



# Coastlines

Spring 2016



NEWSLETTER OF GIRL GUIDES OF CANADA - NS COUNCIL

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## Changes to Coastlines by Lauren Smith, PR Adviser



What is changing? - Beginning with this issue, the Coastlines newsletter is becoming a **quarterly publication!** There will be **FALL** (late October), **WINTER** (late December), **SPRING** (late March), and **SUMMER** (late May / early June) issues, which will continue to be emailed to all Guiders, Link Members, and Rangers.

What isn't changing? The content! Coastlines will continue to publish great news stories and articles featuring our members, including unit news, district and area news, Trefoil Guild activities, and travel updates. Membership and programming resources (such as meeting, STEM and craft ideas) will continue to be provided.

Please Note: *If you have news that is time sensitive, Coastlines is not the proper venue for it's communication.* Registration forms, upcoming events and important changes to policies and directives should be communicated via direct email. You can also use our social media channels (Facebook - [www.facebook.com/GGCNS](http://www.facebook.com/GGCNS), and Twitter - @GGCNovaScotia) to keep up-to-date on all things Guiding.

As always, Guiders are encouraged to send their photos and articles to our Newsletter Editor, Christian Brousseau, at **[coastlines@girlguides.ns.ca](mailto:coastlines@girlguides.ns.ca)** for inclusion.

All information relevant to your GGCNS membership will be communicated as needed through e-blasts from the main office, updates to our website ([www.girlguides.ns.ca](http://www.girlguides.ns.ca)), and in Canadian Guider and The GuidePost. (Please ensure your email address is current in IMIS in order to receive communication). If you have any questions regarding this, please contact me at [pr@girlguides.ns.ca](mailto:pr@girlguides.ns.ca).

# Cookie All-Star!

By Cindy O'Hearn, Provincial Cookie Adviser

Recently I interviewed Kiera, who, during the 2014-15 cookie campaign, sold 80 cases of cookies and claimed a top prize in the Cookie All Star program! Although I only spoke with her for a few minutes, I could sense her excitement and enthusiasm, and her wonderful attitude towards Guiding came right through the phone.

As you can see, she does not live in a large municipality, so it truly is possible for anyone to achieve the top reward! After talking with Keira, I am sure she is well on her way to earning the top prize for this year too— a Go-Pro camera!



## Interview with Cookie All-Star Keira!

**What unit are you with?** *3rd Bible Hill Guides*

**How many years have you been in Guiding?** *I started as a Spark, but only for one year, so this is my 6th year.*

**How many cases of cookies did you sell?** *I sold 52 cases of mint cookies in the fall.*

**How many cases of cookies did you sell last Guiding year?** *I sold 80 cases total, for the spring and fall campaign combined.*

**How did you do it?** *I went door to door, flea markets and malls.*

**Did you have help?** *Yes, from my parents.*

**Was it hard?** *Well sort of. It took a while to sell them all.*

**Did you take the Mosaic camp credit as your prize?** *Yes. I'm excited to go to Mosaic!*

**Would you do it again (sell that many cookies)?** *Yes.*

*Editor's Note: Spring Cookies were due to arrive the week of Mar 21-25. If you do not have them yet, they'll be arriving soon!*

# Membership Report

By Jo Swinemer, Membership Support & Community Development

As it has been for the last few years, registration for 2016-17 will have a 3 tier roll out:

<b>April 4<sup>th</sup>:</b>	Registration will open for girls returning to their same unit. This includes girls in multibranch units, even if changing branches.
<b>May 2<sup>nd</sup>:</b>	Registration will open for all current members registering for a different unit, changing locations, or moving branches.
<b>June 1<sup>st</sup>:</b>	Registration will be open for all girls. New and returning.

## A few things to keep in mind, regarding registration:

- Registration begins at 11:00AM Atlantic for all periods.
- Ontario Guiding, the largest province, will have their dates shifted ahead a few days to reduce the system load and hopefully avoid site issues on launch days. This worked well last year.
- Parents will receive email reminders about these dates. Those with no email on file will receive a letter through the mail. Statistics show that less than 60% are read.
- Unit Guiders should remind parents about registration and explain options to parents. Registering early means avoiding disappointment. Girls who can register in April, should!
- Registration fee for 2016-17 will be \$100 for all girls in Nova Scotia.

Online registration in Nova Scotia was about 84% for 2015-16. That means that 16% of our members are still doing paper. About 9% need to do paper registration, but we can still improve our online numbers. Please encourage families to do online registration. We are seeing more folks using pay pal, which means you don't necessarily need to have a credit card.

