



Summer  
2023

# The Manitou GIRL



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## On the cover...

Cadette Girl Scouts from Troop 8029 found some new friends at goat yoga and worked towards their Science of Happiness Badge!



## 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.

## Girl Scouts Love the Outdoors Challenge



Why go outside? Outside is a place to think outside the box, get outside our comfort zones, and look outside known possibilities! That's why we're encouraging everyone to get out there and enjoy the wonder of the outdoors! Did you know there's actually more to the outdoors than national parks and overnight camping trips? The outdoors are accessible right outside your own front door! Whether you spend five minutes meditating in nature, writing a poem about a tree, or jumping in five puddles, the outdoors are a great place for people, not just plants, to grow!

Girls of all ages experience outside benefits like improved mental health, better attention span, and heightened confidence! Check out our free, all-ages activity page, venture outside, and unlock a new patch, because the world is a better place when you *Put Yourself Out There*.

# ♥ Girl Scouts Love the Outdoors Challenge ♥

Summer is the perfect time to get outside and have some fun under the sun! There are so many ways to put yourself out there, whether it's from your window, at the playground, near a campsite, or on an open trail.

From June 1 to September 10, head outside and take the outdoor challenge. Enjoy fun activities that will help you feel happier, relaxed, and in touch with nature. Be sure to check how many you should do based on your grade level. Share your adventures and encourage others to get outside by using #gsoutdoors. Happy trails!


## Number of Activities Required to Earn the Girl Scouts Love the Outdoors Challenge Patch








### Activities per grade level:

K-1 (Daisies)	20
2-3 (Brownies)	25
4-5 (Juniors)	30
6-8 (Cadettes)	35
9-12 (Seniors & Ambassadors)	40

### Get the patch!

- Sing a song with a friend about nature 
- Visit animals at your local zoo, farm, or animal sanctuary
- Attend Girl Scout summer camp
- Organize a tree planting event with your friends using the [Girl Scout Tree Promise](#)
- Identify three plant types: a tree, a shrub, and ground cover
- Imagine you are a flying insect—what type are you and what will you explore?
- Perform a dance about the wind

- Gather your friends for a fun game of hopscotch
- Make a nature-inspired gift for someone special
- Learn the difference between weather and climate with the [Climate Challenge](#) 
- Enjoy s'mores with friends under the stars
- Observe and record the changing phases of the moon
- Complete a high ropes course
- Visit a state park virtually on [www.girlscouts.org/stateparks](http://www.girlscouts.org/stateparks)
- Paint a scene set from the top of a mountain or tall building
- Dress for a weather event common in your climate
- Go bouldering or rock climbing
- Squish mud between your fingers
- Partner with your best friend(s) to identify the different types of clouds—have fun spotting familiar shapes, too!
- Go on a night sky scavenger hunt: identify stars, constellations, or planets with the [Resilient. Ready. Strong. Challenge](#) 
- Write a poem about water
- Create a nature journal and sketch a plant
- Practice your observation skills in the school yard or local playground as a [citizen scientist](#)
- Take a photo of three examples of nature in an unusual place
- Observe the Perseids (July 14 – September 1) meteor showers
- Draw, paint, or photograph the life cycle of a moth or butterfly 
- Camp outdoors overnight
- Find a flower and write a poem about it

- Identify 5 constellations
- Take a [closer look at bugs](#) in action
- Practice Leaving No Trace in celebration of [Girl Scouts Love State Parks](#) Weekend September 9 & 10
- Take a selfie connecting with nature at a local, state, or national park
- Draw a map of your neighborhood and mark where there are trees 
- Practice yoga outside for twenty minutes
- Find someone who loves the ocean and ask them to share why
- Count the number of trees in your yard, street, or block
- Learn a new swim stroke
- Tie a [square knot](#)
- Sit silently for two minutes in nature. Name three sounds you hear
- Teach a friend an outdoor survival skill such as water purification
- Practice the [Check, Call, Care](#) first aid steps
- Write a haiku about the rain
- Interview an outdoor leader to learn about their career
- Identify three [birds native to your community](#) 
- Gather your troop to protect the planet by organizing a “clean-up” event in your community
- Safely observe storm clouds and describe their movement to a family member
- Learn how the original [Indigenous stewards](#) of the land where you live grew or gathered food
- Meditate for five minutes in nature
- Teach a friend how to use a compass
- Learn about to protect trees from invasive species using the [Tree Promise Toolkit](#)

