



Spring  
2023

# The Manitou GIRL



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## On the cover...

Girl Scouts from Troops 8126 and 8172 climb to new heights while earning their Climbing Adventure Badge at their local high school's ropes course!

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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.

## 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:

- **School's Out** - Get ready for the vacation of a lifetime. Sleep in and soak up the sun. Go on a new adventure each day and have plenty of time to relax. Find your inner ninja and give laser tag a try. Have an indoor slumber party. Enjoy optional late-night activities. Schools are out and camp is in!
- **STREAM Girls (grades 5-12)** - Explore the Camp Evelyn home waters as a scientist, artist, and angler. Learn all about fishing and aquatic bugs. Become a citizen scientist for the week. Explore your natural surroundings and connect with nature. This session is brought to you in

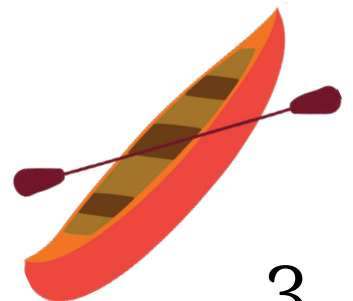
partnership with Trout Unlimited.

- **Aspiring Artists** - Focus on a different artistic skill each day. Get a lot of hands-on practice in drawing, painting, mosaics, sculpting, and poetry. Learn from a professional artist while creating mosaics. Create your art portfolio to showcase your works just like a professional artist!
- **Camp Harriet Potter** - Get ready for a magical week. Get sorted into your house and work together as a team. Get your magical class supplies and magic wand. Play Quidditch and attend charms, transfiguration, divination, and potions classes.
- **Horsing Around (grades 6-12)** - Hours of horse time will include a riding lesson in the ring, trail riding, and lessons on grooming, saddling, and horse safety. Plus enjoy plenty of time at Camp Evelyn with classic camp activities.
- **Wave Makers (grades 1-7)** - Enjoy all things water! Cool off in the pool, swim and boat at Crystal Lake, splash in the Mullet River. Design a boat with a team and compete to see which boat will go the farthest distance.
- **Freshwater Girl Scouts (grades 6-12)** - Enjoy all the activities of the Wave Makers session plus earn your Mariner's pin. Practice basic swimming skills and learn essential survival skills for water-related adventures. Learn the basics of scuba diving during an off-camp trip.
- **Appetite for Adventure (grades 1-7)** - Get started on becoming a chef! Learn basic cooking skills like stovetop basics, dicing, and flipping pancakes. Put your skills together to prepare and create a meal to share with your fellow campers.
- **Cooking with Confidence (grades 6-12)** - Take your cooking skills to a new level! Focus on knife skills, classic cooking techniques, working cleanly and safely, and creativity. Make new and tasty creations and prepare a binder of recipes to take home.
- **Detectives in Training (grades 1-7)** - Learn about fingerprinting, matching shoe prints, analyzing handwriting samples, unlocking the secrets of a crime scene, and collecting evidence. Hear from real-life experts in forensics and solving crimes. Go on your own investigation at camp.
- **Wisconsin Voyagers (grades 6-12)** - Explore all that Wisconsin has to offer in this road trip experience. Visit Kettle Moraine State Park, Wisconsin Maritime Museum, Bay Beach Wildlife Sanctuary, Wequiock Falls Parks, and Egg Harbor in Door County.
- **The Big 12-Nighter (grades 5-12)** - This one is for those who live for camp each summer. Follow your own schedule and participate in all-camp activities. The weekend will have surprise activities and the chance to plan your own day trip.
- **Music Makers** - Tap into your inner rock star! Decorate instruments, create colorful music note ornaments, jam on a variety of instruments, and be a part of a singing competition. Listen and sing along with a barbershop quartet.
- **Hanging Around (grades 6-12)** - Spend the week sleeping in a hammock instead of a tent or cabin, while also enjoying all that camp has to offer!

