

Volume I Issue I
February 2019

The Manitou

G.I.R.L.



A LETTER FROM THE EDITOR...

Hi there Girl Scouts!

Welcome to The Manitou G.I.R.L.! At Manitou Council, we created the idea for this publication to connect with our Girl Scouts and their families. We want to create a space for girls to learn, grow, engage and inspire. We'll feature amazing things local Girl Scouts are doing, all things Girl Scouts, fun activities and so much more.

Growing up, I was always the kind of girl who wanted to read magazines just like this. I wanted to read things girls my age wrote, because it inspired me to do awesome things and tell the world about it. I wanted to read about fun topics I cared about. I wanted to hear advice on things I was also feeling or going through. I wanted to try every activity, art piece, craft and recipe I found. I wanted to play fun games and take quizzes. I wanted to share something that I enjoyed with my mom. I feel so incredibly lucky that I am able to create a magazine like this for girls in our area and inspire the next generation of girl leaders. So for all the go-getters, innovators, risk-takers, and leaders out there, this is for you. I hope you enjoy this as much as I enjoyed making it possible.

Yours in Girl Scouting,

Cassie Sterwald | Director of Communications
Girl Scouts of Manitou Council
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ON THE COVER...

Local Girl Scouts from 8039 and 8199 spent a weekend at camp and learned tree climbing techniques!

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GO FOR BOLD AT YOUR COOKIE BOOTH



Cookie Booth Season is in full swing and we have 10 top tips that will help you have the best cookie booth season yet!

1. Open a box of cookies (your troop will have to pay for that one) and break cookies into small samples.
2. Give away a large zip-top freezer bag with multi-box purchases. Tell your customers they freeze great!
3. Always tell your customers about your goals. Hang up signs or wear a goal t-shirt, and tell them how you plan to use the money you earn.
4. Make sure customers know they can buy cookies for you to donate. Make signs that tell where your troop is donating cookies this year. Create a drop box so customers can see the donated cookies stacking up!
5. With ribbons, tie up packages to create bundles, encouraging customers to buy more.
6. Print out Girl Scout cookie recipes (we have a ton on our [Pinterest](#)) and offer one free when they buy more than one package.
7. Have exciting posters, sing songs or play a recording to catch attention. Use bright colors, have a theme, dress to impress (uniforms, cookie costumes, fit with your theme).
8. Show off your goal poster to show customers how you are doing on reaching your goal.
9. Promote last chance. Booth sales are the last time to buy cookies. Tell your customers so they know they'll be gone soon.
10. Share your product recommendations with your customers.



UNLEASH YOUR INNER SUPER HERO WITH THE COOKIE PRO CONTEST!



Enter the 2019 Cookie Pro contest today by sharing your unique cookie story for a chance to head to sunny California and meet the DC Super Hero Girls, who, just like Girl Scouts, are motivated, resilient,

and determined to succeed!

24 top cookie entrepreneurs will be selected for the epic opportunity to:

- Travel to sunny California for an all expenses paid Cookie Entrepreneur Experience
- Go on an incredible behind-the-scenes VIP adventure at Warner Bros. Studios
- Meet successful entrepreneurs and business leaders
- Attend a very special Girl Scout Cookie Pro recognition event and more!

Head over to www.girlscouts.org/cookiepro to enter! Be sure to purchase your Cookie Pro Patch from Manitou Council's shop for \$1.

LEADERSHIP ELITE



Earning the highest awards in Girl Scouting is a really big deal. That's why we are recognizing girls who have earned the Girl Scout Bronze, Silver, and Gold Awards from May 2018 - April 2019 at the **Girl Scouts of Manitou Council Leadership Elite on May 15 at 6:30 p.m. at the Girl Scout Center in Sheboygan.**

Gold Award Girl Scouts will be invited to speak for 5-10 minutes, sharing details of their project. Silver and Bronze Award Girl Scouts will be announced and honored. Come as a troop and cheer each other on!

Participants must register for the Leadership Elite event and complete the highest award final report by May 3 in order to be recognized. Look for the registration link on the home page of our website soon!

GET SET FOR SUMMER CAMP!

Calling all G.I.R.L.S! Summer is coming and we are ready for camp! Are you? Stay with us for the day, or up to two weeks. Interested in art? We have a session for that. What about wizards and robots? We have a session for that too. Are water and nature your thing? We have sessions dedicated to those adventures, but no matter what session you pick, you'll have lots of fun in the water and outdoors.

Head to our [website](#) to check out this year's camp catalog and pick your favorite sessions. We can't wait to see you there!



