



**Nova Scotia Council**

**Learn! Change! Grow!**  
**Nova Scotia Provincial**  
**Conference**

November 3<sup>rd</sup> - 5<sup>th</sup>, 2023

Camp Aldershot

583 Aldershot Rd

Kentville, Nova Scotia

**INFORMATION/REGISTRATION**

**BOOKLET**

## **Learn! Change! Grow! – 2023 Nova Scotia Provincial Conference**

The last three years hit us all hard. Guiding as we knew it changed and evolved. We faced challenges we never expected, and yet we persevered. Why? Because of our passion for Guiding. That passion has driven us to learn new ways of doing things, change the way we look at things and through it all, we've grown stronger.

So, we invite you to join us as we continue to ***Learn! Change! Grow!***

Our vision for this conference is to provide the time and space for Rangers, Bridging Members, Guiders, and Trefoil Members gain a deeper understanding and appreciation for their role in Guiding, share memories and experiences, learn new things, have fun and . . . most importantly, cultivate new friendships and nurture old ones!!!!

**Registration Deadline:** Please note that the registration deadline is September 22<sup>nd</sup>, 2023. Conference sessions will be emailed to registrants PRIOR to the Conference to confirm your session choices. Sessions fill up fast, so don't delay, register early!

Register before August 25<sup>th</sup> and have your name entered for an Early Bird Prize.

We will be delighted to answer any questions you may have regarding Conference at [ns-conference@girlguides.ca](mailto:ns-conference@girlguides.ca)

See you at Conference!

Provincial Conference Committee



Provincial Conference 2023

## What does it cost?

Funding for Conference 2023 for all attendees is shared 50/50 between your Area & District. Please ensure if you need to cancel your registration that you do it in advance of the registration deadline as Areas & Districts will be billed after this day.

If you fail to cancel your registration by this deadline, it will be at the discretion of your Area & District if you will be personally responsible to cover the registration fees.

Thank you to our Nova Scotia Provincial Council whose additional financial support is making this possible for you “our Nova Scotia members”.

### **Conference Cost – Plan A - \$150.00**

This includes the conference fee; accommodations on Friday and Saturday nights; and meals for the weekend (breakfast, lunch, snacks and supper on Saturday and breakfast on Sunday). **Supper will not be provided on Friday evening.**

### **Conference Cost – Plan B - \$100.00**

This includes the conference fee; accommodations on Friday night, you will have meals for Saturday (breakfast, lunch, snacks and supper

### **Conference Cost – Plan B - \$75.00**

This includes the conference fee and lunch, snacks and supper on Saturday.

## What if I register and then can't go?

Life happens, plans change. If you are unable to attend Conference, please notify the Conference Registrar at: [ns-confreg@girlguides.ca](mailto:ns-confreg@girlguides.ca) as soon as you can. The Conference Team will then be able to reallocate accommodations and sessions to waitlisted members.

**There will be no refunds after October 6<sup>th</sup>, 2023.** By advising the conference registrar of your cancellation, this will allow the opportunity for a waitlisted participant to attend.

## **\*\*NEW\*\* Conference Store**

We are thrilled to be able to offer an online Conference store, with several conference branded items. We are teaming up with Positive Identity, our official supplier of GGC merchandise.

Participants can purchase their own items and have them delivered right to their mailbox (just like Amazon shopping, only better!)

The conference committee will not be taking orders for conference merchandise. Feel free to do bulk orders amongst your Districts to offset the cost of shipping. Any Issues with orders, or refunds/swaps/etc will need to be facilitated with Positive Identity.

## What Should I wear?

Anything Guiding! Guiding Gear includes tops from GGC camps, conferences, events past or present and can be worn all weekend. If you wish to wear your GGC uniform during Opening and Closing Ceremonies, that is your personal choice.

## Where will I be sleeping?

Accommodations (barracks) and most sessions will be in Building 216.

The rooms have bunks (6 or 16) and lockers are also available to use.

Rooms will be allocated in blocks by District or Area, where possible. An option will be available on the online registration to choose a room buddy. Rangers and Bridging members will be allocated in a block together.

All rooms are on the ground floor but there are top and bottom bunks. There will not be assigned bunks, they will be filled on a first come first serve basis. You will require bedding, see kit list. Please bring items for your own personal comfort.

Check-in will begin at 4:30 pm on Friday and check out by 11 am on Sunday.

## What Should I bring?

### Kit List:

- A mug or travel cup
- A water bottle
- Toiletries, towel and facecloth
- A completed Health Form
- A pillow; sleeping bag, Extra blanket and fitted sheet (optional)
- Clothing for the weekend, Uniform/guiding gear (whatever you have)
- A lock (optional - each bunk has a locker to store belongings; rooms will not be locked as we do not have keys for each person)
- Materials to swap (optional - there will be a resource swap table running all weekend). Please note that items left at the swap table, at the end of the weekend, will be donated to second hand shops. The conference committee does not take responsibility for returning items.
- Your sessions list from the confirmation e-mail (we will not have a printed list of your sessions for you at registration)
- Snacks (optional, but you are allowed to have food in your barracks rooms, please be considerate of the shared space. There are microwaves and kettles in the common rooms.)
- An open mind and a teachable spirit
- Cash for the Ideas Market and Jumble Sale (Sunday Morning)

## When (& what) am I eating?

If you have dietary issues, please reach out to the registrars at [ns-confreg@girlguides.ca](mailto:ns-confreg@girlguides.ca) to discuss your needs. It may not be possible to accommodate any food/dietary needs/allergies/sensitivities, but our registrars will be able to discuss options.

