburgh Castle and saw the Crown Jewels of Scotland. Afterwards we made our way up a trail that ended up overlooking the city. The weather was fantastic. We had supper at the Hard Rock Café where we got free ice cream at the end!



Edinburgh was a huge hit with the girls and a great start to the trip. It was old and quaint with lots to see. The girls felt comfortable there and many want to return.

The third day we got up at 5am in order to catch a bus to the train that would take us to London. Many of us slept on the very busy train. It was a quick trip with gorgeous countryside. The weather forecast for most of our trip didn't look great so we decided to walk to Baden Powell House when we arrived. We stopped and had a snack at Trafalgar Square, walked through Picadilly Circus and rested in Hyde Park. It was warm but we saw lots of the city that day! That night we showered, did laundry and got to bed early.

International Trip Report

continued...

Our first full day in London we travelled to Harry Potter Studios. Some girls were more excited than others but everyone (including the leaders) found it fascinating. Afterwards we walked through the gardens of Kensington Palace in Hyde Park before having supper at Giraffe. The next day the rain started. We travelled by bus to Stonehenge. Despite the rain it was a magnificent site and our tour guide was hilarious. After Stonehenge the bus took us to Bath where we entered the Roman Baths and got to drink from the spring. Bath was a cute town that we wandered around for the rest of the day.



Baden Powell House had a great breakfast buffet that is well worth purchasing. We had been warned against the packed lunches though as they weren't that healthy and didn't have much variety. Instead, we walked to the close Sainsbury's (grocery store) each morning and got a lunch deal. For three pounds this included a salad/wrap/salad/sub, a drink and a snack. Everyone got what they wanted and we were all satisfied. We thought we had a kitchen to cook in but did not. We ate out twice and for three suppers picked up something quick from the grocery store.

For the two remaining days in London we had purchased the London Pass. This gave us travel throughout the city and included many attractions. The girls had voted in advance for what they wanted to do so we based our itinerary on that. We ended up in the line-up for the Tower of London as it opened. The skies opened up with rain but we were able to dart in between buildings to see what we wanted to. We saw the British Crown Jewels, they have a moving side walk that brings you past them so that you don't hold up the line. After the Tower of London we walked to the waterfront and took pictures with Tower Bridge in the background. Our next attraction was the London Bridge Experience so we walked across Tower Bridge to the "scariest attraction in all of London". Two of the girls did not want to do this activity so one of our leaders took them to 2 attractions next door. The first was Southwark Cathedral, which was quiet and beautiful. The second was the Old Operating Theatre. It was the oldest surgery still standing in the world. Both groups enjoyed themselves but some found the London Bridge Experience too freaky.



After supper we made our way to Pax Lodge. We were vibrating with excitement. We spent the first hour choosing our purchases and exploring. The group we were doing our programme with was from Ontario and were delayed so we kept ourselves occupied. The night's programme involved learning more about Pax. Two Scout volunteers from Portugal were volunteering and they taught us a lot of new claps, which is something they do after every activity in Portugal. We made friendship bracelets and did a scavenger hunt. We also got to preview an activity for Thinking Day next year: we felt privileged.

International Trip Report

continued...

The next day with the London Pass started by taking the tube to Buckingham Palace. We stopped by the Guide Store first before walking to see the palace. We were supposed to go into the gates to see the changing of the guard but the day we had scheduled was cancelled. After Buckingham Palace we walked to Westminster Abbey and Big Ben. We ate lunch on the steps before the rain started again. Our afternoon was spent doing a cruise on the River Thames. It was nice but hard to see much with the rain and everyone was pretty tired. We headed back to Baden Powell House to pack and do laundry before leaving for Paris the next morning.

The Eurostar to Paris was another early morning but we had no complaints. We left before 530am and made it in plenty of time. The train was busy and quick. We arrived in Paris at 11am and had the entire day in front of us. After dropping off our luggage we decided to take advantage of the beautiful day by walking around the city to see the attractions. We stopped at Notre Dame, which has free admission and the line-up moved very quickly. It was so different from Westminster Abbey and everyone had a favorite between the two. We walked to the Catacombes and stood in line for 2 hours. The group felt lucky though, it was the longest wait we had, so we didn't mind. The Catacombes were fascinating and it was so hard to fathom what happened there. Our last stop was the Eiffel Tower. We brought a picnic of meat, cheese and fresh baguette to eat on the lawn before climbing. It was perfect. We waited in line for the stairs and after 45 min of waiting army men with guns started moving the line away. There was an unattended child's backpack that was being treated as a bomb. We were asked to leave, which we gladly did.

The next day more rain came down than the city of Paris has seen in years! We were used to the rain in London though so we kept on going. We did a 2 hour bus tour which showed us the Arc d'Triomphe, the Louvre, Champ d'Elysées along with many other attractions. We returned to the Eiffel Tower and climbed the stairs. It didn't take as long as we thought it would to go up the 669 stairs. Afterwards we did a River Cruise of the Seine, again, not a lot to see in the rain. For dinner we ate out at Au Metro. It was one of our girl's birthday and our last night so we had pizza and dessert. We ordered in French at the insistence of our waiter, who was great.

The next morning we got breakfast from the closest Boulangerie. All of the girls got a pain au chocolat. Many got pastries to take home with them. We took the tube to the airport and ate cold pizza leftovers for lunch. The flight home was uneventful and all of the girls were happy to be home.



While we had a fantastic trip it wasn't without a couple of challenges. Most were out of our control, like weather and unattended backpacks at the Eiffel Tower. The amount of planning we did paid off and our trip went smoothly overall. The favorite place of the trip remained Edinburgh, with Paris second and London third. We were nervous about the safety of Paris and heard that it was dirty. We didn't find either of these things an issue. We enjoyed London and all we saw but don't feel the need to return any time soon.