CHECK OUT THESE G.I.R.L.S!

Ivy Goes for GOLD

Recently, Manitou Council Girl Scout Ivy earned the prestigious Girl Scout Gold Award, the highest National Award a Girl Scout can earn. Ivy's Gold Award project focused on menstrual equity. She worked to have free feminine hygiene products available in bathrooms at Fond du Lac High School, as well as creating take-home bags of supplies for teens in need outside of school. Ivy was inspired by both personal experience and a larger view of the social impact of access to menstrual products.



"I've personally needed menstrual products at school, put money in the machines and had them not work. Products were available in the office, but that's a long walk from most school bathrooms - we don't make students walk to the office for toilet paper. Pads and tampons are no different," said Ivy.

She hopes the project will open a larger, continuing conversation. She wants people to understand that there is nothing shameful about menstruation; that it is a normal part of life. She thinks what is shameful is when students have to miss class time due to lack of access to products.

"We have a fairly significant poverty rate in our school district based on free and reduced lunch data so getting these necessary health products can come at a real cost to our community's families. We can't treat tampons and pads as a luxury. They are not something people who menstruate can do without," said Ivy.

While Ivy officially completed her project in October, she plans to continue to work to keep the project going. So far, Ivy has gathered more than 7,500 donated pads and tampons. Ivy is working to ensure the already donated supplies make it into bathrooms after her graduation. She also still welcomes donations (contact fondymenstrualequity@gmail.com). Ivy is talking to the school district administration about ways to keep funding the product supply for years to come.

"The concept of 'menstrual equity' is what has driven me. Equity means access for all who need them. Equity means the products are where students need them, the bathroom. This equity needs to drive all of us to empower our students and give them necessary resources," Ivy said. "Ideally, I would like free products available in the district middle school bathrooms too. Many younger students need them as well."

CHECK OUT THESE G.I.R.L.S!

Caleigh Goes for GOLD

Manitou Council had another Girl Scout earn her Gold Award this fall. Caleigh's Gold Award project was focused on building a dog park in her community. Caleigh noticed that in her community, dogs were running free where there aren't a lot of sidewalks or safe places where dogs and their owners can enjoy the community. Caleigh believes the lack of safe places for dogs suggests a mentality of carelessness, and she wanted to tackle this root cause of the issue. And then her idea of Amicus Dog Park was born.



Amicus Dog Park also positively impacted the community by introducing youth to civic engagement and showing them that anyone can make a difference. Throughout the process, Caleigh worked with three younger Girl Scout troops to plant trees on the park site and help them learn about the environment.

Her project impacted many individuals: some who supported it and others who did not. She dealt with problems and conflicts like neighboring baseball fields, safety, moving the site of her dog park, concerns from neighbors, and grade of fencing. She spoke at township meetings, public hearings, local businesses and organizations, and two local high schools, and spoke with many news reporters, TV reporters, and created a Facebook page, all to stand up for and promote her project and the importance of it. You can hear from Caleigh herself by watching the Hearts of Gold podcast she was featured on, found at <https://youtu.be/anmVoXUJyf8>.

“This project has truly impacted my life in many ways. I have gained a stronger will that has helped me ‘stick to my guns’ for my project and my ethics,” said Caleigh.

Caleigh worked for over 120 hours and raised over \$10,000 to turn her idea into reality. Caleigh's determination shows that girls can do anything. If you aren't quite old enough to earn your Gold Award yet, work on earning your Bronze or Silver Awards! These highest awards will show you are determined to make a change in the world.

BE A MEDIA STAR!

The Media Star patch program is available to all Girl Scouts. You can earn it individually or as a troop. You will get to work with our Director of Communications to tell your story. She will help you every step of the way from choosing a great story topic, to figuring out how to tell your story, to helping create. Then watch as your story gets shared on our website, newsletters, emails, social media, and right here in this magazine. The sky is the limit. You are a star! Share it with the world!



ASK JULIETTE



Dear Juliette,

I am so excited to go to my first ever five night session at Camp Evelyn this summer, but I'm a little nervous about getting homesick. Do you have any ideas on how I can have the best time ever at camp?

- First-Time Five Nighter.

Dear First-Time Five Nighter,

You are going to love being at camp! The first thing you need to know is that it is perfectly normal to feel homesick. We are so used to being at our homes surrounded by our families. It can feel weird to leave that. The feeling of missing home happens to everyone (even adults!), but it will go away

quickly once you start having fun at camp. Our camp staff know exactly how to get you moving past homesickness if it happens. They will get you active and involved, and help you meet new friends. Your parents can send letters and emails while you are at camp to keep in touch. Maybe bring something that reminds you of home - a favorite stuffed animal, pillow or blanket, or maybe a picture. You'll love your five nights!