Please understand that our ability to meet dietary needs is limited to what Camp Aldershot can accommodate. They have already advised that cross contamination may occur in some instances.

We are a large group, plus military personnel will be in residence, so to make meals run smoothly, we will be assigning meal slots to all our attendees. Again, please respect the times you are assigned, and we'd ask that you don't linger in the dining hall after you've finished, as others may be waiting to eat.

Food cannot be taken from the cafeteria.

## Ideas Market

The Ideas Market was originally started so that Guiders could pick up "ideas" to share with fellow Guiders or girls in their Units or Districts. On Sunday morning, before the Closing Ceremonies, tables will be set up for Guiders/Units/Districts/Areas to showcase ideas or sell items to support Girl activities. Basically, a Guiding craft fair, with area tables, Provincial Program Ideas and silent auction from the collections at Guide house. Be creative – Guiders do this best!! We all have ideas in there somewhere!

Keep in mind the following guidelines:

- If you're selling a craft, include the instructions on how to create the craft.
- If you are selling a cookbook, include some safety tips on cooking with girls or how to organize a unit meeting around cooking.
- If you are selling a Crest, share how the crest was created. The Crest should be sold for cost recovery only.
- Maybe you just want a table to share information about a Girl Guide Camp or event.
- **BUT – PLEASE, NO RAFFLES.** The purpose of the Ideas Market is to promote/share ideas or items that Guiders can take back and use with their Units. For that reason, the selling of tickets on a prize for one winner is not permitted.
- Deadline to request a table is September 22<sup>nd</sup>, 2023.
- Finally, if you wish to post any items on the wall behind your table, please use the white "sticky tack" rather than masking tape.

We invite all Guiding Units, Areas and Provincial Committees to request a table. Tables will be assigned on a first come first served basis. Watch for the Ideas Market tab when completing your conference registration.

**Remember to follow fundraising guidelines for approval when selling items. Your FR.1 must be submitted and approved before applying for your table.**

If you have questions or concerns regarding any aspect of the Ideas Market, please contact [ns-conference@girlguides.ca](mailto:ns-conference@girlguides.ca):– please put **Ideas Market in the Subject Line**.

## **Grow Where You Are Planted (Service Project)**

What better way is there to serve our communities, then coming together as a whole and making a BIG difference? This year's conference Service Project is going to be a little different.

\* Instead of asking each of you to bring items to conference, we are asking you to work with your units, Districts, Areas, Guilds, etc, to find an area in your community that requires assistance. You could make it a challenge amongst your Districts or Areas.

\*This could be the food bank, a transition home, etc - you know your communities better than anyone.

\*Work amongst yourselves to create and/or collect and deliver to your chosen charity.

\*Submit photos to us using the hashtag #GGCNSgrowingkindnessathome

\*We will create a mural of all photos of our efforts submitted to share.

## **How the Weekend is Shaping UP**

**Some things you'll see all weekend.**

Our Guiding Garden – Look for posters throughout the buildings, grab a sticky note and a marker to share your most favorite Guiding memory.

Colour Nova Scotia – When you find the giant map of Nova Scotia Guiding, find a marker, and start coloring. Let your creative juices show.

Scavenger Hunt – Use this scavenger hunt to spark conversations with different people. Turn the completed hunt in before Closing ceremonies to be entered into a draw.

Giant Itinerary – Instead of getting (& losing) paper copies, this year we're creating one BIG one. Take out your phone and screenshot the schedule for the weekend.

Swap Shop – bring in your surplus of Guiding gear, crests, patches, etc. Put them on the table and take something you like from the table. You just never know what fun or forgotten treasures you might find.

## **Friday Night:**

**4:30pm-8:00pm Registration** is in the gymnasium.

**Please note that dinner is not included on Friday evening.**

### **8:00 pm- 9:30pm Opening Ceremony (Everyone)**

Grab your Guiding gear and join us in the gymnasium for a fun icebreaker followed by a lively opening ceremony! Meet our special guest from National as well as the Conference Team. A reception for all attendees will follow the opening ceremony - make some new friends and find some old ones. Light refreshments will be provided.

### **9:30pm – 11:30pm Movie Night (Rangers/Bridging Members)**

Who doesn't love movies and popcorn? This casual movie night is a chance for our Ranger and Bridging Members to get together.

### **9:30pm – 11:00pm Free Time (Adult Members)**

Some unstructured free time, adult members can visit the Mess or hang in their rooms.

## **Saturday:**

6:30 - 7:15 - Breakfast for attendees on Team A

7:15 - 8:00 - Breakfast for attendees on Team B

8:00 - 9:00 - Registration for Saturday attendees in Building 216.

