

Summer 2022

The Manitou GIRL



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On the cover...

A Girl Scout from Troop 8051 tested her bravery and adventurous side while going on a high-adventure tree climbing trip at a local nature center.





Just for Girl Scouts!

In this section, you'll get to hear about all the new and exciting things in Girl Scouting, explore incredible opportunities, and find fun events made just for you.

It's Summer Camp Time!

Camp is going to be a great place of adventure this summer! Registration is open and many of you are probably already signed up for a session or two. You're going to love getting outside this summer. No matter what you are interested in, we have a session for you. You'll make new friends and so many memories. And remember, ALL GIRLS are welcome at camp, so invite your best friend even if she isn't a Girl Scout yet. This summer's sessions include:

Mad Scientist Training Academy - build and erupt a volcano, study chemistry and make

art supplies, make s'mores in a solar oven, compete in the egg drop challenge, and so much more with hands-on experiments.

- **Pathway to a Program Aide (grades 6-8)** get ready to take on a leadership role in Girl Scouts and complete your Program Aide Training. You can then come back to camp as a volunteer for day camp or you can volunteer with a younger troop.
- **The Art of Astronomy** build a solar system, find constellations, learn the basics of telescopes, create out-of-this-world art, and so much more when you go on a new mission every day.
- **Culinary Creations** become a chef extraordinaire, enjoy a meal cooked by a local chef, learn about composting and growing your own food, compete in an all-camp cook-off, create a cookbook, and so much more as you create your own recipes and tasty treats.
- **Horsing Around (grades 6-12)** hours of horse time, riding lessons in the ring, trail riding, and all things grooming, saddling, and horse safety. This is for experienced horseback riders.
- **All-Star Athletes** play in an all-camp sports tournament, learn new skills in basketball, capture the flag, soccer, and volleyball, explore at the high or low ropes course on a trip away from camp, and so much more as you find your inner athlete!
- **Underwater Explorers** spend plenty of time at Crystal Lake, explore at the Plymouth Aquatic Center, enjoy the Mullet River, and so much more in this week of all things water.
- **Lights, Camera, Action!** play Quidditch like Harry and his friends, build your own Animal Crossing island, make a lightsaber, search for Pokemon around camp, and so much more while your favorite movies and games come to life at camp.
- **Detectives in Training** learn about fingerprinting, matching shoe prints, analyzing handwriting samples, collecting evidence, and uncovering secrets of a crime scene. Go on your own investigation when problems arise at camp.
- **The Big 12-Nighter (grades 6-12)** enjoy Detectives in Training and Wild Explorations sessions, plus surprise weekend activities.
- **Wild Explorations** learn camping tricks, gain outdoor skills like shelter building and packing an overnight bag, enjoy a day trip to a state park, get up close to native animals who will visit camp, and so much more in this week for future outdoor explorers.
- **Hanging Around (grades 8-12)** spend the week sleeping under the stars in our new hammock unit and enjoy the Wild Explorations session.
- Rock & Water Adventures at Camp Manitou (grades 6-12) enjoy a sunset paddle, stargaze on the beach, climb to new heights on a rock wall, take a trip to the Wisconsin Maritime Museum, and have fun on a segway tour along the Mariner's Trail in Manitowoc.
- Unicorn University Day Camp (grades K-5) go on a color hike through camp, create colorful decorations and accessories for a unicorn-themed party, and find your inner unicorn on this day full of color and glitter.
- **Around the World Day Camp (grades K-5)** create your own passport for a special trip around camp, learn about different cultures, and sample food from around the world!
- **Heroes in the Making Day Camp (grades K-5)** create your own superhero cape and go on a quest to find and defeat an evil villain.



Learn more and register at bit.ly/GreatGirlScoutCamp



Cookie Season Success!



This cookie season brought unexpected challenges. We cannot thank you (that means you too, parents!) enough for your can-do attitudes and dedication. You really "Climbed with Courage," thinking of innovative and creative ways to reach potential customers, and working hard to reach your goals. And you did a great job of promoting the new cookie, Adventurefuls! Congratulations on a successful cookie season, Girl Scouts!





Girl Scout Tree Promise

Girl Scouts is entering year two of the Girl Scout Tree Promise! In 2021, Girl Scouts joined forces with the Elliot Wildlife Values Project, American Forests, and Johnson & Johnson Foundation to launch a bold tree-planting initiative. We want to continue our hard work on planting, protecting, and honoring trees to help wildlife and erase the effects of climate change. All Girl Scouts can get involved and unlock the Girl Scout Tree Promise patch!