- Your friend, Juliette.

RAISING AWESOME GIRLS: RAISE HER TO BE A STEMINIST

You know how some say it's a man's world? Well, when it comes to science, technology, engineering, and math (STEM) fields, where women make up less than a quarter of the workforce, that's still the case. And considering roughly 80% of mid-level jobs involve STEM, we need to catch girls up, quick.

“Not every girl is going to want to pursue a career in STEM, and it's important to encourage her to follow her own passions,” says Girl Scouts' developmental psychologist Dr. Andrea Bastiani Archibald, “but every girl should be encouraged to try her hand at STEM skills, get comfortable with those concepts, and learn how they apply to all kinds of surprising fields - from fashion, to finance, and beyond.”



Troop 8392 explored STEM at an event in Sheboygan!

Not sure how to get her started on a STEMInist track? Follow these three steps:

1. Set the right tone at home
2. Give her some strong STEMInists to look up to
3. Find the STEM side of her interests

For more information, and all sorts of advice on Raising Awesome Girls, visit [girlscouts.org](https://www.girlscouts.org).

STEM SPOT: 3D DRAWING

Let's learn how to draw a 3D image! It's super easy and you'll have fun creating your own 3D drawing. Here's what you'll need:

- A blue and red writing utensil
- 3D glasses with red and blue lenses
- Paper

Here's what you'll do:

1. Draw anything you want with pencil.
2. Once you've got your drawing, trace over the whole thing in red. If you are feeling confident, go right ahead and start drawing in red.



3. Shift your paper left or right and trace the different parts of your picture in blue.

4. A different way to do this would be to draw something in blue, and then outline the whole thing in red.

5. That's all! Then you get to look at your drawing with your 3D glasses. See if it works for you!

Source: Literary Hoots



CRAFT CRAZE: COOKIE BOX BOOKMARK

Who has empty, leftover Girl Scout cookie boxes? Before you recycle them, let's see how you can upcycle (reuse to make something new) them! Turn those boxes into cookie bookmarks! Maybe they'll even be a great giveaway at your cookie booths!

1. Make a template. This can be a plain piece of paper, or a different bookmark. This will make it easier to trace. Hint: it doesn't have to be a rectangle. Get creative!
2. Cut or unfold the box to flatten it. Lay your template on the part of the box you want to be your bookmark. Use a pencil to trace, and cut very very carefully so you can't see your pencil marks.
3. Use a hole punch to place a hole in your bookmark near the top. Thread some embroidery floss through the hole. You can braid it, knot it, or add some beads.
4. Since the back is plain cardboard, design it however you'd like. Unleash your inner artist!

Source: Crafting a Green World

Scavenger Hunt Answers: 1) 77, 2) \$390, 3) Grades 11-12, 4) Go-getter, Innovator, Risk-Taker, Leader, 5) Dory, 6) Wizards & Robots, 7) Unicorn University, 8) July 14-26, 9) American Red Cross Babysitting Certificate, 10) Underwater Robots at Wisconsin Maritime Museum & Segway tour along Mariners Trail, 11) 3, 12) Girl Scout chores, 13) Camperships for those needing financial assistance, Program credits earned in the cookie sale, Camp Savings Club, 14) Evelyn Memories & Birthday Blast, 15) 42.

ACTIVITY TIME: CAMP CATALOG SCAVENGER HUNT

Now that you have your camp catalog and have had the chance to look through it and get excited for the summer, we've got a fun activity for you! Get out those catalogs and tackle the camp catalog scavenger hunt!

1. How many pictures from front to back?
2. How much does a five night session cost?
3. What grades is CIT II for?
4. What does G.I.R.L. stand for?
5. What's the Director of Camp & Program's nickname?
6. At what camp session will you get to play Quidditch, take a potions class and enjoy a Hogwarts feast?
7. What will be the most colorful and glittery week at camp?
8. When is the Big 12-Nighter?
9. What certificate can CIT I's earn?
10. What cool field trips happen at Rock and Water Adventures?
11. How many day sessions happen at Camp Manitou?
12. What are kapers?
13. What are other ways you can pay for camp?
14. What are the two camp care packages?
15. How many items (bullet points) are on the camp packing list?