9:00 - 10:15 - Session A workshops

10:15-10:45 - Break Time

10:45 - 12:00 - Session B workshops

12:00-12:30 - Lunch for attendees on Team B

12:30 - 1:00 - Lunch for attendees on Team A

1:30 - 2:45 - Session C Workshops

2:45 - 3:15 - Break Time

3:15 - 4:30 - Session D Workshops

4:30 - 5:15 - Supper for attendees on Team A

5:15 - 6:00 - Supper for attendees on Team B

## **Saturday Night**

### **6:15-7:45pm Garden of Knowledge (Everyone)**

Do you have a burning Guiding question, you'd would love a quick answer to? Join us for some speed round Q & A. We will have Camp, Safe Guide, PC's, Advisors, and other experienced Guiders on hand to answer your questions one on one. You'll get 10 minutes at each station. If you need more time, leave your contact info and someone will get back to you. You'll have a little more privacy to ask delicate questions and you only need to attend the stations that you are interested in.

### **8:15 – 9:00 Campfire!(Everyone)**

Rediscover your Guiding roots or plant some new ones! Join us in the gymnasium for a rollicking good time - sharing some songs from the good ol' days and picking up a few new ones. Great time to socialize with your buddies and share the sisterhood.

### **9:00pm -11:00pm (Adult Members)**

After the campfire, you can relax, visit the mess or come to the common room for some sewing & sharing. Bring your camp blanket or sewing project and sit, sew, and chat.

### **9:00pm-11:00pm (Rangers/Bridging Members)**

Games! Games! Games! Maybe you're a Jeopardy fan or maybe you love a good board game. There's something for everyone, what's your favorite board game? Theatre-Style room off of the gymnasium

**9:30pm-10:00pm-Ideas Market Set-Up Time** \*Setting up early is at your own risk.

## **Sunday:**

6:30am - 7:15am - Breakfast for attendees on Team B

7:15am-8:00am - Breakfast for attendees on Team A

**8:30am – 9:30am Ideas Market & Provincial Jumble Sale**

**9:30am – 10:30am Closing and Reflections**

**Tell us how we did:**

A thorough Survey Monkey evaluation will be distributed to all attendees via email after the event.



## What else do I need to know?

### Conference office and First Aid station

The conference office will be located in room #1 in building 212 .

First Aid station will also be in the conference office.

There will be First Aiders on site to ensure adequate First Aid for all participants and will be wearing a white scarf with a First Aid crest on it to identify themselves.

### Code of Conduct

All Guiders are expected to respect Girl Guides of Canada Code of Conduct, which will be posted at the Conference Office.

### Fragrance Free

This Conference is a “Fragrance Free” event. To help every Guider enjoy the Conference, please be mindful of what you wear. In addition to no perfume, this includes scents in shampoos, deodorants, etc.

### No Smoking

There are 6 designated smoking areas at the base. These are **not** to be used for cannabis products.

### Cannabis at Conference

Responsible consumption of non-prescription topicals, oils, sprays and any other cannabis product as well as smoking or vaping of non-prescription cannabis is only permitted at activities planned primarily for adults. There is a designated area for cannabis use on the base.

### Alcohol is prohibited in the barracks

The Borden Hall Mess will be open Friday and Saturday night for adult members and is the only site on base where alcohol can be consumed. We will be hosting a “Dry” hospitality event, location TBD.

### Pictures/Videotaping

Conference activities might be photographed and/or videotaped. As you can appreciate with an event of this size, Girl Guides of Canada, Nova Scotia Council cannot assume responsibility in the event that your picture may be recorded. We ask that Conference participants who do not wish their picture recorded take responsibility for managing this on their own.

### Emergency Contact and Telephone Service

- In the event of an emergency, the telephone number for the main desk is 1-902-895-1651, or toll-free 1-888-895-1651. . Debbie Mellish 902-814-3459, Cindy O’Hearn 902-414-4748.

## Travel Assistance Guidelines

There will be a prorated travel assistance provided for participants. Assistance with travel costs is available in accordance with the following guidelines:

Travel for vehicles with 4+ participants will be paid .50cents/km

Travel for vehicles with 3 participants will be paid .40cents/km

Travel for vehicles with 2 or less participants will be paid .30 cents/km

Drivers will be required to complete a mileage reimbursement form at onsite registration and will need to list all participants traveling in their vehicle including all their IMIS numbers to be compensated.

## A Word of Explanation about Selecting Sessions...

When choosing your sessions, consider:

- Stretching your Guiding boundaries
- Strengthening your Program understanding
- Seeking out new knowledge, skills, and ideas

## Training Streams

Each stream is specialized to meet the specific needs of members based on your role. However, all streams are open to all members, including Ranger-aged members. If completing modules and earning your pins are a goal, check out the outline on Memberzone. Once signed in to Memberzone, follow this link:

<https://mz.girlguides.ca/WEB/Documents/MZ/Training/team-chart.pdf>.

You are able to choose from a total of 46 Saturday sessions:

- “AB” sessions run for the full morning (9:00am to 11:30am including a 30 minute break).
- “A” sessions runs from 9:00am until 10:00am.
- “B” sessions run from 10:30am until 11:30am.
- “CD” sessions run for the full afternoon (1:00pm to 4:30pm including a 30 minute break).
- “C” sessions run from 1:00pm until 2:30pm.
- “D” sessions run from 3:00pm until 4:30pm.