Get started by <u>learning more</u>. If you or your troop get involved and plant trees, make sure to fill out the <u>Tree Tracker</u>. That's how we will keep track of how many trees Girl Scouts around the country have planted, and how you'll be able to get your special patch.



Girl Scout Destinations



Girl Scout Destinations are the ultimate adventure for individual Cadette, Senior, and Ambassador Girl Scouts! Make friends from all over the country as you travel with Girl Scouts from different states. There's a unique, life-changing experience for every girl.



With so many trips and adventures canceled the past two years, you'll definitely want to experience a <u>Girl Scout Destination!</u> You can apply now for 2022 and 2023 Destinations.

With so many options, you're bound to find the adventure of your dreams. Manitou Council offers scholarships and assists girls in

raising funds for Destinations, so don't let cost stop you from applying.



You already know Girl Scouts is fun. Guess what? It's also a great way to build your inner strength so that you're ready for anything!

Scientists have found that certain activities may lift your mood, calm you down when you're stressed, and help you face challenges—and you can do many of these activities at Girl Scouts.

The included chart has 10 skills that may help boost your resilience. Each skill has two activity choices, pulled from Girl Scout programming.

Choose the ones that call to you, and give them a try!

To get your patch, you'll need to complete the following number of activities:

- ▶ Daisies and Brownies—3
- ▶ Juniors and Cadettes—5
- ➤ Seniors and Ambassadors—7

You might want to think of this as an experiment! Which activities make you feel happier or calmer?

Keep doing them to become a Girl Scout who is Resilient. Ready. Strong.



The activities on the chart were curated from the following Girl Scout programs:

Badges/Petals: Digital Leadership (B); Drawing (J); My Best Self (B); My Family Story (B); Outdoor Art Apprentice (C); Science of Happiness (C); Space Science Investigator (J), Staying Fit (B); STEM Career Exploration (J); Trail Adventure (S, A); Trees (C); Voice for Animals (S).

Awards: Global Action Day; My Promise, My Faith; Think Like a Citizen Scientist Journey; World Thinking Day.

Initiatives: Girl Scout Tree Promise, National Service Projects (Citizen Science, Fighting Hunger, Honoring Changemakers, Letter Writing, Mask Making, Promote the Vote, Valentine's Day Cards).

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For each skill, there are two activities. There are a total of 20 activities to choose from.

Understand Emotions

1. Create a "happy box" filled with five things that make you smile, such as photos, art supplies, books, or favorite toys. Open the box when you're worried, upset, or just need a little cheering up. Learn more.



Share Stories 1. Share stories with your friends about your favorite holiday, your greatest adventure, or your dreams for the future! They will learn more about you— and you'll find out more about them.

2. Create a family crest to tell the story of your family's heritage, values, or memorable moments. Or design a crest for any group you belong to, such as a school club, athletic team, or your Girl Scout troop. **Learn more**.

Get Moving **1.** Do a few activities, like dancing or yoga, with UNICEF Kid Power. You'll have fun, stay fit, and support food banks and other organizations that help people. **Learn more**.

2. Create a new dance move for your favorite song. Dance to the beat every day for a week or throw a dance party and teach it to friends.

Practice Gratitude and Giving **1.** Select and carry out a national Girl Scout service project to support your community. **Pick your favorite**.

2. Start a gratitude journal: jot down two or three things you're thankful for and three to five things that make you happy. (They could be one and the same!) Do this every day for a week and record how the practice made you feel. (Bonus: this earns a step of the Science of Happiness badge!) View Activity.

Experience Nature **1.** Visit a garden in your community or your own backyard to get ideas for creating a garden of your own.

2. Go on a night sky scavenger hunt: identify stars, constellations, or planets. Use a book, star wheel, or an app to chart your way.

Connect with Animals 1. Put up a bird feeder, plant flowers to attract hummingbirds, or get outside to watch and listen to our feathered friends.

2. Find out what it's like to have a career protecting animals by talking to a veterinarian, animal-rescue worker, or zookeeper. **Learn more**.

Enjoy a Hobby 1. Find an outdoor scene—it might be a lake, creek, trail, or your own backyard. Draw, film, or photograph the scene several times during the day or on different days. Observe how weather and time of day change the scene's appearance.