The trip was a lot of work to fundraise and plan for, but was completely worth it. Our unit is only 3 years old so this was our first trip. We're going to GM and plan on taking another trip. We will learn from our challenges and make the next trip even better!

UNIT NEWS

Girl-Lead Camp, By Kayla Bernard, 25th Halifax Pathfinders

This past November was my first ever camp as a Pathfinder leader. It was definitely an interesting camp, as not only had I never camped with girls that age before, but I had also never attended a fully girl-lead, girl-planned camp. First off, the two 3rd-year girls who planned this camp did an amazing job. But the best part was watching the girls adapt their plans to make sure everyone had a great time.

Going into this camp the girls only planned one badge, but hoped to cover bits of others... but that planned quickly changed: Friday evening around the wood stove the girls decided that they wanted to complete more than one badge at this camp. By the end of the camp they had completed ten! The 3rd-years happily helped the younger girls with completing the badges even though they had half of them already. They pulled together their resources using the talents from each other... Someone lead a dance, while another taught knots.

When it came time to present their badges a few weeks later they were filled with pride. And now, knowing what they can now do, they are even more excited for our winter camp. They have also inspired their other fellow pathfinders to try out camping, as some have yet to try it.



My biggest take away from this camp as a leader, is to step back. Allow the girls to lead and shine!



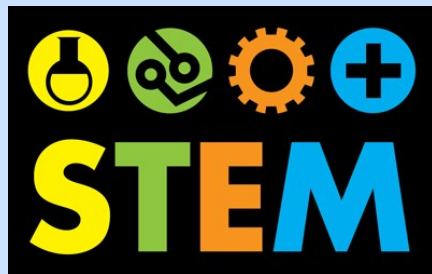
This & That

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Engineering Adventures 2016 – Save the Date!

Nova Scotia Program Committee will once again be offering Engineering Adventures (formerly, Engineering Quest) **Fri Mar 4 – Sun Mar 6, 2016** in celebration of National Engineering Month in Canada.

The weekend, specifically for Pathfinders and Ranger-aged girls, will entail all-day sessions with professionals, learning about career objectives from science, to technology to engineering. These female role models range from trades to technologists to engineers to project managers, in order to highlight the diversity of professionals on an engineering team. Girls will be travelling from Dalhousie Sexton, to the Discovery Center and overnighting in a nearby Church. Engineers Nova Scotia is also a supporter of this exciting event.



Encourage your Pathfinders, Rangers, and Trex to consider this event! Several self-reported EA 'alumni' have pursued engineering careers due to the exposure, encouragement, and contacts from the event.

Keep checking our website, www.girlguides.ns for the registration form—coming soon!



GGC has recently launched the new, revised **Say No To Violence** challenge. Violence against girls and women is a serious and pervasive issue. Those completing the activities will gain a better understanding about gender-based violence and healthy and unhealthy relationships.

Are you comfortable with the subject matter mentioned above and able to assist Guiders across the Province with answers or resources if needed? Do you have a background in this area and are willing to share time and suggestions?

If this sounds like something you'd be interested in championing, please fill out a Volunteer Application on the provincial website at www.girlguides.ns.ca -> Volunteers -> Guider Resources -> Volunteer Application. The completed application should be emailed to ggcns@girlguides.ns.ca by January 30th, 2016. Be sure to put "Say No to Violence Champion" in your subject line.

For more information on the challenge itself, visit the national website at www.girlguides.ca -> Programs -> Specialized Programming -> Challenges -> Say No to Violence

This & That

continued...

Rangers - Help Wanted!

Looking for committee members to work with their Area Program Adviser and the Provincial Program Team in creating a fabulous Provincial Active Living Challenge.

One excited Ranger from each Area will have the opportunity to help with creating the content, formatting the challenge, and finally, the crest design. This work will begin soon and will include many communications via email and conference calls.

If you are a team player, have an interest in Active Living activities, and even an artistic flair for crest designs and this opportunity sounds like it's just right for you, please let us know! Simply send an email, with the following information, to **office.manager@girlguides.ns.ca** please state Ranger ALC in title.

- Name
- iMIS #
- Unit Name
- Email address
- Please also tell us why this interests you
- *Be sure to use "Ranger ALC" in the subject line of your email*

Deadline to apply is January 30th, 2016 so don't delay. All applicants will be notified by January 31st, 2016 via email.



Thanks,
Mary Louise Johnson, Provincial Program Adviser

Save the Date! This year's **Youth Recognition Ceremony** will take place on June 4th. Forms and more information will be available soon at www.girlguides.ns.ca, so stay tuned.

We are happy to announce that the **Archives Lending Program** is back up and running – thanks to some new volunteers !!

If you are looking to borrow Uniforms, Artifacts or have questions about what's available from Archives, please contact **archives@girlguides.ns.ca** or complete the Archival Lending Request Form found at www.girlguides.ns.ca -> Volunteers-> Guiders Resources -> Forms.

Please note the Committee is requesting 15 days advance notice for all requests.

This & That

continued...

PHOTO CONTEST!

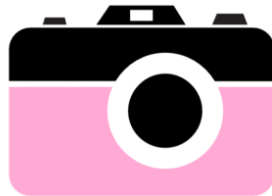
**Attention Nova Scotia Guides,
Pathfinders and Rangers!**

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

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

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

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



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



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Editor's Note:

I hope everyone had a wonderful holiday, spent with family and friends. Now that we're back to the Guiding year, don't forget to send me what your unit's been up to! Submissions are due by the 1st of the month, and can be emailed to me at coastlines@girlguides.ns.ca.

Happy New Year to All!

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