On the registration form you will be asked for your First and Second choice for each time slot. Here is an example:

I'm a new Guider and I want to attend "**AB1- Girls First Platform**" in the morning and "**CD2-Building Unit Guider Skills** in the afternoon. If **AB 1** and **CD 2** happen to be full by the time I register, then my second choices would be "**AB5-Oal Indoor #1 Leading,**" "**C3-Oal Indoor #3 Food/Nutrition**" and "**D3- Oal Indoor #4 Camp Life.**"

This is what my registration form would show:

| Time Slot for Morning           | 1 <sup>st</sup> Choice (enter #) | 2 <sup>nd</sup> Choice (enter #) |
|---------------------------------|----------------------------------|----------------------------------|
| <b>AB</b> (9:00am – 11:30am)    | <b>AB1</b>                       | <b>AB5</b>                       |
| <b>A</b> (9:00am - 10:00am)     |                                  |                                  |
| <b>B</b> (10:30am – 11:30am)    |                                  |                                  |
| Time Slot for Afternoon         | 1 <sup>st</sup> Choice (enter #) | 2 <sup>nd</sup> Choice (enter #) |
| <b>CD</b> (1:00p.m. – 4:30p.m.) | <b>AB5</b>                       |                                  |
| <b>C</b> (1:00pm – 2:30pm)      |                                  | <b>C3</b>                        |
| <b>D</b> (3:00p.m. – 4:30 p.m.) |                                  | <b>D3</b>                        |

# Session Descriptions



**LEARN.CHANGE.GROW**

**GGC Nova Scotia Provincial Conference**

**Saturday, November 4, 2023**

## Introduction to Conference Sessions

Welcome to your 2023 Nova Scotia Provincial Conference. All sessions are planned for Guiders, Bridging Members and Rangers around the theme of **Learn. Change. Grow.** Each session will provide an opportunity to broaden your Guiding knowledge and/or skills for you to take back to your Units, Districts and Areas for the benefit of all. Some sessions are hands on learning, while others explore topics relevant to your Guiding roles. Challenge yourself to try something new, let loose your inner child with fun songs and games, or take a deep dive into serious issues facing our Guiding community.

|                   |  |            |            |                        |
|-------------------|--|------------|------------|------------------------|
| <b>Enrichment</b> | <b>New Guider /<br/>Leadership<br/>Learning Path</b> | <b>OAL</b> | <b>DEI</b> | <b>Fun &amp; Games</b> |
|-------------------|--|------------|------------|------------------------|

For your ease of reference, each session is colour-coded based on the above categories. Sessions in the New Guider/Leadership Learning Path and Outdoor Activity Leadership (OAL) are national modules that can be entered in your iMIS and counted towards earning the relevant pin. Some of the enrichment sessions are also applicable and can be recorded on your TR.9 Training Module Tracking form to track your participation in these sessions, and to track your progress toward earning TEAM (Training and Enrichment for Adult Members) pins.

Here is how the day is structured. Our conference is set up with two 1-hour session blocks in the morning and two 1.5-hour session blocks in the afternoon. Each block is assigned a letter e.g. A, B, C or D. Some sessions require a longer duration so are scheduled in double blocks. A 2-hour morning session is listed as AB, and a 3-hour afternoon session is listed as CD.

|  |   |              |   |   |
|--|---|--------------|---|---|
| <b>Block A</b><br>9:00 am to<br>10:00 am | <b>Block B</b><br>10:30 am to<br>11:30 am | <b>LUNCH</b> | <b>Block C</b><br>1:00 pm to 2:30<br>pm | <b>Block D</b><br>3:00 pm to 4:30<br>pm |
| <b>Block AB</b><br>9:00 am to 11:30 am   |   |              | <b>Block CD</b><br>1:00 pm to 4:30 pm   |   |

Explore the session topics offered and plan to register to **Learn. Change. Grow** on November 4, 2023.

## **Block A – 9:00 am to 10:00 am**

### **A1 Travelling with GGC**

**Presenters: Sarah Tanner and Elaina Dolan**

**Capacity - 24**

There are many ways to travel within GGC and they all look amazing. Trips can keep older participants engaged and excited (and let's face it – leaders too). But how do you make it happen? From an experienced Guider and assessor, along with a leader who traveled as a youth member, get tips regarding how to plan your own independent trip (maybe to a World Centre) or attend an international camp. We'll talk about paperwork, caregivers, fundraising and budgets too. Bring your questions and your ideas.

Target Audience: Rangers, Bridging Members, Ranger Guiders, all Guiders

### **A2 Duke of Edinburgh Program**

**Presenters: Cheryl Chambers and Darlene McPhee**

**Capacity - 24**

Members looking for a new challenge may be interested in learning more about GGC's exciting collaboration with the prestigious Duke of Edinburgh International Award. This award very closely aligns with our Girl's First program: encouraging youth, aged 14 and up, to volunteer, try new things, and further develop their leadership and outdoor skills.

Target Audience: Rangers, Bridging Members, Ranger Guiders

### **A3 American Sign Language and Guiding**

**Presenter: Beth Spencer**

**Capacity - 24**

American Sign Language (ASL) is a visually amazing language used by deaf people. This session will share some brief information about ASL and how it can be shared and incorporated into Girls First through songs and activities. Come learn Taps, some fun signs, and some silly songs to share with your units. A fun session meant to provide something a little different.