2. Sketch a still life three times, using a different medium (colored pencils, regular pencils, charcoal, ink pen, markers, pastels, crayons) each time. Learn more.

Find Meaning 1. Create a keepsake—a painting, collage, song, poem, scrapbook, bookmark, piece of jewelry, or another object—that reminds you of your favorite line of the Girl Scout Law. Learn more.

2. Every job offers different ways for you to help others. Choose two or three jobs that interest you and find out how they might add meaning to your and others' lives: interview people in your community, watch videos, or read articles about these jobs.

Connect to Community

1. Music brings people together, and when people come together, they can build community. Make up a song about something you care about (friends, family, a favorite animal, etc.). Record your song and share it with others or sing it at an event.

2. You belong to a community of girls worldwide. Create a girls' bill of rights that includes at least five things you think girls should have the right to do. **Learn more**.

Take Action 1. Plant a tree to support the Girl Scout Tree Promise, and join a global movement to address climate change, one tree at time.

Learn more.

2. Learn the difference between community service and the Girl Scout concept of Take Action, then brainstorm some ways to engage in the latter! Girl Scout Junior or older? Start planning your Bronze, Silver, or Gold Award. Learn more.



Troop Takeover

Who is ready to take over Girl Scouts of Manitou Council's Instagram? You'll get to post to our stories and feed with your awesome Girl Scout activities and adventures! We can't wait to see your troop in ACTION! If you have any questions, please email: cassie@gsmanitou.org.



More information:

Is your troop doing something UNIQUE, going on an amazing TRAVEL adventure, or having an epic CEREMONY? All these things are the perfect opportunity to give our followers (parents, other Girl Scouts, volunteers, and supporters) an inside look at what Girl Scouting is all about!

Troop takeovers are available to an entire troop or individual Girl Scouts age 13 and over. This is meant to be girl-led and an exciting opportunity for our older girls, not their leaders.

To request a troop takeover, please fill out our interest form at bit.ly/TroopTakeovers.

You will receive your takeover login information, tips & tricks, and FAQ after your request is reviewed and approved.

Check out these girls!

In this section, you'll get to hear and see stories from some pretty inspiring local Girl Scouts who are bridging to the next level, earning Highest Awards, going on trips, and more.

Silver Award Girl Scouts



It's time to give a special shout-out and congratulations to Girl Scouts in Troop 8983 who recently earned their Silver Award! Becoming a Silver Award Girl Scout is an incredible accomplishment that deserves some special recognition. Let's hear about Troop 8983 and what they did to earn their Silver Award:

Troop 8983 noticed a need at their city's elementary school for safe seating options outside. These Girl Scouts worked with the school teachers, administrators, and the superintendent to give presentations on the need for safe seating and

the benefits of providing this. These Girl Scouts then built benches to donate to the school. They learned a ton of skills throughout - including leadership, practical construction, and other life skills - and were able to fill a need and make a difference in their community.

Did you or your troop recently earn your Silver Award? We want to know about it! Have your parent or troop leader fill out the <u>Silver Award report</u> and submit your photos.



Bronze Award Girl Scouts

It's time to give a special shout-out and congratulations to those troops who recently earned their Bronze Awards! Becoming Bronze Award Girl Scouts is no easy feat for Girl Scout Juniors. They choose an issue they care about and take action to make a lasting impact. Let's hear about recent Manitou Council Bronze Award Girl Scouts! If your troop also became Bronze Award Girl Scouts this year, we want to know about it! Have your parent or troop leader fill out the Bronze Award Report and submit your photos.

Troop 8420 dedicated their Bronze Award project and hard work to the feral cat population. During the course of their Take Action project, these Girl Scouts researched how to make feral cat houses, and learned how to build the houses and entice cats into them. They further conducted a lot of research on feral cats, including: why having feral cats around is a good thing, TNR



(trap neuter release) programs, instructions on how to build cat houses, and recipes for homemade cat treats. They compiled this research into an informative booklet to educate community members for years to come.



Travel Adventures



Troops have started safely taking trips again and we couldn't be more excited to see all the incredible adventures Girl Scouts will have!