These overnight camp sessions are sure to be a blast! We also have day camps at both Camp Evelyn and Camp Manitou throughout the summer. If you're older and want to take on a leadership role, our Counselor-in-Training program is for you! We even have a session where you can bring Mom, Dad, or your favorite adult to camp with you, and one where you can camp with your whole troop!



Learn more and register at  
[bit.ly/GreatGirlScoutCamp](https://bit.ly/GreatGirlScoutCamp)





# Visit Camp this Spring!



## Camp Manitou Open House!

This is your opportunity to see all that Camp Manitou has to offer and get ready for summer camp! Meet some of the camp counselors and enjoy a guided tour of camp. Have fun learning classic camp songs and enjoy s'mores over the campfire. Bring your family or your entire troop and make sure you have plenty of adult supervision. Come and go as you please! Please note: lunch is not provided. Tours will be offered on the hour.

**Saturday, May 20th, 9:00 a.m. to 2:00 p.m.**  
**FREE!**

**Register by May 15**



**Saturday, June 3rd, 9:00 a.m. to 2:00 p.m.**  
**\$10 per participant**

**Register by May 29**

Join us for a fun-filled day at Camp Evelyn! Meet your camp counselors and visit the unit where you will stay at camp. Participate in activities like archery (Brownies and up), swimming in the pool (weather permitting), arts and crafts, and hiking to Crystal Lake. Take a tour of camp and get all your questions answered by one of our counselors. Enjoy lunch and s'mores over the campfire. Bring your family or your entire troop!



## Camp Evelyn Day!

# Cookie Season Success!



This cookie season brought unexpected challenges. We can't thank you (that means you too, parents!) enough for your can-do attitudes and dedication. You really did "Go Bright Ahead," thinking of innovative and creative ways to reach potential customers, and working hard to reach your goals. We loved seeing all your photos from cookie booths and cookie donations. Congratulations on another successful cookie season, Girl Scouts!





# 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](mailto: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](https://bit.ly/TroopTakeovers).

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





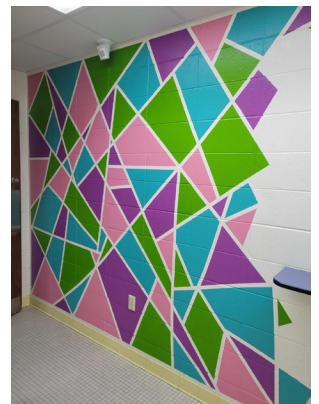
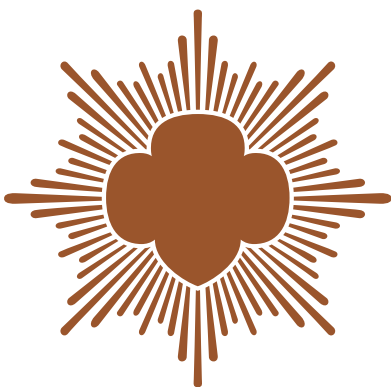
# Check out these girls!

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.

## 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 8091's Bronze Award focused on eliminating the harsh and permanent language found on the walls and stalls of their middle school's bathrooms. By designing a mural for both the women's and men's bathrooms respectively, the girls not only cleaned up and covered a large portion of the walls, but brightened it up to make it a safer place to be for over 300 students. By adding some positivity and color, taking a break is no longer in an environment of hostility towards peers that could have a detrimental effect on mental health. They learned a lot of professional skills through working with the school administration, and a lot of practical life skills through their work of planning, prepping, and painting their murals. But beyond that, they really got a first-hand look at how important it is for a space to be welcoming so that no one feels alone or isolated at school.



## Travel Adventures

Girl Scout Ambassador Mila from Troop 8072 recently went on a Girl Scout Destination called Sea Turtle Retreat, where she traveled to Costa Rica, helping to restore sea turtle habitats and breeding grounds, and helping hatchling turtles reach the sea.