Target Audience: All Guiders

### **A4 GGC NS Camp Properties – A virtual tour**

**Presenter: Alix Power and Jennifer Lambe**

**Capacity – 40**

Nova Scotia is fortunate to have five beautiful camp properties and a Guide House made available to our Guiders and our youth. Take a virtual tour with Alix and Jen as they show you all the great features of each of these facilities. Indoor and all-season kitchen facilities, heated bunkhouse, fireplaces and firepits, outside shelters and Adirondacks, lakeside retreats, hiking trails, paddling facilities and more are just a short distance away and open for your camping pleasure. Come check them out and learn how you can book your next camp at one of these properties.

Target Audience: All Guiders

### **A5 Supporting Kids' Mental Health (1)**

**Presenter: Dr. Ann Marie Joyce, Psychologist**

**Capacity - 50**

Mental health concerns don't just affect adults, they affect children and youth as well. GGC is committed to providing environments where our youth and adults feel safe, respected, supported, and inspired to reach their potential. Learn more about the most common mental health conditions in children and youth and how to support youth that are struggling with mental health issues, such as anxiety or depression, to have a good experience in guiding.

Target Audience: Rangers, Bridging Members, all Guiders

### **A6 Girl Protection**

**Presenter: Elizabeth Buffett**

**Capacity - 36**

Training on the topic of Girl Protection (child abuse) is of utmost importance for all those involved in our organization. Would you be able to recognize if one of your youth is being abused? Would you know what to do if one of your youth disclosed that she/them is being abused? And, of equal importance, do you know how to **protect yourself** from allegations of abuse? This session will present material in the National Girl Protection AMS Module and will also include some information on Self Harm (i.e. cutting).

Target Audience: All Guiders

### **A7 Acrylic Painting with Strainers**

**Presenter: Kathy Martin**

**Capacity - 12**

Sometimes called Acrylic Pour Painting or Fluid Art, Kathy is excited to lead a session on how to use a strainer and a paint mixture to create some beautiful effects resembling Granite & Marble. It is mesmerizing to watch the paint designs that appear on the canvas as it flows out from the mini strainer, the fun part is maneuvering the canvas to achieve the design you want. No painting experience required. Participants should wear old t-shirt or apron. You will leave this session with a painted canvas and a plant pot.

Target Audience: Rangers, Guide/Pathfinder/Ranger Guiders

### **A8 Member Recruitment**

**Presenter: Helen Cashman, Guiding Ambassador and National Director - Guiding Experience**

**Capacity - 12**

How can we grow the guiding movement in Nova Scotia so more youth and leaders can be part of the Guiding Sisterhood? Join Guiding Ambassador Helen Cashman for this session where you will learn about our membership data and the tools and resources that can support you to grow your units and recruit new guiders. In this session, we will also discuss the barriers and opportunities you see to growing our movement, and brainstorm solutions that will be shared back with the membership growth team.

## **Block B – 10:30 am to 11:30 am**

### **B1 Safe Guide Reboot**

**Presenter: Shelley Grace Farouse**

**Capacity - 24**

Has it been a while since you took the Safe Guide training? Has someone else in your unit always completed the Safe Guide paperwork and that job is now falling to you, or it may soon be your responsibility? No need to repeat the whole 3-hour session. This refresher is only 1 hour long and reviews the forms, ratios and common missteps as identified by the Assessors. We will also peek at the new **National Survey Monkey Apply** safe guide application portal.

Target Audience: Unit Guiders

### **B2 How to Apply for Scholarships and Bursaries**

**Presenter: Stefanie Slaunwhite**

**Capacity - 24**

This session offers advice on the scholarship application process and highlights your resume's importance. Topics covered include tips and tricks on writing an effective personal statement, including transferable skills on your resume, identifying hard skills vs. soft skills, and using Guiding on your resume.

Target Audience: Rangers, Bridging Members, Ranger Guiders

### **B3 Arts and Crafts for Guides and Pathfinders**

**Presenter: Kristy Orser**

**Capacity - 24**

Her Guiding name, Princess Glitter Sparkles, may be misleading as this Guider takes arts and crafts for Guide and Pathfinder aged youth to a new level. With a strong focus on STEM and creativity, Kristy will share her arts and crafts ideas that have appealed to the older youth in her units. Join Guider Kristy for some crafty show & tell and hands-on fun.

Target Audience: Guide and Pathfinder Guiders

### **B4 Songs & Games for Sparks & Embers**

**Presenter: Charlotte Dorniac**

**Capacity - 20**

This is a lively session with fun games and action songs for your unit. Many games help with interactive skills, socializing, how to follow rules, taking turns, etc. Some games will be program related. We will learn songs that the youth will enjoy. Get some great ideas to have them begging for more! You'll even have fun yourself.

Target Audience: Rangers, Spark and Embers Guiders

### **B5 Supporting Kids' Mental Health (2)**

**Presenter: Dr. Ann Marie Joyce, Psychologist**

**Capacity - 50**

Mental health concerns don't just affect adults, they affect children and youth as well. Learn more about the most common mental health conditions in children and youth and how to support youth that are struggling with anxiety or depression to have a good experience in guiding.

Target Audience: Rangers, Bridging Members, all Guiders

### **B6 Musical Activities for the Musically Challenged**

**Presenter: Elizabeth Buffett**

**Capacity - 36**

Opera singers need not apply! Would you love to have musical fun with your youth but don't think you can sing well enough? Well, that is not a problem. This session will have you singing, playing games with music, and having loads of fun. You will leave this session with lots of ideas to take back to your unit or district. The songs and activities are suited to all branch levels and the youth will love them!