Online registration is instantaneous. Parents get the receipt and the confirmation right away. Online registration has worked very well, and a few minutes of technical support on the phone is usually still faster than the paper registration process.

Paper registration will continue to be necessary for the following girls/families

- ⇒ Transitioning Members (18 year olds, those born in 1998)
- ⇒ Girls requiring payment plans or those applying for Guiding Assistance or receiving funding from outside organization (ie Jumpstart).

Please provide all parents with **1-800-565-8111** for all registration questions. Thank you to all the Guiders for your support.

# Dance into Spring!

By Catherine Droesbeck, Provincial Active Living Advisor



If the rainy spring weather is preventing you from getting outdoors, dancing may be the answer for an indoor (but still active!) meeting. Dancing is a terrific physical activity, and the best part is... everyone can do it! The idea of dance is self expression - to just move to the music however you want. It's good for our whole body and relaxing to our minds. So why not plan a night which will focus on dancing? Girls can even work towards a dance or special interest active living badge while doing so.

Spend a few minutes at a meeting one evening finding out from the girls if any of them know or study a particular dance (ie. Highland dancing, ballet, hip hop, other cultural dances). See if a few of them will be willing to demonstrate the dance to the group at the next meeting. If there are several – great! This will leave time for both demonstrating, and for letting the other girls try a few moves themselves! The emphasis is NOT on perfecting a move- it is about trying it out and learning a bit of information about the dance.

No budding ballerinas or break dancers in the unit? No fear, the web is FULL of people who are dancing and want other people to try their moves. You just need a couple of netbooks or laptops to show the fun. The best one I found (which is fun and easy to copy) is called “[Canadian Dance Moves](#)”. It will have the girls laughing and dancing in no time. You can pause the video at any time to demonstrate (or the girls can take turns demonstrating). See if the girls can think of other Canadian dance moves themselves! The link to “Canadian Dance Moves”\*\*\* is as follows:

<http://www.ebaumsworld.com/video/watch/82804380/> (\*\*\*) *Editor's Note: this video is hilarious! I highly recommend you incorporate it into a meeting somehow).*

How about a traditional Canadian Folk dance? Here is a traditional French Canadian dance, called “[La Bastringue](#)”, being demonstrated: <https://www.youtube.com/watch?v=0w6WJxNgSmY>



After the active part of the meeting, the discussion can follow about what girls like about dancing, how they feel when they are dancing, knowledge they may have about how their parents and grandparents used to dance, and what kinds of dancing they would like to learn someday. You can also divide up the girls into small groups and take 10 minutes and have them make up some dance moves themselves!

These are just a few ideas for including some dance into a meeting... There are many, many more ideas awaiting you from the girls or the internet, so **go get your groove on!**



# National Service Project

By Nicole Kreiger, Nova Scotia Literary Agent

Girl Guides of Canada has given its member the support and opportunity to give back to their community through a series of national service projects. 2015 and 2016 focuses on literacy and what that means to our community. Imagine if you could not read? How would that impact your day to day life? Many in our community have not had the benefit of access to reading material or support to discover the joy of reading.

**You can help!** The national service project has provided step by step instructions on how you can promote literacy in your community. Have a book drive and donate to your local library (check with your library first to see what kind of books they will accept) or volunteer to read to a senior at a local nursing home. These are just a few examples of how you can participate.

Two new activities introduced in 2016 are **Building a Storysack** which help both kids and grown-ups engage in the art of storytelling. Complete activity instructions are found on the website. This can be an excellent activity to enrich your weekly meeting. Another new activity is **Booking it Forward** where girls release books into the community that have been influential in their lives.

Girl Guides do great things....so far **Words in Action** has done the following great things:

- 45,075 Books Donated
- 6,444 Books Exchanged
- 378 Backpacks Donated
- 645.25 Hours Volunteered
- 2165 Guiders Participated
- 1,139 Non-Members Participated
- 9,989 Girls Participated
- 31 Storysacks Donated

Visit <https://nsp.girlguides.ca> to learn all about the great activities ready made for you to bring to your unit. Don't forget to submit details if you have completed an activity! Simply use the links provided for either unit or individual. And finally don't forget to order the beautiful crest that your girls (and Guiders) will absolutely love to add to their camp blanket!