Girl Scouts Love the Outdoors Patches are available for purchase at our Petals to Patches Shop!  
Visit us Monday through Thursday 8:00 a.m. - 12:00 p.m. & 1:00 p.m. - 4:00 p.m.  
OR contact Diane at 920-565-4575 or her [email](#) to order.



# Girl Scout Tree Promise



All over the world in parks and forests, climate change is damaging the ability of forests to grow back on their own. In cities, trees help cool communities, reducing the heat island effect created by buildings, machines, and pavement that hold heat. Tree planting provides habitat for wildlife, creates shade on hot summer days, cleans water, and removes asthma-causing air pollution.

Girl Scouts have pledged to take five million actions to address climate change by planting, protecting, and honoring trees to support wildlife conservation and ease the negative effects of climate change. In partnership with the Elliott Wildlife Values Project, American Forests, and The Arbor Day Foundation, we have already planted tens of thousands of trees in all 50 states and globally but we must keep going!

## Did you know...

A large tree absorbs **40–50 pounds** of the greenhouse gas, carbon dioxide, per year.

In its lifetime, a single tree can capture and store **one ton of carbon dioxide**.

In one year, an acre of forest can absorb up to **twice the carbon dioxide** produced by the average car in that year.

Trees properly placed around buildings can **reduce the need for air conditioning by 50%**.



# There's Still Time for Summer Camp

There are leaves to rustle through, water to plunge into and trails to explore. There are campfire stories that make you laugh and shiver, like the night air causing you to snuggle deeper into the warmth of your sleeping bag . . . drifting off to dream of the fun you'll have tomorrow.

You can bring a buddy or come on your own, but in no time you will know all the girls in your camping unit just like your friends back home. That is just the “nature” of summer camp – friends made summer after summer often become your friends for life. You might even come to camp with your whole troop or with your favorite adult!



There is still time to **register for camp**! Registration closes the Wednesday before the session start date. For more information, visit [our website](#). Happy camping, 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.



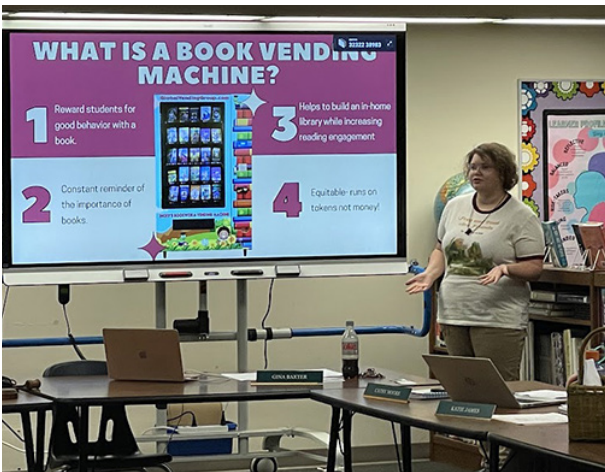
# Check out these girls!

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.

## Mila & Her Gold Award

Troop 8072 Ambassador, Mila, recently earned her Gold Award. The Girl Scout Gold Award is the highest achievement a Girl Scout can earn. Mila found that there were issues within the fields of Education and Children's Behavior, so she addressed these issues within her project.

The first issue Mila tackled was the increasing problem of negative student behaviors. These behaviors impact the performance and mental health of both students and teachers. She wanted to offer her school district an, "educational, sustainable way to positively affect the morale and behaviors of students," by implementing a positive behavioral incentive program. The second issue she addressed was the declining literacy rate in the country. She found in her research that around 1.2 million high school students drop out of school every year due to illiteracy. Mila wanted to focus on this issue because, "most everything includes either reading or writing." Starting in February of 2022, and ending one year later, Mila dedicated 91 hours of hard work to solving this issue in her community.