Troop 8302 and 8465 had a BLAST when they took a special trip to Chicago. While there, they hit the Museum of Science and Industry, exploring all things STEM. Then they traveled to Legoland, and were able to explore and build, and, of course, have a lot of hands-on fun! They finished their trip with an escape room, where they worked on their team building and critical thinking skills. What an awesome trip!



Girl Scout Pride



This January and February, Girl Scouts across the country participated in the Cupid Crew National Service Project.
Troops spread joy to thousands of older adults across the country who may be living alone or have limited contact with their family and friends by writing Valentines Day cards. Brownie Troop 8073 from Port Washington made cards

and trinkets, and donated Girl Scout cookies to residents at a local assisted living and long-term care home. Troop 8579 from St. Cloud also made Valentines for a local nursing home.



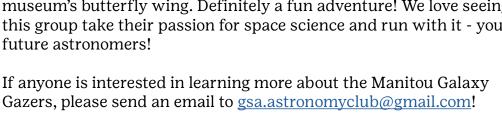
Go-Getter



Did you know Manitou Council has an astronomy club? The Manitou Galaxy Gazers Astronomy Club went on a trip to visit a planetarium in Waukesha for a science fest and showing of Galileo: The Power of the Telescope. These

Girl Scouts also explored a nature center. Then it was off to the planetarium at the Milwaukee Public Museum for a fascinating presentation on the Wisconsin night sky. No trip to the Milwaukee Public Museum

is complete without exploring all the exhibits, and these girls did just that! A favorite was being surrounded by hundreds of butterflies in the museum's butterfly wing. Definitely a fun adventure! We love seeing this group take their passion for space science and run with it - you go, future astronomers!





Raising Awesome Girls

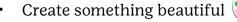
Raising girls to be happy, healthy, and successful is simpler than ever with help from Girl Scouts. We're proud to stand with parents as they raise up the next generation of girls and young women. We've got everything you need to raise girls with confidence.

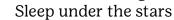
Every Girl's Ultimate Summer Bucket List

It's finally here - weeks upon weeks of gorgeous weather, lazier mornings, maybe a part-time job, pool parties, and, ideally, buckets of free time. Summer is a magical time of year, and it would be an absolute waste to just sleep through it, so we've put together the ultimate summer bucket list that will make these warm weather months even more memorable (and give every girl something incredible to tell her friends when she goes back to class in the fall).

All of these summer ideas work for both independent older girls, who can take on most challenges on their own, and for younger girls who can try their hand at these activities with the help of a parent or other caring adult.

Ready for your best summer yet? Let's go!





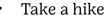
Do something scary

Daydream under a tree



Make a new friend

Get lost in a book





Make a family tree

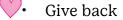
Be a hero by standing up for what you believe in



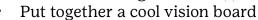
Get cooking



Send an old-school letter

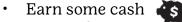


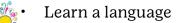
Master one "magic" trick



Make a splash at the beach, lake, or pool

Explore the Farmer's Market





Check out some live music

Keep a journal 🐙



Get more Raising Awesome Girls advice at girlscouts.org!

Girls of Courage, Confidence, and Character

In this section, you'll become inspired by Girl Scouts from around the country.

Cadettes Create Unity Through Cultural Exchange Program

After taking three years of Spanish and excelling in those classes, Veronica, 12, still struggled with conversational Spanish. She wanted to do better AND help her Spanish-speaking peers assimilate to their new communities and thrive in school. "I wanted to work with kids and empower them to know they could help others, too," she said. With a large Spanish-speaking immigrant population from both Mexico and the Dominican Republic, her Massachusetts community seemed like the perfect place to make that happen.

So, in true Girl Scout form, Veronica set out to bring her vision to life. Soon, with two other Girl Scouts - Morgan and Ariel, from Troop 62273 from Massachusetts - on board, hours and hours of careful planning and location-hunting, and a colorful homemade flyer in hand, "Valor Para Todos," or "Value for All" was born.

Here's how it works: throughout the school year, a group of about a dozen sixth, seventh, and eighth-graders who speak English as a second language (ESL) and want to improve, meet up with Veronica, Morgan, and Ariel after school to teach each other. They do homework, play games, and, most importantly, build community. Each session kicks off with the three Girl Scouts addressing the group in Spanish. The ESL students then try to translate. Starting off this way helps everyone gain

confidence and sets a positive, productive tone. This element of equal exchange is critical to Veronica's mission to give every student a strong sense of involvement and it firmly reinforces that everyone in the room has valuable skills to offer one another. That's so Girl Scouts!