# Engineering Adventures 2016

By Mae Lefrancois, STEM Adviser

Engineering Adventures 2016 (EA16) took place on March 4-6, and was an exciting opportunity for Pathfinders and Rangers to learn about science and engineering careers through hands-on workshops and meet & greets with female STEM professionals. These professionals are from academia, industry, and government. 40 Pathfinders and Rangers registered for EA16. The EA16 program was implemented at the Dalhousie University Engineering Campus, Discovery Centre, and St. Andrews United Church in downtown Halifax.

March is National Engineering Month (NEM) all across Canada. It is an opportunity to recognize the contributions of engineers to our modern life. Engineers Nova Scotia advertised EA16 as an event that observed NEM and was supported by Engineers



Nova Scotia. The theme of EA16 was "Oh! The places you'll go". Yes, based on the perennial favorite Dr. Seuss book. The EA16 focus was on the wonderful and unique places (not just geographic) that engineering takes engineers to through their careers. EA16 started with the book being read to the girls by John Lithgow from a U-Tube video.

Early Saturday morning girls and Guiders hiked through 5cm of snow on Spring Garden Rd. to go from St. Andrews United to Dal for the EA16 program. At Dal, the girls started with the "I want to get a job and buy a car" activity where they were given jobs / careers with salaries and had to budget for the life style they could afford in terms of housing, transport, food, weekly entertainment, annual vacation, clothing, internet access, phones, etc. Then, they had a \$10k surprise in the form of a baby or the roof falling in and had to re-budget accordingly.

Next, the girls spent time with a Dal Admissions Officer to learn how to get accepted at Dal to study STEM and especially Engineering. The Admissions Officer also talked about the programs, scholarships, and IB and AP credit transfers. After a break, the girls in patrols went through several 45 min hands-on workshops led by an engineer. The workshops were on topics in atmospheric sciences; exotic materials; aerodynamics and rocketry; building a space station scissor lift, and reliability engineering / risk management.



After the workshops, girls were at the Career Quest Meet & Greet. Fourteen Professional Engineers were on hand to address the theme. Girls were given biographies of the engineers. They were also given surveys which require they speak to as many engineers as possible. The Career Quest Survey posed questions on the engineers' unique paths, education, work experience, work-life balance, volunteer work, sporting activities, hobbies, and personal milestones (getting married, having a baby). Prizes were awarded for the best completed surveys.

# Engineering Adventures 2016

... continued

Saturday evening the girls were at St. Andrews exploring how to be a professional and life as a female professional. The activity was loosely based on Stephen Covey's "7 Habits of Highly Effective People" (Big Rocks Planning Strategy). The girls crafted their life plan on a piece of paper and wrapped it around their stomp rocket. Then, they enthusiastically practiced firing their rockets so they could launch their life plan at the Discovery Centre next day.

Sunday morning the girls went to 2 sessions at the Discovery Centre. One session was to visit the exhibits (feature exhibit: *A T.Rex named Sue*) and the other was a digital engineering bridge design. Then, the girls were in a plenary entitled, "Following Dreams – not Orders" by Sreejata Chatterjee, a young local STEM professional who is also an entrepreneur. She presented yet another possibility as a STEM professional.

Finally, EA16 ended with Engineers Nova Scotia engineer, Rosalie Hanlon, P.Eng., cueing the girls to launch their rockets at the Discovery Centre's Little Theatre screen to launch their life plans and NEM in Nova Scotia. What a spectacular sight to see 35 rockets, carrying life plans, all simultaneously in the air!

The girls' event evaluations were quite positive. Along with having a fabulous time, Pathfinders had earned 11 challenges and the Rangers earned 5 towards their program.



Nova Scotia Girl Guides acknowledges the support of Dalhousie University Faculty of Engineering, Engineers Nova Scotia and the Discovery Centre for their contributions towards a successful Engineering Adventures 2016.

Thanks are also due to the hard work of the event staff: Kayla Barnard, Cheryl Chambers, Caira Clark, Alana Coneen, Cheryl Franklin, Mary Louise Johnson, Lisa Pretty, and Shannon Sibbald.

# A GUIDE ON A MISSION!

*Editor's Note: Karen Dauphinee, Co-District Commissioner South Shore, brought Stella Bowles to our attention, and we are so glad she did!*

**Stella Bowles** is a 12-year old with the 3rd Bridgewater Guides, who has been working on a science project concerning the pollution in the LaHave River. She has discovered that the water is not even safe for human contact due to the pollution caused by sewage being dumped in the river.

