



Fall
2023

The Manitou GIRL



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On the cover...

Girl Scout Mackenzie from Troop 8048 enjoyed Lizard Mound State Park and Kettle Moraine State Forest - Pike Lake Unit during State Parks Weekend!

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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.

Mammoth Hike Challenge

Are you ready for a challenge? Join the Ice Age Trail Alliance's **Mammoth Hike Challenge** this October! Hike **43 miles** anywhere along the Ice Age National Scenic Trail and visit three Ice Age Trail communities to earn a commemorative patch and certificate. You may hike, walk, run, or backpack - whatever suits your lifestyle - and log your miles over days, weeks, or one big adventure. You have the entire month of October to do it! Get hiking Girl Scouts!



Girl Scout Destinations

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.

You'll definitely want to experience a **Girl Scout Destination**! You can apply now for 2024 Destinations. Don't wait to apply - popular Destinations fill up quickly!

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.

Thanks for a great summer!

Our Camp Director, camp counselors and staff, and all of us here at Manitou Council want to thank all of you who came to Camp Evelyn and Camp Manitou this summer! Camp was a place of adventure, friendship, and the great outdoors. We're already hard at work planning for next summer and can't wait to see you all soon! Here's just a few of our favorite memories:





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:

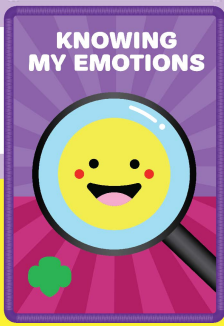
Is your troop doing something UNIQUE, going on an amazing TRAVEL adventure, or having an epic CEREMONY? All these things are the perfect opportunity to give our followers (parents, other Girl Scouts, volunteers, and supporters) an inside look at what Girl Scouting is all about!

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.





Knowing My Emotions patch
Explore the complete patch program at the [Girl Scout Shop](#) or in the [Volunteer Toolkit](#).

Explore Your Emotions

Life brings up all sorts of emotions, and that's totally okay. Emotions can be a little confusing, though. Luckily, there are lots of ways to explore them—like diving into an art project! Choose an emotion from the Feelings Wheel, then draw a picture of what it feels like to you.





Finding My Voice patch

Explore the complete patch program at the [Girl Scout Shop](#) or in the [Volunteer Toolkit](#).

Your Words Count

This activity gives you the chance to care for the friends you love, and for anyone else who may need it most. Brighten up their day by writing a poem where each line begins with a letter from the word FRIEND.

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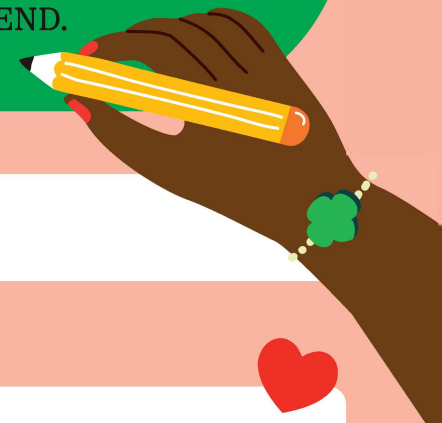
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Showing Up For Me and You patch

Explore the complete patch program at the [Girl Scout Shop](#) or in the [Volunteer Toolkit](#).

Seniors &
Ambassadors
Grades 9-12

Show Up For Yourself & Every Emotion

You can get through anything if you have a plan in place. It helps to think about emotions and how to handle them before you experience them. That way, you'll know what to do when they strike! Select an emotion from the Feelings Wheel, then create a visual guide of ways to nurture yourself whenever that emotion comes up.



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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 those troops who recently earned their Silver Awards! Becoming Silver Award Girl Scouts is no easy feat for Girl Scout Cadettes. They choose an issue they care about and take action to make a lasting impact. Let's hear about recent Manitou Council Silver Award Girl Scouts! If your troop also became Silver Award Girl Scouts this year, we want to know about it! Have your parent or troop leader fill out the [Silver Award Report](#) and submit your photos.

Troop 8001 from Cedarburg focused their Silver Award on anxiety and mental health. They researched, learned about, practiced, and taught to others a variety of mental wellness practices, including: yoga, meditation, breathing exercises, self defense, natural oils, and massage therapy. They also focused on the importance faith, friendships, and family can have on mental health and anxiety. Their project culminated in donating anxiety stone cards (rocks and crystals aimed at alleviated anxiety attached to a card featuring quotes about anxiety and mental health) and affirmations to Christian Family Solutions Counseling Center. Throughout the course of the project, the troop gained so many skills, but their biggest takeaway was learning that having feelings of anxiety is completely normal. They are better equipped to deal with these feelings now and can even help others.