While on this trip, Mila and other Girl Scouts from all over the country would spend evenings patrolling beaches, identifying mother and baby sea turtles and protecting their nests from predators. During the day, they'd work to remove trash and debris from the beach and nearby trails to make it easier for the turtles to access their nesting sites.

Mila said her favorite part was releasing newly hatched sea turtles.

"We'd have buckets, you'd count how many came out of the sand and then we released them," she said. "We'd watch them just scurry across the sand into the water and it was so cute."

Mila also really enjoyed the instances where a turtle laid her nest in a spot the group had just worked to clean in the previous days. "If we hadn't gotten rid of all the debris and sticks and picked up all the trash, it wouldn't have been able to go there. It felt really amazing, like we had a connection with the turtles because they chose your spot."



Beyond working with the turtles, Mila sampled Costa Rican cuisine, zip lined through a rainforest, and saw plenty of local wildlife.

After her Destination, Mila said traveling to a different country to work with sea turtles boosted her confidence and independence and showed her how connected the world really is. She thinks every Girl Scout who is able should apply to attend a Destination!



## Worldwide Sisterhood

Troop 8125 from Two Rivers had a special visitor at one of their cookie booths that reminded them how Girl Scouts provides a worldwide sisterhood.

The troop had a customer who was very excited to meet them. It turned out that their customer, Alice, is the Coordinator of Young Leaders and Social Media Coordinator for Girl Scouts of Taiwan! She was in the area visiting her former host family from when she was a foreign exchange student and that's when she ran into the troop. They had a great conversation about Girl Scouting. Alice was eager to bring back some cookies for her own girls in Taiwan to test out. Such a cool experience!





## Girl Scout Pride

**Girl Scout Democracy Day** was held at the State Capitol in Madison in March, kicking off Girl Scout Week in true Girl Scout style! Hundreds of Girl Scouts from across the state, including dozens from Manitou Council, attended this special day. They met with elected female lawmakers, toured the Capitol, learned about democracy through fun activities and workshops, and voted on issues important to them. Girls gave speeches on topics that were important to them, with some being keynote speakers at the closing ceremony. This was an epic day - you're not going to want to miss it next year!



## Go-Getter

**Troop 8462 from Cedarburg** met Tom Stanton of Mel's Charities and Ross Rinkelman, a Cedarburg native with Down Syndrome. They talked about inclusion, the dehumanizing and hurtful effects of the word "retarded," and the national initiative to "Spread the Word to End the Word™". After they heard from Tom and Ross, the girls decorated a banner that was presented to their school for World Down Syndrome Day on March 21. They asked all students in grades 4-8 to sign the banner and join them in the national pledge not to use the "R-word." We can't wait to see what these girls do next to make a difference.



## 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.



## The Glory of a Skinned Knee

"Be careful!" Stop and think about that phrase - and how often you say it to your daughter. The intention behind it is, of course, full of love for her and a desire to keep her out of harm's way, but the effect could be that your girl errs too much on the side of caution, becomes overly inhibited, and misses out on some of the greatest adventures and opportunities life has to offer. One of those great opportunities? A skinned knee.

It might sound crazy but think back to the times when you were younger and skinned a knee (or elbow, or landed yourself in a cast). There's a reason why you might remember those moments so vividly - in these times of trial when we're pushed to endure a little more than usual, we



develop strength. Not convinced? Check out these four reasons to think of a skinned knee as a badge of honor.