Target Audience: Unit Guiders

### **B7 Acrylic Painting with Bubble Wrap and Cotton Swabs**

**Presenter: Kathy Martin**

**Capacity - 12**

Beginner painters will enjoy this easy flower artwork on a canvas. This session will have you painting with Bubble Wrap and Cotton Swabs on a black canvas while having loads of fun. You will leave this session with an easy acrylic painting idea to take back to your unit or district. This type of painting is suited to all branch levels and the youth will enjoy it. You will leave this session with a painted canvas.

Target Audience: Rangers, Bridging Members, Unit Guiders

### **B8 GGC Travel - from the provincial perspective**

**Presenter: Debbie Mellish**

**Capacity - 12**

Let's go and see our world! What do we need to know? Come chat about opportunities and how to make them happen. What do we need to do for fundraising? How do cookies fit into travel? Come get the most up to date information to help you plan for an exciting experience for you and your youth to travel - interprovincially and internationally.

Target Audience: Rangers, Bridging Members, Ranger Guiders, all Guiders



## **B9 Recognizing Guiding Awesomeness - Awards and Nominations**

**Presenter: Jennifer Lambe**

**Capacity – 12**

Do you know Guiders who are awesome and deserve some recognition? This session is open to all members of Girl Guides of Canada, whether you're a Unit or District Guider, a Ranger, or another person in our community. Everyone is encouraged to join in celebrating the spirit of Guiding and empowering one another through recognition. Learn about awards you can self-nominate or nominate others for; embrace the culture of appreciation and recognition within our Guiding community; and discover your potential for personal growth and achievements through awards.

Target Audience: All Guiders, Bridging Members, Rangers

## **Block AB – 9:00 am to 11:30 am**

### **AB1 Girls First Platform**

**Presenter: Lesa McHugh**

**Capacity - 24**

How have you been doing with the Girls First Platform? Struggling to get started? Want to get some burning questions answered? This is a session designed to answer your questions. Join in for this great Question and Answer session.

Target Audience: Unit Guiders

### **AB2 Map and Compass**

**Presenter: Cheryl Franklin**

**Capacity - 24**

Do you know how to use a compass? At this session you will learn the basics of how to use a map and compass and how to incorporate teaching youth to use a compass into your unit program. Understanding how to use a map and compass is a great life skill for everyone to know.

Target Audience: Rangers, Bridging Members, All Guiders

### **AB3 Leading Active Games (TEAM Module)**

**Presenters: Janice Williams and Mae Lefrancois**

**Capacity - 20**

This module is intended to help Guiders learn about leading active games including the benefits of playing active games, guidelines on how to properly lead them and inclusive ways to get everyone active. A variety of games will be introduced so Guiders will be able to add a few new games to their repertoire.

Target Audience: Rangers, Bridging Members, Unit Guiders

### **AB4 Badge Clipboard**

**Presenter Alana Coneen**

**Capacity - 40**

In this session, you will decoupage a clipboard with a collection of paper copies of Girl Guide badges and crests. The effect is a layered and textured badge collage, and a clipboard perfect for all things Girl Guides.

Target Audience: Guide, Pathfinder and Ranger Guiders

### **AB5 OAL Indoor #1: Leading (TEAM Module)**

**Presenter: Brenda Harvey**

**Capacity - 40**

Good leadership is the single most important thing that you can have at camp. It is more important than good equipment and planning – everything else is secondary.

Leadership is a major, often decisive element in why some camps succeed and others fail. Leading is not about giving directions but rather liberating the group to do what's needed in the best way possible

Target Audience: Bridging Members, Unit Guiders

### **AB6 All About STEM - Beyond Chemical Reactions (1)**

**Presenter: Cathy Langille**

Capacity – 36

Chemical reactions are exciting but there's so much more to STEM! Learn fun activities for Science, Technology, Engineering, and Math that you can bring back to your units.

Target Audience: Rangers, Bridging Members, all Guiders

## **Block C – 1:00 pm to 2:30 pm**

### **C1 Including Everyone! Working with Youth with special needs (1)**

**Presenters: Kim Reyno-Briscoe and Sabitha Masih, Student Services and Equity Branch Consultants, NS Dept of Education and Early Childhood Development**

**Capacity - 24**

Girl Guides of Canada recognizes and values the richness of human diversity in its many forms, and therefore strives to ensure environments where youth and adults from all walks of life, identities, and lived experiences feel a sense of belonging and can participate fully. Understanding and working with youth with special needs (such as ADHD, Down Syndrome, Autism) can present unique challenges for Guiders. Come join experts from Early Childhood Development as they share ways to include and communicate with everyone in our GGC program.

Target Audience: Bridging Members, all Guiders

## **C2 Mindfulness Meditation**

**Presenter: Kathy Martin**

**Capacity - 24**

What is mindfulness meditation and how is it useful? Mindfulness principles are presented in this session, and you get to practice Mindfulness by basic guided Mindfulness exercises. You will leave this session with ideas to take back to your unit. Adapting the activities will make them suited to all branch levels and everyone will love them!