"Valor Para Todos has kids who just got to the United States positively impacting their communities by teaching us Spanish, while we help them learn English," says Veronica. "Together, we discover what is really important - that we all have something

valuable to offer. I think that is why we have all become friends, because we've grown together."

Veronica, Morgan, and Ariel have big plans for the future, including the possibility of creating kits other groups could use to execute the program in their own communities. "If this project's method was adopted into different languages, it has the potential to break language barriers worldwide!" says Ariel.



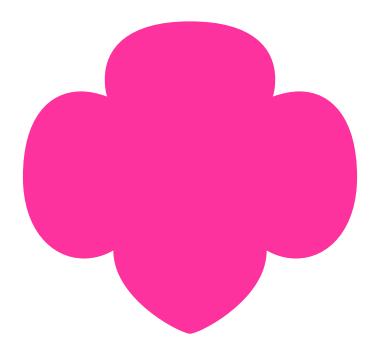
Both the Girl Scouts and the ESL students who have joined the program have benefited immensely from the program. And as if that wasn't reward enough, the girls recently received their Girl Scout Silver Award, the highest award a Girl Scout Cadette can earn, for all their work with Valor Para Todos.

Veronica's mom (and troop leader!) is proud of the girls' accomplishments and sees the tangible impact Girl Scouting is having on girls. "As a troop leader, I want the girls to seek out opportunities. Girls are even more capable of doing things as they get older. This is not the time to leave Girl Scouting. It's the time to go deeper," says Veronica's mom.



See more girls of courage, confidence, and character stories at girlscouts.org!

GO, GiRL, GO!



STEM Spot: Constellations Flashlights

Recommended Girl Scouts® grade level: Daisy, Brownie, Junior



Skills girls build with this activity: 🗹 Goal Setting

Reach for the stars.

Girls practice goal setting as they learn about constellations. If girls love this activity, encourage them to earn the Space Science badge for their level.

Supplies:

- One printed constellation flashlights template
- One cardboard craft tube
 Tip: Can be an empty toilet paper roll
- Aluminum foil
- One toothpick
- Scissors
- Markers
- Washi tape
- Pen or pencil
- Optional: one small flashlight

Steps

- 1 Have the girls use markers to write down their cookie season goal(s) on the toilet paper roll.
- Print out constellation flashlights template on 8.5"x11" printer paper. Cut out one of the constellations from the template. Cut out a 5" aluminum foil square.
- 3 Use the printed template and a pen or pencil to indent the star formation into the aluminum foil.



4 Cover one end of the toilet paper roll with aluminum foil. Use washi tape to secure it. 5 Use the indent marks and the printed template as a guide to poke the star formation into the aluminum foil with the toothpick.

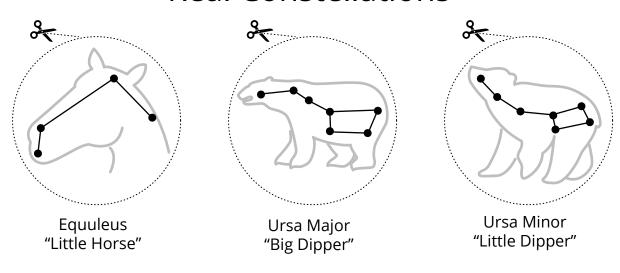


6 Turn the lights off and have girls shine their flashlights through the decorated craft tube to reveal their "out of this world" constellation creations! No flashlight, no problem! Keep the lights on and hold it up to the light while viewing through the open end of the tube.

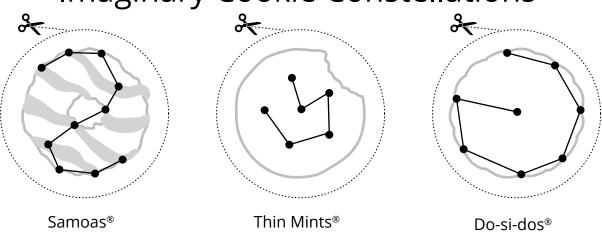
Constellation Flashlights Template

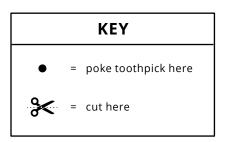
Six designs included! Three real constellations: The Little Horse, Big Dipper and Little Dipper, and three imaginary cookie constellations.