First, Mila conducted research on the cause of these problems and how to potentially find a solution. Then, she started planning, running, and promoting a Read-a-Thon. After the event, she tallied results, prepared reports, and reported the results to social media. Next, Mila contacted the school administration to present her idea, a book vending machine where students get tokens for good behavior, and schedule a session to meet with the school board. Meeting with the superintendent, her ideas were discussed and approved. She then presented to the school board. Mila used her art skills to design a custom wrap for her project. She decided to fully hand draw her design and then import it to her computer.

The next step in Mila's project was a book fair. Mila planned the fair and enlisted others to help. She set up the book fair and decorations, as well as set up book fair promotions. She compiled advertisements, set up hall displays, decorated the library, and worked the book fair.



Mila had many meetings with discussing finalizations for her project and the wrap for her vending machine. She had her final school board meeting and presentation in January of 2023. Mila found that she wanted to approach behavioral issues in the classroom through positivity instead of punishments. She wanted to provide teachers with an opportunity to reward those who are trying to improve at school. She also wanted to recognize students that had positive behavior, encouraging them to continue that behavior. She found this idea to be helpful in order to reward kids who do not traditionally perform well. Mila wanted to give them a tangible reward and something to work towards. This system of reinforcement for positive behaviors also encourages literacy, because the prize is a book. Her target audience was a little more than 200 students and around 15 teachers and specialists in her community.

Improving her project management, public speaking, decision making, and time management skills were a big part of Mila's Gold Award journey. She used her leadership skills by creating motivation for her team and implementing adaptability. She was glad that the project was received with positivity by the school board and others with whom she collaborated. Through earning her Gold Award, Mila demonstrated the Girl Scout Leadership outcome of Positive Values.

Mila was awarded the Girl Scouts of the USA Gold Award Scholarship in the amount of \$10,000. The GSUSA Gold Award Scholarship recognizes one outstanding Gold Award Girl Scout per council. She was selected because her project exemplifies the core components of the Gold Award, and she demonstrated extraordinary leadership to drive lasting change in her community and beyond.





A celebration took place to acknowledge Mila's accomplishments. A Girl Scout since Kindergarten, she had many memories to reflect upon and achievements to celebrate. As a recipient of the Silver Award and Bronze Award, Mila had experience working towards a goal to benefit her community. Her Troop Leader and mother spoke on Mila's many years as a Girl Scout.

Involving the younger troops, Mila selected some younger Girl Scouts to keep an eye on her book vending machine. This ensures that her project will make an impact for many years to come. Her project is sustained beyond her involvement because of these younger girls, ensuring that the machine is replenished and has proper upkeep. Mila was presented her Gold Award and was offered a message of congratulations by Council representative, Hope Spies. She also became a Lifetime Member, receiving her Lifetime Membership pin.



## Daisies Visit the Courthouse

Troop 8390 took a very educational field trip to the Sheriff's Department and Courthouse.

They started the evening with Sheriff Cory Roeseler. He first explained to the girls how he became Sheriff. He also highlighted the important things the Sheriff's Department does for our community. The Daisies donated five boxes of cookies to the Sheriff's Department, they were a big hit!

Next, the troop took a tour of Judge Bastil's courtroom. She explained to the girls that currently, of the five county circuit court judges, three of them are women. What a great example of female leadership. Judge Bastil also discussed the three branches of local government and their roles. Each of the girls was then able to try on the judge's robe and hit the gavel. These Daisies took turns being the witness, attorney, bailiff, and defendant. Thank you, Judge Bastil, for coordinating this visit!





## Girl Scout Pride

**On Memorial Day**, 25 Daisy, Brownie, and Junior Girl Scouts from Port Washington and Saukville walked together in the Port Washington Memorial Day parade. We love seeing our Girl Scouts work together!