1. **It's a sign that in the face of a challenge, she said, "Maybe I can!"** This kind of optimistic thinking is exactly the quality that will lead her to be a go-getter in life. Building her courage and confidence will give her more fun and fulfilling experiences now and will benefit her big time down the road.
2. **A healing scrape teaches resilience.** Our bodies are pretty incredible at bouncing back after minor injuries. The healing process is a great parallel to the process we need to go through to recover from other disappointments and setbacks in life. Seeing herself heal physically might help her see her own strength and know that she's capable of overcoming challenges.
3. **Her friends will see her differently.** When the going gets tough, we want to know our friends can stick with us and weather the storm. Her scraped knee sends a subtle signal to your girl and her friends that she's got what it takes to handle whatever the world throws at her.
4. **She's choosing the "better" risks.** Kids and teens gravitate like magnets toward intense, exhilarating experiences. Experts say that when we encourage girls to take healthy risks we're fulfilling that need in them and making it less likely that they'll turn toward the more unhealthy risks that could have serious, lifelong consequences.



So the next time you're tempted to tell your girl to be careful, remember that those words could orient her toward avoiding risks in general - even those that could benefit her. Instead, consider telling her to be smart, and, most of all, to have fun. And if she does get a scraped knee or another fairly minor injury along the way? Know that she'll be stronger and better off for it.

Get more Raising Awesome Girls advice at [girlscouts.org](https://www.girlscouts.org)!

## Girls of Courage, Confidence, and Character

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

### Juniors Build Very Special Playhouse



"One Girl Scout can make a difference, but together we can rock the world." That's the motto for Troop 44017 from Girl Scouts of Western Washington. So when they discovered that a local four-year-old girl couldn't go to the park and play like other kids her age because of a heart transplant that weakened her immune system, they decided to take action and build her a one-of-a-kind playhouse in her very own backyard.

The troop discovered the young girl's story on Facebook through their troop leader. They read her story, watched her videos, and immediately fell in love with the brave little girl and her inspiring charm. That's when they brainstormed ways they could help bring her joy,

and decided to build her a playhouse she could have fun in every day, safely. The troop leader approached the mother about the project and she was more than honored to accept.

One sunny afternoon, the girls headed over to her house to check out the space and interview both the girl and mother to find out more about what they wanted and needed in a playhouse.

Through different money-earning activities - like putting on a bake sale, selling old toys, and doing chores around their homes - in addition to allocating some of their Girl Scout Cookie earnings, the girls were able to come up with the funds for the project.



One of the troop dads worked in construction so he took them shopping for materials. He taught the troop all about picking lumber, reading measurements, cutting the wood, and safety guidelines before the actual work began. Many other troop dads also chipped in their time to help. Such incredible teamwork!



Now it was time to make the girl's playhouse dream come true - a true work-of-heart that took two very full days of building. And just like that, this small yet powerful playhouse was filled with everything she needed to make this her special place to be, play, and dream.

It was win-win all the way around: the girl and her family loved the end result, and Troop 44017 acquired tons of skills and perspective, and earned their Bronze Award.

"I think the whole experience taught them so much," the girls' troop leader said. "From baking to cutting wood with a saw, the number of skills they gained is just remarkable. And they got to do so many cool things girls don't always get to do." According to the troop leader, the girls said they felt happy, proud, accomplished, and full of confidence after planning and completing the project and seeing how happy it made the family.



A troop member said "We learned a lot about woodworking and how to use different tools. We even learned a lot about public speaking when talking to the news." Another girl added, "We learned how to plan ahead and spend money wisely." Way to go, girls!



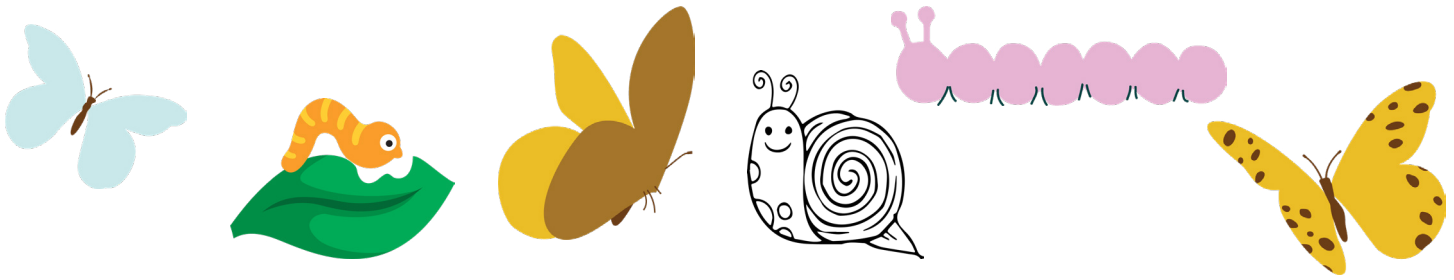
Perhaps the most moving part of it all is the incredible bond the troop and young girl formed through this experience. Months after building the playhouse, they still get together to share play dates, picnics, and friendships.