Troop 8295 from Waupun is passionate about music. They noticed that the cost of instruments was making it harder for students to be involved in band at their school. The troop decided to host an instrument drive. The idea was to collect used instruments from the community and donate them to the school. The donated instruments would be kept as a supply for those who wish to be in band but aren't able to purchase a new instrument. The troop also wanted to assure that the school band department could continue this program. To help out and raise awareness about their project, the troop planned and hosted a volleyball tournament, as well as held a brat fry and bake sales. The troop was successful in collecting a number of instruments that they donated to the school, in addition to donating what they raised to continue this program. The troop learned a lot about planning events and advertising. They are proud of what they achieved and hope that this program can continue for years to come.



Travel Adventures

Many older Girl Scout troops plan epic travel adventures. They work hard for years budgeting and saving troop funds, planning, and preparing for their trip. We love seeing the amazing adventures Manitou Council Girl Scouts experience, and we want to share their stories with you so you can see what's possible the longer you are a Girl Scout.



Troop 8465 visited New York City! These Girl Scouts have been working hard for two years to plan and budget for their trip to the Big Apple. They spent a lot of time walking around the city and got to explore the transit systems of NYC, both bus and subway. They had a jam-packed trip! They visited the Statue of Liberty, Ellis Island, and the 9/11 Memorial. They learned a lot of history through Hamilton and Underground Railroad tours. They were able to see all of the New York sights as they visited the Empire State Building, took a bike ride through Central Park, and did a movie and TV tour through the city. They even saw three Broadway shows! Not only did these girls learn a lot, but they also had a lot of fun! They took advantage of the many shopping opportunities, and in true NYC fashion, ate hot dogs from a cart!



Girl Scout Pride

Manitowoc Girl Scouts got together to spread Girl Scout pride and joy in their local 4th of July Parade! These Girl Scouts worked hard leading up to the parade to design and decorate their float. They had so much fun sharing their Girl Scout pride with the community. We can't wait for the next parade season!



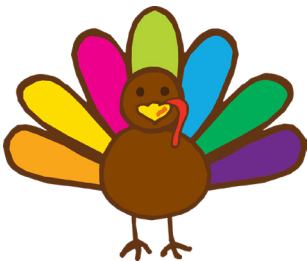
Go-Getter

Girl Scouts Love State Parks Weekend was September 9 & 10. We had a record year! 128 Manitou Council Girl Scouts participated either as a troop or with their families and visited 18 different state parks. WOW! What an outstanding turn out. Thanks for participating! We can't wait for next year!

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.

Four Questions To Ask This Thanksgiving



Being able to ask thoughtful questions of others and then actively listen to their answers is a skill that will help your daughter make and keep meaningful relationships while understanding and respecting different points of view. It will also set her apart in the workplace, where she'll need both technical skills and social smarts to get along with others and work as a team.

Thanksgiving is actually the perfect time to practice both asking questions and active listening. You will probably see the people you value most and want your daughter to be close to throughout her life. Plus, because she probably knows most of the people, she'll feel a bit more confident and comfortable striking up conversations with them than she might with someone new. It's always easiest learning to do new things when you know you're surrounded by love and support!

Before Thanksgiving, ask your daughter these four questions, and then have her ask them of people at your family gathering.

1. **What's your favorite Thanksgiving tradition, and why?** Learning what's most important to other people can help your daughter see value in aspects of the holiday that she may have overlooked in the past.
2. **Which Thanksgiving food do you think you're most like, and why?** From sweet-as-pecan-pie Grandma to Auntie who always brings the spice like a good stuffing, your daughter will be sure to get some revealing and fun answers.
3. **If you had \$100 to donate to a charity, which causes would you choose?** Perhaps her seemingly cranky uncle has a soft spot for rescue kitties or her cousin is involved with a cool anti-bullying organization. This question will help her see the best in your family and friends and could even give her some ideas about how to make the world a better place.
4. **Before the first Thanksgiving, Native Americans taught pilgrims to cook corn and other foods. What have you learned from someone who comes from a different background or tradition?** This one gets back to the roots of the holiday and will help your daughter understand that, while there may or may not be much diversity at your holiday table, everyone in our big world is full of different views and experiences and has something important to offer and share.



After the leftovers are packed up and all the dishes are done, ask your daughter to tell you about some of the best or most interesting answers she heard. It's a wonderful way to reminisce and experience the warmth of the season and you just might learn a thing or two about your loved ones along the way!

Get more Raising Awesome Girls advice at girlscouts.org!