## Go-Getter

**Troop 8261** learned all about what to do in an emergency to earn their First Aid badge. They talked to Mary from Bell Ambulance to understand who to call and how to act in a crisis. Great job, Brownies! Keep up the great work!

## 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.

## Stay Ahead of the Game: Six Tips to Beat the Summer Slide

Get ready to step into summer with a splash of fun and a dash of learning. Say goodbye to the dreaded "summer slide" (loss of academic skills when girls are not engaged in educational activities) as we highlight six exciting ways to make this summer a blast for you and your Girl Scout. Let's dive in!

**Keep it Green. Get Outside:** Exploring nature promotes critical thinking, problem-solving, and creativity, all essential skills which can help prevent academic regression. Outdoor programs, such as the Girl Scouts Love the Outdoors Challenge, also provide opportunities for hands-on learning and exploration no matter where you live. So, whether you're surrounded by city blocks or forests, your Girl Scout can get involved today!

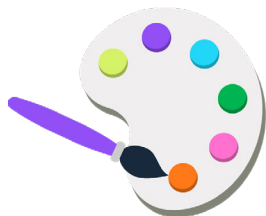


**Explore FREE Educational Resources at [The Achievery™](#):** Girl Scouts and AT&T are collaborating to deliver FREE, entertaining, and engaging educational resources to students! The Achievery, a digital learning platform from AT&T with over 500 learning units. The Achievery is a fantastic opportunity for your Girl Scout to enhance her skills in various areas, including digital literacy, social emotional learning, math, science, and more.

**STEM-brace the Fun:** Summer is a perfect time to earn one of many exciting STEM badges. By actively engaging in STEM badge activities, your Girl Scout will maintain their academic progress, stay motivated, and build a strong foundation for future learning and success.



**Volunteer in the Community:** Girl Scouts don't just dream of a better world—they go out and make it. Get started on a Service Project and help your girl develop important life skills and empathy. Collaborate with local organizations and explore volunteer opportunities that align with Girl Scout values.



**Find Your Inner Artist:** Encourage your Girl Scout to express herself creatively through art. Explore badges such as Digital Photographer, Dancer, or Jeweler. Artistic activities ignite imagination and curiosity in girls, encouraging them to explore new ideas and perspectives. This fosters a love for learning and cultivates a passion for creativity and self-expression.

**Write it Down. Create a Summer Learning Journal:** Encourage your Girl Scout to keep a summer learning journal. This journal can include drawings, writings, or even photos of summer adventures. The process of journaling helps reinforce their learning, improve writing skills, and create lasting memories of their summer activities.

## Girls of Courage, Confidence, and Character

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

### Juniors Practice Inclusion and Kindness with Buddy Benches



In brainstorming project ideas for their Bronze Award (the highest honor a Girl Scout Junior can achieve), the girls in Girl Scout Troop 198 from Girl Scouts of Eastern Pennsylvania knew they wanted to do something to help new students in their community thrive. So they decided to build and donate one “buddy bench” to each of the three elementary schools in their district: Mifflin Park Elementary, Brecknock Elementary, and Cumru Elementary.

“The idea [with the benches] is that at the playground, when kids feel lonely or don't want to do what others are doing, they can sit on these buddy benches and sort of signal to other kids, who will then come over and play with them,” said troop leader Tabitha Hoppman. “It's all about fostering kindness, and letting the kids know that there's somewhere to go to make a new friend when they need it.”

To complete this project of kindness, the girls (21 of them!) split into groups and set out to come up with their own bench designs. One group decided it would make its bench out of recycled materials, another out of concrete, and the third landed on a cinder block design. (The girls felt it was important to choose something that would look nice but was also within their reach to build.)



Armed with their design decisions and to-do lists, the girls headed to Home Depot, where they were given a tour and learned about the different kinds of materials available. They took down notes on supply costs, which they later used to build their own, detailed project budgets. Impressive! After purchasing their materials, the girls promptly got to work, and all three benches were finished and installed at each school.