See more girls of courage, confidence, and character stories at [girlscouts.org](https://www.girlscouts.org)!

# GO, GiRL, GO!



# STEM Spot: Make a Bug Box



## Build a box to observe bugs and learn how they move before releasing them!

This is adapted from Step 3 of the Brownie Bugs badge. Explore more Girl Scout activities on the Girl Scout Activity Zone at [girlscouts.org](https://www.girlscouts.org)!

Bugs help us in lots of cool ways. Explore their world and learn more about these little creatures that do so much. You can take a closer look at bugs in action by making a bug box. Try using it to watch grasshoppers, centipedes, lightning bugs/fireflies, crickets, or moths. Check with an adult first to make sure your bugs don't bite! Make guesses about how you think bugs will act in the box. Take notes: what are they doing, how do they move, are they alone or with others, etc. You can then research the bugs to learn more about them.

**Time Needed:** 30 minutes

### Materials Needed:

- A cardboard shoebox with lid
- Tape or glue
- Plastic wrap
- Scissors
- A ruler

### Follow These Steps:

1. Remove the lid from your cardboard shoe box.
2. Use the ruler to measure and the pencil to sketch a 3" x 6" rectangle from one of the long sides of the box. Then use your scissors to cut it out.
3. Prepare a piece of plastic wrap that is large enough to cover the cutout side. With the cutout facing you, tape or glue the plastic wrap to create a window. Make sure the window is tight enough that bugs cannot escape.

- A pencil
- A tool to make small holes, such as a thumbtack (may need adult assistance)
- Bugs
- Natural materials, like sticks, grass, a flower, leaves, etc.

4. Poke three small breathing holes (smaller than your bugs so they won't get out) into each side of the box. You may need to ask an adult to help you make the holes with a thumbtack or other tool.
5. Add bugs! Be gentle so they don't get hurt. Recover the box. After you've had time to watch, carefully place the bugs back where you found them.



# Craft Craze: Butterfly Pencil Topper

## Butterfly Pencil Topper

Girl Scout Cookie™ Activity



### Let the orders fly in!

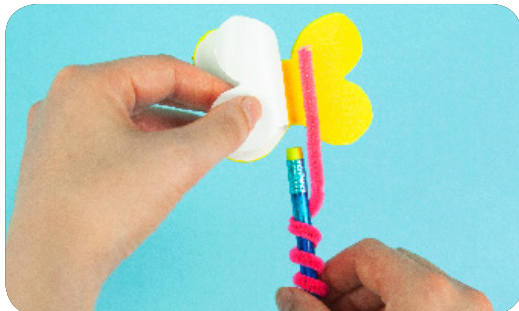
Girls' hearts will flutter for this adorable order-taking tool.

### Supplies:

- Pencils
- Pipe cleaners
- [Butterfly template](#) (or create your own using scrapbook paper)
- Foam sheets with adhesive backing
- Mini wooden craft sticks
- Glue or glue dots
- Markers
- Pom-poms or other craft accessories

### Steps

- 1 Cut out the butterfly wings from the template or create your own wings using scrapbook paper. Write Girl Scout Cookie Season messages on the wings, such as a package goal, troop goal or cookie prices. Cut the same butterfly shape out of a foam sheet with an adhesive back and set aside.
- 2 Coil a pipe cleaner around the end of a pencil, leaving about one inch sticking up above the eraser. Peel the backing off the foam sheet and stick it to the end of the pipe cleaner that is sticking up.