She has created plenty of awareness in the public, as well as the Town of Bridgewater. She has done a presentation to the local Salmon Association in Bridgewater and is waiting for a date to meet with the Town Council to present her findings. She was also featured in the Dec 2015 edition of the Coastal Chronicle (see below for the article, reprinted with permission).



Stella plans to continue working on this project until action is taken to make the river safe for recreation. Stella is certainly "taking action for a better world"!

Want to hear more? To follow Stella's progress, check out "**LaHave River - Stella's Science Project**" on Facebook. *Way to go, Stella!!*

## LaHave River fecal bacteria contamination

Shanna Fredericks, Coastal Action staff

Coastal Action has monitored bacteria levels throughout the LaHave River Estuary for the past two years (along with our eight years of water quality monitoring across the entire LaHave River Watershed) and results consistently exceed Health Canada guidelines. This means people using the LaHave River Estuary for recreation such as swimming, boating, and fishing risk contracting illnesses like gastroenteritis, respiratory infections, or hepatitis. Bacterial pollution comes from livestock, wildlife, stormwater run-off, malfunctioning septic tanks, sewage treatment plants, and straight pipes. Twenty years ago there were over 800 straight pipes

discharging into the estuary. We know they haven't all been replaced and continue discharging raw human waste into the LaHave every day. The good news is people acknowledge this health hazard and word spreads quickly. Local youth, in particular, are disgusted to learn that straight pipes (which are illegal) pollute the river they love to play in. Stella Bowles (grade 6, Bridgewater Elementary) began collecting and analyzing water samples for her science project. We're happy to see increased awareness and action towards protecting the health of the river and our community - we look forward to Stella's results! 🐟



Grade 6 student Stella Bowles analyzing bacteria samples she collected.



**Airport Visit,** By Kimberly Batten, 5th New Waterford Brownies

On January 6th, the 5th New Waterford Brownies had the opportunity to tour the JA Douglas McCurdy Airport in Sydney. The girls had an amazing time learning about the airport and how it got its name. After they watched some videos about different types of airplanes, the girls were able to visit the check-in area and the security boarding area. The staff at the airport were absolutely amazing with the girls and taught them how and why they X-ray bags when people travel. The girls had fun scanning the leaders' bags and trying to figure out what was inside!

The tour finished off with the girls visiting the control tower... they even got to walk outside on the railings surrounding the control tower that looked over the runway! Not only did the girls have a great time with the amazing staff of the airport, but the tour also helped them work on their STEM key!



## An Emotional Spark Meeting,

By Olivia, Jessie, Kaitlyn & Jade, 1st Halifax Rangers

Recently, our Ranger unit arranged and executed a meeting for a Spark unit in our district. We chose a theme: emotions and the movie Inside Out. We thought it would be educational and fun for young girls. We chose a game, a craft, and a skit all based around our theme.

In order to prepare for the meeting, we spoke to the Spark leaders about what they normally do at their meetings. We didn't want to rearrange their meeting too much, so that they would still be used to it.

We came up with three messages that we wanted the Sparks to learn in the meeting:

- Everyone has emotions
- It's okay to have emotions
- We need to talk about our emotions

Then, we began to think about crafts and activities related to these messages. We came up with unique ideas that we thought would grab Sparks' attention. Finally, we laid out our plan:



To start the meeting while the Sparks were arriving, we had the girls colour pages from the movie Inside Out. Most of the girls know the movie and it fit in with our theme because it is about emotions, so it was a good start. After colouring, we put on a skit about emotions. It was based on kids on a playground. We showed how everyone has emotions but when we talk about them, it was better.

Next, we played a emotion matching game. We handed out cut-outs of emojis and got the girls to act out their emotions. They had to find the other person that had the same emotion as them.

For a craft, we had each girl make an emotion cube. The girls drew emotions on each side of a wooden cube. The idea was to show that all emotions are connected and that we have all emotions inside of us. To finish, we had a campfire.

Many things went well in our Sparks meeting. All of the girls loved the game and asked to play it many times. The game was easy to explain and simple for young children. The craft also went very well. They loved tossing the cubes up in the air to see which emotion it would land on.

In conclusion, we enjoyed ourselves and the Sparks had a great time. We learned about the preparation that a Sparks meeting takes and we are looking forward to planning our next one.