“What they really loved about the project was being able to leave a legacy for all the other kids who would attend the same schools they had,” said Tabitha. “It also made them feel more grown up, being able to help younger students—and they just loved learning how to use power tools!”

Along with Tabitha and the girls themselves, David Argentati, principal of Mifflin Park Elementary, was very proud of what the troop was able to accomplish. “It was great to see the girls understand the importance of inclusion, respect for others, and building relationships within their school and communities. That alone speaks volumes about them, their troop, and the Girl Scout [organization].”

The principal of Cumru Elementary was also happy to see the girls’ project come to life. “At Cumru, we strategically placed our buddy bench beside our third- and fourth-grade playground area,” he said. “As role models to our younger students, our upperclassmen need to be there for one another—always encouraging friendship and supporting those who need a pick-me-up when they’re feeling down.”

The girls of Troop 198 learned so much, and they had a great time along the way!

“I really liked using a recycled headboard to build the bench, and learning to use new tools like the power saw and the caulk gun,” said Rebecca Lynn.



Fellow troop member Megan added, “I’m so glad we did this. We took a big step to help kids not feel alone at recess, and I had never used an electric screwdriver or drill before.”

And Girl Scout Mia’s favorite part? Carving the purple foam for the bench molds. “I had a lot of fun and learned about teamwork.”

Thank you, Troop 198, for bringing so much awesome friendship, joy, and inclusive spirit to your area elementary school playgrounds. Your kindness and effort are greatly appreciated!

## Do you want to make an impact like these Girl Scouts?



Nothing beats that feeling of seeing real, lasting, and sustainable change and knowing it was you who made it happen. It changes the way you see your place in the world—and how the world sees you.

You’ve got what it takes, Girl Scout.

To learn more about the steps to your Bronze, Silver, or Gold Award, visit [our website](#).

# STEM Spot:

## Make a Watershed Model

**Why are watersheds important?** A watershed can be a very small area that drains into a local pond or stream. Think of the creek behind your house, or the watershed for the pond down the road—these drain into small bodies of water and cover small land areas.

Watersheds are made up of a lot of vegetation—trees, grass, and shrubs. Trees protect the watershed by protecting the soil's surface from erosion. Trees also provide a canopy that keeps the water cool.

Despite their differences in sizes, all watersheds share the same goal—to transfer water over the Earth's surface, which in turn helps to preserve trees.

**Time Needed:** 45 Minutes

**Materials needed:**

- Large baking pan or tray
- Newspaper
- Masking tape
- White plastic garbage bags (or wax paper, or a plastic grocery store bag)
- Spray bottle or watering can
- Blue food coloring

**Follow These Steps**

1. **Crumple newspapers** into several small and larger “balls.” These balls will represent shapes for your peaks, ridges, and mountains.
2. **Place the newspaper** shapes in your pan. Use tape to hold them in place.
3. **Drape the plastic garbage bag** over the paper balls. The plastic cover is the Earth's surface, and the lumps are your mountains and hills.
4. **Fill your watering can or spray bottle** with water and blue food coloring.
5. **Spray or pour over your model** to see how the water behaves. Where does the water flow? Do you see low points filled with water that might represent lakes and rivers?

**Think About These Questions:**

What was it like simulating a watershed?

Trees and watersheds have a direct link. One can't survive without the other. In what ways are they important to each other?

How does deforestation affect your life and the lives of others?



Explore more Girl Scout activities on the Girl Scout Activity Zone at [girlscouts.org](https://www.girlscouts.org)!



# Craft Craze:

## Promise Tree Ornaments

### Supplies and Tools

- 2 1/2 lb. tub of Crayola air dry clay
- Rolling pin
- Parchment paper
- **Template for oval, circle, and trefoil shapes printed on cardstock** (PDF)
- Pen
- Clear Ruler
- Multipurpose glue
- One X-Acto Knife with #11 blade
- Cutting board
- One 9" x 12" green foam sheet
- Nature elements: seed pods, sticks, flowers, and the like (small artificial leaves and flowers may be used)
- Variety pack of brushes
- Multi-surface acrylic paint in a variety of colors
- Mod Podge
- Palette
- Small container of water



### Directions

**Prep natural elements.** If you're using natural elements, brush them with a thin layer of Mod Podge to ensure that small pieces are not left in the clay after pressing.