A Worldwide Sisterhood

In this section, you'll hear from some pretty incredible Girl Scout alums and discover how Girl Scouts changed their lives. You'll see all that you can be and achieve, and maybe even get ideas and inspiration for your own future.

Learning the Importance of Female Friendships

For Colleen McDaniel, editor in chief of Cruise Critic - a Tripadvisor owned website for cruise enthusiasts - Girl Scouts was where she first developed deep friendships with other girls and discovered the power of those connections.

"Today, I know that personally and professionally, [women] need to advocate for one other and support each other," she explains. "But Girl Scouts is where I first learned about the importance of having female allies."



Colleen, who grew up in Wisconsin, was part of some very craft-oriented Brownie and Junior troops, where she made Christmas decorations that retain their place of pride in her parents' home, even today.





“In my troop, there were special friendships that started early. Over the years we fell into different cliques, but we always had that Girl Scout connection,” she explains.

She found similar kinship at Girl Scout camp, where the focus was on swimming. There, she met girls from all over the state.

“It was the first time I went somewhere and didn’t know anybody,” she explained, adding that none of her troopmates chose the same camp. “I met new people and was forced to learn how to form friendships and bond.”



Upon arrival at camp, the campers took swim evaluation tests to determine their levels. The results were disappointing for Colleen and it’s a memory that still sticks with her.

“I realized I wasn’t as good as I thought I was. I didn’t make the excelled group,” she explains. “But the other girls helped to lift me up, and it helped me a lot. I wasn’t taking on that disappointment by myself.”

“And having girls at different levels helped me become a better, more confident swimmer,” she recalls.

It was a lesson that lasted for Colleen.



“As a little girl you’re not using the words ‘allies’ or ‘advocacy,’ but that’s what it is,” she says.

Today, Colleen says she looks for ways to lift other women up in her career, participating in mentorship programs at both Cruise Critic and Tripadvisor.

“I think that it’s a responsibility to help the next generation in the work force and the kids who are just coming out of high school,” she explains. “I want to help women grow, and I mentor where I can. I look for opportunities to help people figure out how to navigate this crazy world.”

See more powerful Girl Scout alum stories at [girlscouts.org](https://www.girlscouts.org)!

GO, GiRL, GO!

STEM Spot: Ice Cream in a Bag

Did you know you can make tasty ice cream without a fancy appliance or freezer? It's true! Follow these instructions to make ice cream in a bag and serve up some frozen goodness.

You'll need:

- 1/2 cup half and half
- 1/4 tsp vanilla
- 1 tbsp sugar
- 3 cups ice
- 1/3 cup kosher or rock salt
- Gallon size zip top bag
- Quart size zip top bag
- Sprinkles, chocolate sauce, fruit (optional)



Here's what to do:

1. Place the ice and salt in a gallon size bag; set aside.
2. In a smaller bag mix together half and half, vanilla, and sugar. Make sure to seal bag tightly.
3. Place the smaller bag inside the gallon size bag. Shake the bags for about five minutes or until your milk is solid. You can use gloves because the bag gets very cold!
4. Once milk is solid, take out the smaller bag. You can add your desired ice cream toppings and then it's time to enjoy your yummy homemade ice cream!

How does this work?

In order to make ice cream, your ingredients need to get very cold and freeze. Instead of placing the ingredients in the freezer, you mix together salt and ice to make a solution. Adding salt to the ice lowers the temperature at which water freezes. You will actually notice your ice melting as your ice cream starts to freeze. Shaking the bag allows the warm cream mixture to move around to allow for better freezing.



Craft Craze: Make a Leaf Rubbing



Learn to make a leaf rubbing and earn part of your Outdoor Art Creator badge!

This is adapted from Step 2 of the Brownie Outdoor Art Creator badge. Watch a tutorial on this activity, and explore even more Girl Scout activities on the Girl Scout Activity Zone at [girlscouts.org](https://www.girlscouts.org)!

It's fall and that means leaves are everywhere! We love this simple activity that combines getting outdoors with art. Just gather your art supplies, head outdoors, find some leaves, and you are on your way to creating a beautiful work of art.

Time Needed: 10-20 minutes

Materials Needed:

- Plant leaves
- Sheet of paper
- Crayon or chalk

Or:

- Clay
- Trees with bark



Activity:

Place paper over a leaf and rub it with a crayon or chalk. Try it with soft and hard leaves to see if there's a difference. Or make a bark cast from a tree. Press clay on a tree trunk, and then remove it gently to make sure you can see the mark from the bark. Be careful not to hurt the bark or leave any clay on it. Do the same thing on several tree trunks to see the different designs in the impressions.