# UNIT NEWS

... continued

## Winter Camp, By Christian Brousseau, 2nd Bedford Guides

In February, we enjoyed a fun-filled weekend at Anne Fraser House! The weekend was full of outdoor activities (from spray painting snow, to sledding, to doing a science experiment involving an exploding bottle of Diet Coke, to making ice cream out of snow) and lots of indoor fun too: we made crafts, did secret Valentines for each other, learned some old-fashioned string games like cats-cradle (this was a HUGE hit with the girls- who needs electronics, when you have a piece of string?!), and made fleece blankets to donate to the IWK.





## South Shore Thinking Day Event, By Sandra Johnston, 1st Bridgewater Guides

Mild weather greeted the units on the South Shore for our first ever District-wide Thinking Day event. We had a fantastic turnout for it, with 88 girls and leaders from 13 units participating!

We arranged for the Lunenburg Short Wave Radio club to join our event and the girls participated in GOTA – Girl Guides on the Air. The air waves were alive with chatter across Nova Scotia and beyond.

As if celebrating Lady Baden Powell's birthday, singing songs around the campfire, making camp hat crafts and getting to talk to people on the short wave radio wasn't enough, the girls also painted tiles to go on the wall at Camp WoHeLo, here in Lunenburg County.



(When the sleeping quarters and washrooms were added to the camp in 2006, all the units in the District at that time decorated tiles, which are proudly displayed on the walls around the sinks. One girl decorated a tile then as a Brownie, and came back for this event so she could decorate a tile as a 1st year leader!).





# AREA NEWS

## Tri-Waters Area Thinking Day Campfire, By Yvonne Carter, Area Commissioner

On February 21st, our Area enjoyed a wonderful campfire together in celebration of Thinking Day. We had 286 members in attendance and approximately 35 units attend. The Rangers and Pathfinders did an amazing job, and provided a fun afternoon of skits, songs and more.

Our next Area event will be an outdoor challenge/ fun day in the fall .



## Harbourside Area Winter Round-Up 2016,

Kim Cormier, Camping Adviser, Harbourside Area

On January 23-24, Harbourside Area hosted their first Winter Round-Up at the Prospect Road Community Centre. A total of 140 Guides, Pathfinders, Rangers and Guiders representing all six Districts enjoyed a fantastic time together!

Girls spent the evening participating in a Zumba Class lead by a local instructor, having a mock snowball fight using socks (122 pairs in total) that were then donated to a local organization, and enjoying Sunday Supper. To finish off the evening, popcorn and treats were served up while the girls took in the movie "Inside Out".

To round off the event, in the morning, the girls and Guiders spent time practicing some of their camp skills using pull 'n' peel licorice to practice some commonly used knots, making mini camp gadgets with food skewers and then took home two camp hat crafts they made to add to their collection.

A great time was had by all!





# TREFOIL GUILD TALES



## Dartmouth Trefoil Guild Celebrates Thinking Day!

By Darlene Duggan, Memory Lane Co-President, NS Provincial Trefoil Guild PR



Thirteen is not an unlucky number when it is thirteen sisters in Guiding from Dartmouth Trefoil Guild celebrating Thinking Day. Special guests at the event were Trish MacDonald (Provincial Trefoil Guild Adviser), and her cohort, Darlene Duggan (Provincial Trefoil Guild PR). Shirley Tolhurst, President of the Dartmouth Trefoil Guild, welcomed the guests and opened the meeting with the Trefoil prayer. She informed us that there are 145 countries in WAGGS and that we would be celebrating them later.

After the business meeting, two new members were inducted and we renewed our Promise. Lists of the WAGGS member countries were distributed to each of us, along with a candle. As each candle was lit, we stated a country from our list, the date Guiding started there, how many members there were, and if they had girl only or girl/boy members. It was interesting...and heartening...to see the numbers. Each person had brought a recipe from a different country and these were collected to be compiled into a booklet for the next meeting.

Time was running short but we managed to sing a couple of Guiding songs...and as I listened, it made my heart sing to hear our strong voices blending in true Guiding spirit, meaning every word of "On My Honour" (I can't get through that one without a tear).

These ladies really do know teamwork... each one seems to have something to contribute as they...together...are *Keeping the Spirit Alive*.

# TREFOIL GUILD TALES



## Hardwood Lake Trefoil Guild Pancaking It

By Darlene Duggan, Memory Lane Co-President, NS Provincial Trefoil Guild PR

Some were chefs, while some enjoyed a great pancake supper (postponed because of a storm on Pancake Day). It seems that people had larger appetites due to the postponement...there was a very busy crowd, families, seniors, and...thirteen members of Hardwood Lake Trefoil Guild.