Target Audience: Rangers, Bridging Members, all Guiders

## **C3 OAL Indoor #3: Food & Nutrition (TEAM Module)**

**Presenter: Lesa McHugh**

**Capacity - 24**

Food is an essential part of any camp – perhaps even more so than good leadership! Meals that are tasty and enjoyed by everyone are a great morale booster. Meal preparation and consumption can be one of the most social ingredients of any camp if well planned.

Target Audience: Bridging Members, Unit Guiders

## **C4 Knots with a Purpose**

**Presenter: Cheryl Franklin**

**Capacity – 24**

Do you know what knots to use for a clothesline, a bed roll, or other practical uses. If no, then this session is for you.

Target Audience: Rangers, Bridging Members, Guide/Pathfinder/Ranger Guiders

## **C5 Drama is Real Pretending**

**Presenter: Charlotte Dorniac**

**Capacity - 20**

Do you know the importance of drama in your program? Would you like to learn some easy and fun activities to use with your unit? Many aspects of the program can be done through drama. Join us for a session where you will see how easy, useful, and fun drama can be. Learn some basic skills such as improvisation, mime, puppetry, and storytelling. You will be surprised how much fun it is!

Target Audience: Rangers, Unit Guiders

## **C6 Boomwhackers (1)**

**Presenters: Alana Coneen and Abigail Harper**

**Capacity - 40**

Learn how Boomwhackers and bucket drums can be used for a fun (and loud) meeting for your unit! We will play chords and rhythms, then learn a few simple songs. Not just fun for making music but also great for teambuilding and ice breakers. Come prepared to laugh at yourself!

Target Audience: Rangers, Bridging Members, all Guiders

### **C7 Secularism for Everyone**

**Presenters: Jennifer Thornton and Sylvia Thorne**

**Capacity - 36**

Grow your passion to provide a welcoming experience to all members. This session will provide helpful tips and tricks to create a unit space that is welcoming and celebratory of all cultures. Moving from practices that have their roots in religion or are religious allows us to remain true to our values and work towards serving all youth. This is a great space to discuss winter celebrations and traditions, as well as other areas of Guiding throughout the year.

Target Audience: Rangers, all Guiders

### **C8 Native Nova Scotia Plants & Pollinators**

**Presenter: Colleen Upson**

**Capacity - 10**

Learn about Nova Scotia native plants and pollinators and how this knowledge will help you and your units to take care of the worlds round you. Find out about some of the misconceptions around these plants like milkweed and joepyeweed. Guider Colleen is a Butterfly Ranger with David Suzuki Butterfly Way Project. Learn more about the pollinators these plants support which are native to Nova Scotia. Guider Colleen will also speak to some common invasive species, and the differences between assertive and aggressive plants.

Target Audience: Rangers, Bridging Members, all Guiders

### **C9 All About the Branch: Sparks (TEAM Module)**

**Presenter: Beth Spencer**

**Capacity - 12**

This training will help new Guiders learn all about Sparks. Guiders will explore the physical, intellectual, and social development of youth aged 5-6 along with best practices for engaging Sparks. Guiders will also discover Sparks traditions and learn how to create engaging unit meetings that reflect the uniqueness of Spark-aged youth.

Target Audience: Spark Guiders

Provincial Conference 2023

## **Block D – 3:00 pm to 4:30 pm**

### **D1 Including Everyone! Working with Youth with special needs (2)**

**Presenters:** Kim Reyno-Briscoe and Sabitha Masih, Student Services and Equity Branch Consultants, NS Dept of Education and Early Childhood Development  
**Capacity - 24**

Girl Guides of Canada recognizes and values the richness of human diversity in its many forms, and therefore strives to ensure environments where youth and adults from all walks of life, identities, and lived experiences feel a sense of belonging and can participate fully. Understanding and working with youth with special needs (such as ADHD, Down Syndrome, Autism) can present unique challenges for Guiders. Come join experts from Early Childhood Development as they share ways to include and communicate with everyone in our GGC program.

Target Audience: Bridging Members, all Guiders

### **D2 All About the Branch – Guides (TEAM Module)**

**Presenter:** Stefanie Slaunwhite  
**Capacity - 24**

This training will help new Guiders learn all about Guides. Guiders will explore the physical, intellectual, and social development of youth aged 9-11 along with best practices for engaging Guides. Guiders will also discover Guide traditions and learn how to create engaging unit meetings that reflect the uniqueness of Guide-aged youth.

Target Audience: Guide Guiders

### **D3 OAL Indoor #4: Camp Life (TEAM Module)**

**Presenter:** Elizabeth (Anne) Boutilier  
**Capacity - 24**

At camp, there should be time to daydream, to explore and to deepen friendships. This freedom is an essential element of camping; remember to keep it alive in your camps! There should be time for both adults and youth to enjoy their surroundings – to lie on the grass and watch the clouds above, or to explore a trail or learn about a flower. Don't over-program your itinerary. The activity of camping itself is enough. Take time to enjoy the outdoors!

Target Audience: Bridging Members, Unit Guiders

### **D4 Unified Banking**

**Presenter:** Cheryl Franklin  
**Capacity - 24**

Learn about the online Unified Banking System, so you can manage Unit finances simply and efficiently. Have any questions? Come meet with a unified banking champion for the answers.