Let your creativity run wild! Add multiple leaf rubbings to one page to create a pattern. Use different crayon colors. Find big and small leaves, or even a unique shaped one! Look up quotes about fall, trees, and leaves and use your best handwriting to take your masterpiece a step further. Make a card for someone, use big pieces of paper that you can later turn into wrapping paper for presents, the possibilities are endless!



Tasty Treats: Samoas Snack



Create a wow-worthy taste test

Transform one of America's favorite Girl Scout Cookies® into a butterfly-themed snack!

Supplies:

- Samoas® Girl Scout Cookies®
- Soft caramel candies
- Licorice lace candy
(Recommended: Rainbow Licorice Laces)

Steps

- 1 Cut the Samoas® in half and rotate them so that they face outward and resemble two wings.
- 2 Press the two halves into a soft caramel candy to stick them together and create the butterfly's body.
- 3 Cut small pieces of licorice lace candy and stick two pieces into the top of the caramel. The butterfly now has antennae!
- 4 Serve the Samoas® butterflies at a rally for a fun taste-testing station, or invite girls to hand them out at booths as free samples. A free sample at a cookie booth can be a great incentive to get customers to buy your product.



Create a food truck-themed tasting station!

Are you a **go-getter**, **innovator**, **risk-taker**, or **leader**?

Find out what kind of **G.I.R.L.** you are with this fun quiz!

1. On vacation, you typically want to:

- A) See all the really famous sights even if you're tired!
- B) Research what interests you and plan your own itinerary.
- C) Forget planning - let every day be its own adventure!
- D) Show friends or family around places you love but they haven't seen before.

2. At school or work, you've struggled with:

- A) Turning in assignments when time's up. You want everything to be perfect!
- B) Daydreaming. Sometimes you just get caught up in your own thoughts.
- C) Remembering to read the directions. You usually want to just dive right in!
- D) Talking too much, even if it's about the assignment you're working on!

3. Your favorite video games:

- A) Challenge you! You want to work for that high score.
- B) Feature cool new technology you can test out and play with.
- C) Let you switch up scenes and characters as much as you want.
- D) Are the ones you can play with other people as a team.

4. As far as books go, you love:

- A) Non-fiction - there's so much in real life to learn about!
- B) Sci-fi or fantasy - they help you see things differently.
- C) Mysteries and thrillers. It's exciting to never know what's going to happen next.
- D) Stories about relationships. Families and friendships are the best things in life!

5. When there's a karaoke machine at a party, you:

- A) Sing the same song every time.
- B) Tend to perform as a "backup dancer."
- C) Play "dare-oke" and have your friends pick songs for you that you're scared to sing.
- D) Pick a song that you know another, more reserved girl might want to sing with you.

6. If you worked for NASA, you'd want to:

- A) Start a program to get even more girls and women involved in space exploration.
- B) Invent new, faster methods of space travel and ways to gather data.
- C) Go out in space! How cool would it be to see Earth from the moon?
- D) Run the Mission Control Center, which handles any problems a space mission might encounter.

7. For Halloween, you:

- A) Spend weeks thinking of and shopping for a perfect costume. Your look will be on point!
- B) Make your own costume. It'll be just how you want it and you'll save money to boot.
- C) Dress as your favorite, but not that famous, character. Who cares if anyone else "gets it"?
- D) Coordinate a group costume with your friends so that everyone's in on the fun.

8. Your room is decorated with:

- A) Posters of your idols - all the athletes, artists, and others who've achieved your dreams.
- B) Lots of artsy stuff. Collages, paintings, and even images of space are inspiring you.
- C) Different stuff all the time! You'll put things up, only to get into new things and redecorate.
- D) Pics of you and your girl squad. You and your friends are inseparable.

9. When it comes to exercise, you:

- A) Stick to the same sport - you're just about to perfect that jump shot!
- B) Make up a twist on whatever sport you're playing. New rules to keep things fun!
- C) Are always trying something new. Switching things up keeps it interesting.
- D) Love cheering on your friends when they beat their own best time or high score.

MOSTLY A'S

You're a go-getter!
You've got a vision of how you want your life to look and you keep going for it, even when the going gets tough. Your can-do mentality and ambition will take you far!

MOSTLY B'S

You're an innovator!
You're an original, independent thinker. With your love of learning and natural curiosity, you're a wonder at solving problems in creative new ways.

MOSTLY C'S

You're a risk-taker!
You've got an open mind and love the thrill of trying new things. Your embrace of adventure will open doors for others who might not be as bold.

MOSTLY D'S

You're a leader!
You're an advocate for all and are always cheering on the group. Through empathy, team building, and humility, you empower those around you to be their best.