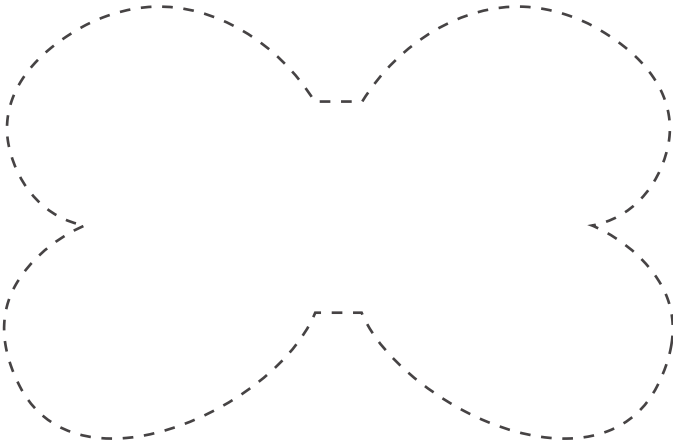
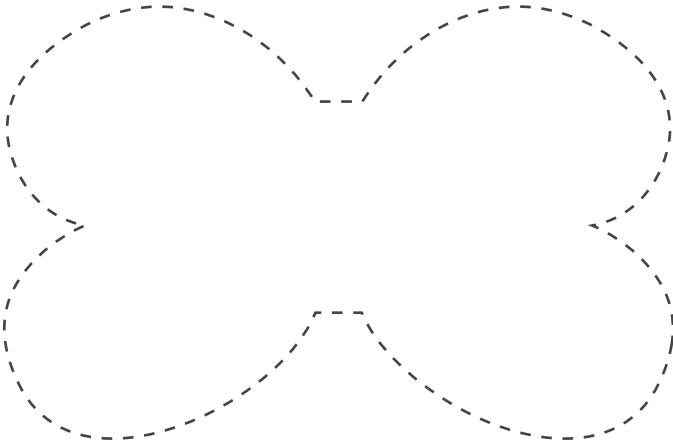
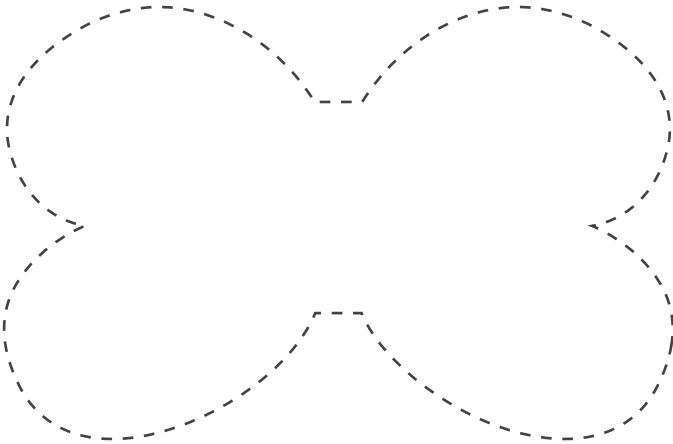
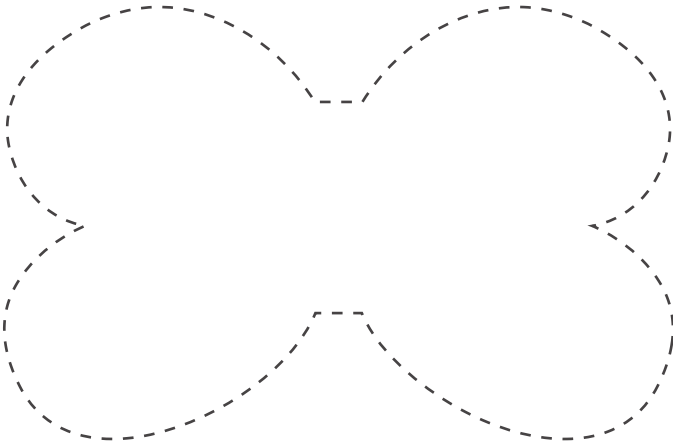
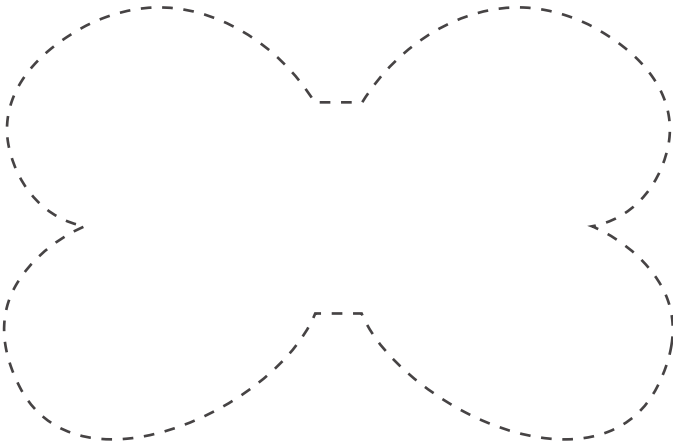
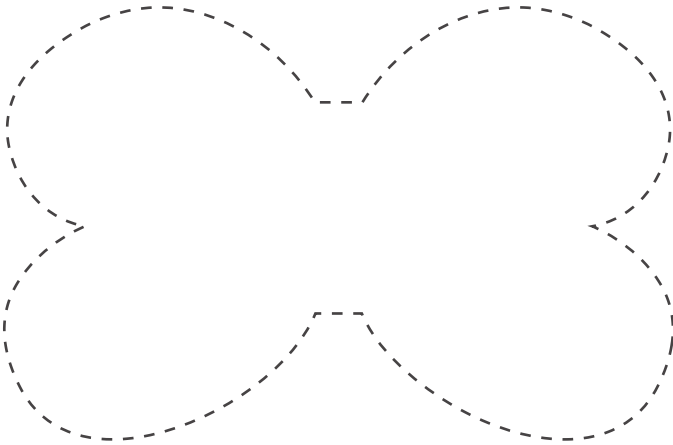
- 3 Place the decorated wings on the other side of the pipe cleaner, attaching it to the sticky side of the foam sheet. The pipe cleaner should now be securely in-between both butterfly shapes.