Little Brownie
BAKERS®

girl scouts
cookie program



Triple Toffee-tastic® Cake (Gluten-free)

Ready in 1½–2 hours

Makes 16–18 servings



What you need:

3-Layer Cake (or use store bought mix)

DRY: 4 1/2 cups gluten-free all purpose flour
2 3/4 cups granulated sugar
2 tablespoons baking powder
1 teaspoon baking soda
OPTION: 1 envelope (1.3 oz) of dry whipped topping mix for an extra moist cake

WET: 12 egg whites (or to make a yellow cake, use 6 eggs), at room temperature
1 cup vegetable oil
3 tablespoons white vinegar
1 tablespoon vanilla extract
1/4 teaspoon almond extract
1 1/2 cups of milk of choice, at room temperature

6-8 Toffee-tastic® cookies

Buttercream Frosting

1 1/2 cups unsalted butter, softened
4 1/2 cups powdered sugar, sifted
1 1/2 teaspoons vanilla extract
3–5 tablespoons milk of your choice

Toffee Sauce

1 cup light brown sugar
1/2 cup heavy cream
1/2 cup unsalted butter
1 teaspoons vanilla
Pinch of salt

Toffee Bits (or use store bought bits)

1/2 cup unsalted butter
1/2 cup sugar
2 tablespoons water
Pinch of salt

Directions:

1. Make your 3-layer cake (or prepare store bought cake mix)

Preheat oven to 350°. Oil three 8" or 9" round cake pans. Combine all the wet ingredients in a large bowl, except for the milk. Beat well until frothy. In another bowl, sift together all the dry ingredients. Slowly mix the dry mix into the wet, and alternate adding milk to keep mix mixture wet. Beat at medium speed just until the batter is smooth. Do not over mix.

Pour batter into the 3 prepared pans and rest for 15 minutes. Bake for 30-35 minutes. Test with a toothpick before removing from oven. The toothpick should come out of cakes clean when inserted into the center. Cool on a wire rack. To remove the cakes, gently flip each cake upside down onto your hand, remove the pan, then return the cake to the rack.

2. Prepare delicious toffee bits

Place all ingredients in a medium saucepan and bring to boil over medium high heat (about 5 minutes). Do not stir. Continue cooking for about 8 more minutes, until the mixture reaches 300° or begins to turn brown. Do not stir during any of this time. Pour onto a parchment paper lined baking sheet and spread thin. Do not touch as it is very, very hot. Allow to cool. Place into plastic bag and break the bits into pieces.

3. Whip up buttercream frosting

In a bowl beat butter until creamy. Add the sugar and mix until light and fluffy. Add the vanilla. Add milk until a smooth spreading consistency.

4. Make toffee sauce, just before you are ready to assemble cake.

Place the sugar, cream and butter in a small saucepan. Bring everything to boil, then reduce the heat to a simmer. Stir with a wooden spoon for about 3-4 minutes or until it thickens. Let it cool until desired consistency is reached.

5. Assemble your Triple Toffee-tastic® Cake

Level each cake with a sharp knife. Put first layer onto serving plate, top with toffee sauce, generous frosting and toffee bits. Repeat for second layer. Put on top layer, generously frost the top and skim coat the sides. Pour sauce over cake, allowing to drip down the sides. Decorate with frosting, cookies and bits!



with  **acuity**
INSURANCE  **WOMEN IN TRUCKING**  **girl scouts**
of manitou



Three Reasons

TO JOIN US MAY 18 FOR
ACUITY'S GIRL SCOUT
TRANSPORTATION DAY!

- 1** Meet female professionals in the industry!
- 2** Earn a transportation patch!
- 3** Get a special goodie bag with a **FREE T-Shirt!**

Enjoy an exciting day learning about the world of trucking and transportation! The event will be held May 18, 1:00 p.m. to 4:00 p.m. The cost is only \$10 per Girl Scout and is open to ages 5-12.



 **acuity**
INSURANCE

EARN YOUR CAR CARE BADGE



MAY 18 @ 12:30 PM



AT THIS SPECIAL EVENT YOU WILL:

- Get a handle on basic car maintenance
- Research safe driving practices
- Learn what factors affect insurance cost
- Find out what to do in case of an emergency
- Drive for a greener world

*Join us May 18,
from 12:45 - 4pm at Acuity
headquarters and earn
your Car Care Badge! Event
registration opens at 12:30pm.*

*The cost is \$10 per scout and
is open to Senior Girl Scouts
(9th and 10th grade).*

girl scouts
of manitou

 **acuity**[™]
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