Real Constellations



Imaginary Cookie Constellations





Craft Craze: DIY Butterfly Feeders



Feeding friend-zy!

Introduce girls to the butterfly mascot with this hands-on activity.

Supplies:

- Plate decoration template
- □ Clear plastic plate (*Upcycle if you can!*)
- Markers
- Clear adhesive contact paper
- Three clothespins
- String
- Optional: decorations such as ribbon or beads

Steps

- 1 Decorate the edges of the plate with markers.
- 2 Print and cut out the plate decoration template. Place facing down on bottom on plate.
- 3 Stick the contact paper to the bottom of the clear plate so the design shows through to the top to protect the paper from the weather.

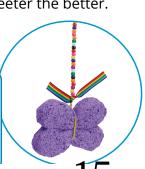


4 Clip three clothespins to the edges of the plate at an equal distance from one another. Tie a piece of string around each of the clothespins, and decorate with beads, ribbons or anything else you'd like.



- 5 Tie the three strings together at the top and hang it outside over a branch or post. Set small pieces of fruit on the plate, such as oranges, strawberries or peaches—the sweeter the better.
- 6 Once it's set up, the butterflies will come flying in!

Make it quick! To create a simpler version of this craft, cut a butterfly shape out of a sponge, soak it in sugar water and hang it outside with decorative string.



15







Tasty Treats: Adventurefuls Milkshake



Ready in 10 minutes Makes 2 generous servings

Ingredients

- 1/2 box frozen Adventurefuls cookies, plus additional for topping
- 5 cups chocolate ice cream
- 1 cup milk
- Additional optional toppings: caramel sauce, brownie chunks, whipped cream

Directions

- 1. Combine ingredients: Add cookies, ice cream, and milk to the blender. Pulse until combined.
- 2. Serve: Pour equal amounts of milkshake into two tall glasses. Top with whipped cream, drizzle with caramel sauce, and and garnish with an Adventureful cookie and brownie chunks to taste.
- 3. Enjoy!



- Blender
- Large glasses





Just For Fun: Camp Catalog Scavenger Hunt

Now that you have your camp catalog (<u>check it out here</u> if you don't have yours handy) and have had the chance to look through it and get excited for summer, we've got a fun activity for you! Get out those 2022 camp catalogs and tackle the camp catalog scavenger hunt.

• • • • • • • • • • • •

- 1. How many pictures are there from the front cover to the back cover?
- 2. How much does a three-night session at Camp Evelyn cost?
- 3. What grade do you need to be in to attend Pathway to a Program Aide?
- 4. What page is the only quote/testimonial from a counselor on?
- 5. What is the name of the session where you spend the week in a hammock?
- 6. At what session do you get to visit Kohler Andrae State Park and native animals will make a trip to camp?
- 7. What are the names of the sessions that allow you to bring your favorite adult with you?
- 8. What are the dates for The Big 12-Nighter?
- 9. At what session will you get to build your own solar system?
- 10. What are the names of the two horse-themed camp sessions?
- 11. How many different overnight session themes are there in total at both camps?
- 12. What grades can attend day camp sessions?
- 13. How many reasons are listed about why you should attend camp? (hint: page 19!)
- 14. How much does the Birthday Blast Camp Care Package cost?
- 15. How many camp frequently asked questions (FAQ) are there in the camp catalog?
- 16. On what page would you find information about camp photos, letter, and CampGrams?
- 17. How many years has Daisy been working at Camp Evelyn?
- 18. What are the themes for day camp sessions the week of July 4th?
- 19. What are the names of the lakes at Camp Evelyn and Camp Manitou?
- 20. How do you register for summer camp?













20) Online at bit.ly/GreatGirlScoutCamp.

Answer Key: I) 61. 2) \$300. 3) Grade 6, 7, or 8. 4) Page 23. 5) Hanging Around. 6) Wild Explorations. 7) Moms, Pops, and Pals & Me and My Gal. 8) July 31 - August 12. 9) The Art of Astronomy. 10) Horsing Around & Bits and Bridles. 11) 16. 12) Girls entering grades K-5. 13) 7. 14) \$35. 15) 12. 16) On page 17. 17) 8 years total, three years as the Camp Director. 18) Unicorn University, Around the World, and Heroes in the Making. 19) Crystal Lake at Camp Evelyn & Serenity Lake at Camp Manitou.