Target Audience: Unit Guiders

### **D5 Icebreakers and Mini Energizers**

**Presenter: Kathy Martin**

**Capacity - 24**

Icebreakers and energizers can be used as tools to help participants to transition into the proper headspace for what lies ahead, and to re-focus during the learning experience.

This presentation draws on research to explore how icebreakers and energizers focus participants' attention, raise the energy of the room, and establish community.

Target Audience: Rangers, Bridging Members, all Guiders

### **D6 Boomwhackers (2)**

**Presenter: Alana Coneen and Abigail Harper**

**Capacity 24**

Déjà vu! This session is so popular we are offering it twice. Learn how Boomwhackers and bucket drums can be used for a fun (and loud) meeting for your unit! We will play chords and rhythms, then learn a few simple songs. Not just fun for making music but also great for teambuilding and ice breakers. Come prepared to laugh at yourself!

Target Audience: Rangers, Bridging Members, all Guiders

### **D7 Campfire Planning**

**Presenters: Elizabeth Buffett and Gail Leighton**

**Capacity - 36**

Some of our best memories of Guiding come from our time around a campfire. The warm glow of the fire, the songs, and the laughs. Come and join us as we not only learn the classic and new songs to sing, but also learn about the importance of a well-planned campfire. Not only will Elizabeth and Gail teach you songs and fun ideas for a campfire, with the capable assistance of a few of our Rangers, you will get to put your plan into action for our conference campfire that night!

Target Audience: Rangers, Bridging Members, all Guiders

### **D8 All About the Branch: Pathfinders (TEAM Module)**

**Presenter: Lesa McHugh**

**Capacity - 12**

This training will help new Guiders learn all about Pathfinders. Guiders will explore the physical, intellectual, and social development of youth aged 12-14 along with best practices for engaging Pathfinders. Guiders will also discover Pathfinder traditions and learn how to create engaging unit meetings that reflect the uniqueness of Pathfinder-aged youth.

Target Audience: Pathfinder Guiders

### **D9 All About the Branch: Embers (TEAM Module)**

**Presenter: Beth Spencer**

**Capacity - 12**

This training will help new Guiders learn all about Embers. Guiders will explore the physical, intellectual, and social development of youth aged 7-8 along with best practices for engaging Embers. Guiders will also discover Ember traditions and learn how to create engaging unit meetings that reflect the uniqueness of Ember-aged youth.

Target Audience: Ember Guiders

### **Block CD – 1:00 pm to 4:30 pm**

#### **CD1 Leadership Learning Path: Leadership in the Guiding Context (TEAM Module)**

**Presenter: Helen Cashman, Guiding Ambassador and National Director - Guiding Experience**

**Capacity - 24**

This course explores the unique nature of leadership at Girl Guides of Canada (GGC). As a national organization supporting youth and women, GGC is uniquely positioned to provide opportunities and experiences in leadership. Participants will explore how GGC's mission and vision, governance, structure, and focus on inclusive leadership support capacity building. Additionally, participants will partake in activities and discussions about how they can contribute to building strong networks, teams, and ultimately, serve as a catalyst for both youth and women.

Target Audience: Rangers, Bridging Members, all Guiders

#### **CD2 Building Unit Guider Skills (TEAM Module)**

**Presenters: Janice Williams and Mae Lefrancois**

**Capacity 20**

Participants will learn about their role as a Guider, the youth-driven approach to Guiding, and strategies to engage youth in planning and decision-making. Additionally, participants will explore how to construct effective Unit meetings using program components that ensure youth have fun in Guiding.

Target Audience: Unit Guiders

### **CD3 OAL Indoor #2: Planning (TEAM Module)**

**Presenter: Brenda Harvey**

**Capacity - 40**

The purpose of this module is to develop the skills needed to plan an outing. Outdoor activities take time to plan. However, the reward for time spent on planning will be a successful event. A team of youth, Guiders and caregivers/guardians should share the work in creating the camp. As well, assigning roles or responsibilities is an important aspect of planning.

Target Audience: Bridging Members, Unit Guiders

### **CD4 All About STEM - Beyond Chemical Reactions (2)**

**Presenter: Cathy Langille**

**Capacity - 36**

Chemical reactions are exciting but there's so much more to STEM! Learn fun activities for Science, Technology, Engineering, and Math that you can bring back to your units.

Target Audience: Rangers, Bridging Members, all Guiders

### **CD5 Volunteer Food Safety**

**Presenter: Debbie Mellish**

**Capacity - 50**

The volunteer level food safety course is required when food is being prepared by Guiders, for any event. Not just for guiding but anywhere food is being prepared. Attending this session will get you that check mark on iMIS required to take your unit to camp.

Target Audience: Rangers, Bridging Members, all Guiders

### **CD6 Leadership Learning Path: Self Leadership (TEAM Module)**

**Presenter: Nicole Marshall**

**Capacity - 12**

Great leadership begins with self-leadership. Grow self-awareness by identifying the skills and leadership style you bring and how you apply them to your leadership role. Consider how you influence your emotions, thoughts, and behavior for a positive impact on your leadership goals. You'll have the opportunity to identify areas of growth and apply strategies to help you lead yourself as a more effective and responsive leader. This course utilizes the WAGGGS Reflective mindset and Creative and Critical Thinking mindset.

Target Audience: Rangers, Bridging Members, all Guiders