**Make a stamp of the trefoil.** Trace the shapes of a small trefoil and a circle onto a foam sheet and cut them out using an X-Acto knife. Glue the trefoil in the center of the circle and let it dry. Draw a line on the back of the circle that indicates the top and bottom centers of the trefoil. This will be a guide to keep the stamp level when it is applied to the clay.

**Roll out clay for the ornaments.** On a flat surface, lay a fist-sized ball of clay on parchment paper. Use a rolling pin or other tube-shaped object to roll the clay to slightly less than 1/4" thick.

**Cut ornament shapes from the clay.** Lay templates of an oval and a circle on the rolled out clay and cut around the shapes with an X-Acto knife or a plastic knife. Use a ruler to cut out 2 1/2" squares or 2" x 3" rectangles. Use the handle end of a brush to press a 1/8" or larger hole through each clay shape at the top center, 1/4" from the outer edge. This will be a hole for the cording to hang the ornament. Gently pick up the ornament and hold it in your open hand. With a small amount of water on a finger smooth out any rough edges and imperfections on the front. Put the ornament on a flat surface.

**Lay nature elements on the clay ornaments.** Determine the desired location for each element. Lay the circle trefoil stamp on the clay and press all parts into it. Remove parts and smooth out any unwanted indentations using a small amount of water on a finger.

**Dry the ornaments.** Let them dry on parchment paper, aluminum foil, or waxed paper for two to three days. Flip them after one day for quicker drying.

**Paint ornaments with acrylic paint.** Start with color in indentations, and use a high contrast color for flat surfaces. Apply paint to flat surfaces with a flat brush and a small amount of paint—gently brush in the opposite direction of the indentations. Do not add water to the paint because this will soften the surface of the clay. The paint absorbs quickly into the dry clay, and a second coat of paint may be necessary. White paint may be applied first to the entire ornament to achieve the most vibrant colors. Let the front side dry, then flip the ornament over and paint the back. Let it dry.

**Seal the paint.** Apply a layer of Mod Podge to the front and back of the ornament to seal the paint and help prevent the paint from flaking off the clay. Let dry.

**Attach the cord for hanging the ornament.** Cut 1' lengths of cord and fold them in half. Place the folded side of the cord through the back hole of the ornament forming a loop in the front. Place the tails of the cord through the loop and pull the loop snug to the ornament. Tie the cord together 1/4" from the ends.

### Craft Hack Tips and Tricks

When the ornament is set to dry, ensure that the edges lay flat to the surface. The clay will dry in the position its left in with little if any shrinkage.

A toothpick may be used to help push the loop of the cord through the hole.





# Tasty Treats:

## Adventurefuls Inspired Trail Mix



\_\_\_\_\_'s  
(Your name here)

### Trail Mix Recipe

Something  
**Sweet**

Chocolate Chips  
Gummy Bears  
Caramel Chips  
Raisins  
Banana Chips  
Dried Cherries

Something  
**Salty**

Pretzels  
Cashews  
Almonds  
Pecans  
Sunflower Seeds  
Pumpkin Seeds

Something  
**Fun**

Shredded Coconut  
Marshmallows  
Popcorn  
Granola  
Fruit Candy  
Yogurt Raisins

### My Ingredients:

1

2

3

4

5

6

7

8

9

Enjoy your delicious snack!  
Remember to be mindful of the food  
allergies of others.

# Seek and Find



## FIND THE 5 HIDDEN EUCALYPTUS LEAVES

PAGE 2 OF 3: MEDIUM



## FIND THE COOKIES WITH 3 BITES

PAGE 3 OF 3: EASY