- 4 Glue a mini wooden craft stick in-between the decorated wings to create the butterfly's body. Decorate it with markers, pom-poms or other craft accessories.
- 5 Use the decorated pencil during cookie season to write down all the orders that come flying in!



# Butterfly Pencil Topper



# Tasty Treats: Samoas Curry Arancini



## Ingredients:

- 1 Cup White Rice (sticky rice like Niko Niko)
- 1 Cup Coconut Milk
- 1 Cup Water
- 1/2 Tbsp. Yellow Curry Powder
- 1/2 tsp. Salt (plus more for dusting the arancini after frying)
- 1/2 Cup boiled then chopped chicken
- 1 box Girl Scout Samoas Cookies
- 1 Cup Greek Yogurt
- 1 handful fresh basil leaves
- 1 Tbsp fresh mint leaves plus a pinch of salt
- 1 handful fresh basil leaves

## Coating

- 4-6 Samoas cookies, pulsed into crumbs in a food processor
- 2 Tbsp panko bread crumbs (or regular bread crumbs – plain)

First get your rice and chicken prepared, this can be done at the same time. Get a small pot of water boiling and add your chicken breast (I use a frozen one). Boil till cooked through (about 15 minutes). While that's boiling, get another small sauce pan for the rice.

Combine the coconut milk, water, curry powder, 1/2 tsp. salt and rice in sauce pan. Put on medium heat and stir constantly, THE WHOLE TIME, with a spoon, till it boils. Continue stirring constantly for 2 minutes while boiling. After 2 minutes, turn heat off, cover with lid and remove completely from heat. Set a timer for 20 minutes and do NOT remove the lid.

Meanwhile, prep your coating of Samoas crumbs and bread crumbs (I like panko bread crumbs – which are Japanese, but can be bought at any old grocery store). I put this mixture in a bowl and keep it in the freezer till I'm ready to roll the arancini and fry them. This prevents the chocolate from burning in the hot oil.

Take 4-5 Samoas and chop each into 4-6 chunks, set aside. You'll stuff a chunk of Samoas into the middle of each arancini.

When your rice and chicken are done, stir them together and refrigerate until chilled completely. Once chilled, use a tablespoon to create evenly sized arancini balls ("arancini" means "orange" in Italian). As you create each ball, stuff a Samoas chunk into the middle and then roll in the crumb mixture.

I like to pop the whole batch in the freezer for a few minutes, to chill them down before frying (again to keep the chocolate cold).

To prepare your dipping sauce, just toss the greek yogurt, basil, mint and pinch of salt into the blender. Puree it and stick it in the fridge until you're ready to serve.

When guests arrive, get a small sauce pan ready with 1-2 inches of canola oil hot on medium high heat (I set it around 7-8). To test your oil, drop a tiny bit of your rice mixture in and see how long it takes to form a crispy outer crust (this should be no more than 1 minute).

To fry, drop the arancini (up to 3 at a time) into the oil and let fry for 1 minute max – this will create a brown, crispy crust (that's right, it's a SAMOAS CRUST).

Plate them up with a saucer full of your basil, mint yogurt sauce, and serve hot. When you bite into the arancini, you'll get the added surprise of a warm, melted center!

As the arancini fry to a golden crisp, that Samoas chunk you stuffed into the center is liquefying into a caramely, chocolatey, coconutty surprise. The warm flavors of coconut, curry and salty chicken are wonderfully balanced by the sweetness of chocolate and mint, and refreshing basil and yogurt.

*Congratulations to Siiri Sampson whose Samoas Curry Arancini won third place in the 2012 Girl Scouts of Western Washington cookie recipe contest.*



# SUMMER CAMP CATALOG SCAVENGER HUNT!

Now that you have your camp catalog 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 2023 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 day camp session cost?
3. What grade do you need to be in to attend the Wisconsin Voyagers session?
4. What page is the backpack graphic/illustration hidden on?
5. What is the name of the session where you get to sing along with a barbershop quartet?
6. At what session do you get to practice different kinds of art and even work with a professional artist?
7. What is the theme for the special session where you can bring your favorite adult?
8. What are the dates for Horsing Around?
9. At what session will you get to work with Trout Unlimited and become a water scientist?
10. What are the names of the two overnight cooking-themed 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 items are on the camp packing list?
14. How much does this year's camp care package cost?
15. How many words do you have to find in the camp word search?
16. On what page would you find information about registering for camp?
17. How many years has Daisy been the Director of Camp & Program?
18. How many day camp sessions does Camp Manitou have?
19. What are the names of the units at Camp Evelyn?
20. How do you register for summer camp?



Answer Key: 1) 57. 2) \$50. 3) Grade 6, 7, 8, 9, 10, 11, or 12. 4) Page 12. 5) Music Makers. 6) Aspiring Artists. 7) The Amazing Race. 8) July 9-14. 9) STREAM Girls. 10) Appetite for Adventure & Cooking With Confidence. 11) 17. 12) Girls entering grades K-5. 13) 43. 14) \$40. 15) 12. 16) On page 3. 17) 4 years. 18) 6. 19) Dacha, The Glen, LaForet, T-Line. 20) Online at [bit.ly/GreatGirlScoutCamp](http://bit.ly/GreatGirlScoutCamp).