The menu had advertised pancake supper, but this was small community and small communities know how to provide a hearty meal. This one consisted of not only pancakes, but homemade baked beans, ham, and also cake and ice cream for dessert. Cost was freewill offering, and I am sure this fundraiser was a success.

We all were wearing our purple shirts and I was pleased when a mom brought her daughter over and asked if we were "Brownie people" because we were laughing and having so much fun. Isn't it great that we would be known for that...laughing and having fun.

Those of us who attended enjoyed every bite and our shared time together. Time spent with good friends over a good meal is time well spent...time spent ***Keeping the Spirit Alive.***



## Trefoil Guild Sisters



My Trefoil Guild sisters keep me strong  
 They accept me just as I am  
 With them I feel that I belong  
 Their support makes me know that...I can.  
 By the time we have reached this stage in our lives  
 We've experienced all that life brings  
 They are there in the darkness when things have gone bad  
 And the light when joy lets our hearts sing  
 They are always as near as a telephone dial  
 They are quick with a hug or a tear or a smile  
 Walking beside you they'll share in your song



# TREFOIL GUILD TALES



## Provincial Trefoil Guild Advisers - Past and Present Together



A few of our Provincial Trefoil Guild Advisers celebrated Thinking Day together. From left we are: **Margaret Embree** (1998-2002), **Beverly Woodward** (2002-2007), **Darlene Duggan** (2009-2014), and **Trish MacDonald** (2014-present).

And on this Thinking Day we remember our past Advisers:

Ruth Kennedy (1983-1988)  
Joan MacDonnell (1988-1993)  
Nickie Eisenhauer (1993-1998)  
Beth Williams (2007-2009)



# ***This & That***

## **CAMP BOOKING CONTACTS UPDATED**



Please note that camp booking contacts and property phone numbers have been updated. This information can be found on the provincial website at :

**[www.girlguides.ns.ca](http://www.girlguides.ns.ca)** -> Program -> Camping -> Camp Contact Sheet

## ***Nova Scotia Council***

The Nominations and Search Committee is now accepting applications for Volunteer Opportunities for **Nova Scotia Provincial Council and Committees**.

A slide of the Council Structure and a link to the open volunteer opportunities is available at [www.girlguides.ns.ca](http://www.girlguides.ns.ca) -> main page under News and Articles.

Completed applications can be forwarded to [nominations@girlguides.ns.ca](mailto:nominations@girlguides.ns.ca) Please note deadline to apply is April 8<sup>th</sup> 2016.

## **ANNUAL GENERAL MEETING Girl Guides of Canada – Guides du Canada, Nova Scotia Council**

The Nova Scotia Provincial Council 2016 Annual General Meeting will be held at Days Inn and Conference Center, Bridgewater, NS on Saturday, June 11th 2016 starting at 5pm. Following the Annual General Meeting, dinner will be served commencing at 6:00pm.

While all Guiders are invited to attend the AGM, those wishing to attend the dinner should forward \$30 per person to the Guide Office with the name(s) of attendees by May 20th 2016.  
\* Please advise of any dietary concerns at time of ordering dinner ticket.

Accommodations are available a rate of \$111.00 (taxes included) per night based on double occupancy. Should you wish to book a room, please contact Miriam MacDonald directly at [miriam.macdonald@girlguides.ns.ca](mailto:miriam.macdonald@girlguides.ns.ca) by May 20th 2016.

Watch for more information on this event on [www.girlguides.ns.ca](http://www.girlguides.ns.ca) Hope you can come celebrate with us & see you at the AGM!



# ***This & That***

*continued...*

## ***PHOTO CONTEST!***

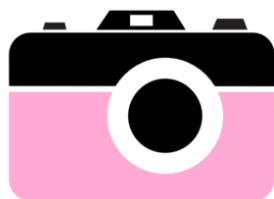
**Attention Nova Scotia Guides,  
Pathfinders and Rangers!**

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](http://www.girlguides.ns.ca) -> Program -> Challenges  
for more information on entering the contest!



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### **Editor's Note:**

Spring (and cookie season!) is finally here! As the weather becomes nicer, and you get outdoors with your units, don't forget to send your pictures and articles to [coastlines@girlguides.ns.ca](mailto:coastlines@girlguides.ns.ca). Your next edition of Coastlines will be emailed late May / early June. Happy Easter to all!

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

