



Fall
2024

The Manitou GIRL



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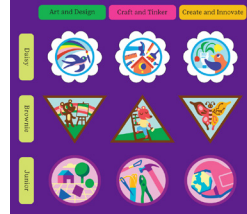
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On the cover...

Girl Scout Airabella from Troop 8171 enjoyed getting outdoors at Mill Bluff State Park during Girl Scouts Love State Parks Weekend!

5 Maker Badges



2



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.

Thanks for a great State Parks Weekend!

This was the biggest Girl Scouts Love State Parks Weekend yet! On September 14 & 15, 169 Manitou Council Girl Scouts participated either as a troop or with their families and visited 17 different parks in the state. WOW! What an outstanding turn out. Thanks for participating! We can't wait for next year!



Girl Scout Destinations



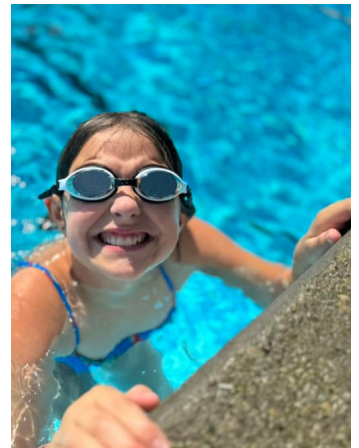
Girl Scout Destinations are the ultimate adventure for individual Cadette, Senior, and Ambassador Girl Scouts! Make friends from all over the country as you travel with Girl Scouts from different states. There's a unique, life-changing experience for every girl.

You'll definitely want to experience a **Girl Scout Destination**! You can apply now for 2025 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.





Draw Your Selfie

Inspired by the **Art and Design** badges.



Did you know that anything can be a source of inspiration? You can even use yourself as inspiration. A portrait is art that shows the mood, expression, or face of a person or an animal. For this activity, use the best subject there is—your wonderful self! Create a self portrait. Use whatever materials you like—markers, colored pencils, or crayons.

Daisies | *Kindergarten–1st Grade*

What are your favorite colors?
Make a self-portrait using those colors.



Brownies | *Grades 2–3*

What shapes make up your face? Is your head an oval or a circle? Could your nose be a triangle? Make a self-portrait only using shapes.



Juniors | *Grades 4–5*

How are you feeling today? Make a self-portrait that captures your mood. Consider your facial expression, posture, and clothing. How can you express your mood with shapes and colors?

Congrats! You've completed the first step towards earning your Art and Design badge.

To keep going, head over to the [Girl Scout Shop](#) or to the [Volunteer Toolkit](#) for more of these fun activities!



Make Handmade Jewelry

Inspired by the **Craft and Tinker** badges.

When a maker unlocks their imagination, they can create anything out of everything! They can build a box to hold their tools, knit sweaters for friends, and make jewelry to wear. For this activity, make jewelry you or a loved one can wear.

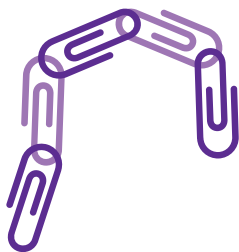
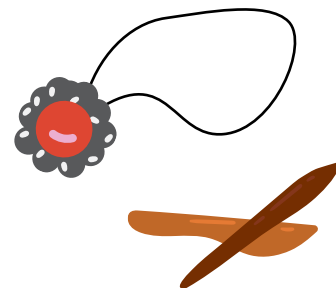


Daisies | *Kindergarten–1st Grade*

Cut and decorate a paper bracelet for a friend or family member. Make it special for them. What color might they like? Would they like some stickers or a cute drawing on it?

Brownies | *Grades 2–3*

Treat yourself and make a pendant necklace. Think about your favorite things. What type of necklace would you be excited to wear around your neck? What could you make a pendant of—an animal, hobby, or something else? Sculpt it out of clay.



Juniors | *Grades 4–5*

When you upcycle, you use old or discarded materials to make something new. Look around your home and find objects you can use to make jewelry. Get creative! Could you link paper clips and make a bracelet? Could an old twist-tie from bread become a ring?

Congrats! You've completed the first step towards earning your Craft and Tinker badge.

To keep going, head over to the [Girl Scout Shop](#) or to the [Volunteer Toolkit](#) for more of these fun activities!



Upcycle and Solve

Inspired by the **Create and Innovate** badges.



Makers use their imaginations to build things and solve problems for people, animals, and even the planet. Upcycling is using old or discard materials to make something new. For this activity, upcycle a tin can or bottle to make something new.

Daisies | *Kindergarten–1st Grade*

What can you upcycle into something new for a friend or family member? What do you think they would like as a gift? How can you make something helpful for them? Could a tin can hold paintbrushes?

Brownies | *Grades 2–3*

A community is a group of people with something in common. Choose a community you belong to, like a sports team, classroom, or neighborhood. What can you upcycle into something new for them? How can you make something helpful for them that they would like? Could you make a water bottle bird feeder for the community garden?



Juniors | *Grades 4–5*



Our world is made up of different ecosystems where people, plants, and animals live. It also faces problems like pollution and climate change. How can you help solve these problems? Maybe you can transform a tin can into a watering pail.

Congrats! You've completed the first step towards earning your Create and Innovate badge.

To keep going, head over to the [Girl Scout Shop](#) or to the [Volunteer Toolkit](#) for more of these fun activities!

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.

Gold Award Girl Scout Alyia

Alyia sought to transform an overgrown and unused outdoor education area at a local childcare center and make it an inspiring space for the children to not only learn, but also have fun. Alyia saw a space that currently did not have the staff or the funds to reach it's full potential and Alyia wanted to change that.



When speaking about her goals for this project, Alyia explained, “Being inside and on your electronics all the time takes away from being able to go out and experience other cultures. It also helps with having an open mind and trying different things. I want to accomplish creating an educational, creative, and usable space for Davis Daycare students and staff.”

Alyia brainstormed and reimagined exactly what the space could be. After much research, planning, and brainstorming, she presented her plans to the childcare center and secured approval to proceed with her project.

Alyia did various money-earning activities and secured donations of supplies and materials through local groups and family and friends to get all the supplies needed for her outdoor garden space.

After securing approval, Alyia created plans to redesign the flowerbeds and planters (with labels in multiple languages), create an alphabet stepping stone area, build a fairy garden, and make various educational boards and components about animals, plants, and literacy.

Alyia assembled a team of volunteers and led these volunteers through the physical labor required to bring her vision to life. Together they pulled weeds, planted new flowers and plants, and assembled the other various pieces.

Alyia consistently was a leader throughout her project. She taught and showed the volunteers how to do certain tasks, worked alongside them on the garden every step of the way, and made sure everyone stayed on schedule and adjusted the schedule accordingly to ensure a successful end project.

With the finished product, children at the childcare center can now practice their fine motor and language skills and learn about plant and animal identification, all while having





fun and enjoying the outdoors. Due to Alyia's project, for years to come, this space will be ready for children to play, learn, and have fun.

Alyia plans to turn her project over to a younger Girl Scout troop and have them check in with the daycare center and director for the foreseeable future to make sure everything is staying safe and fun in the outdoor area.

In early summer 2024, Alyia attended a Gold Award Celebration in Madison with Governor Tony Evers where she met with him, told him about her project, and received praise for her hardwork. Alyia was invited to a Brewers game in summer to receive recognition for her incredible Girl Scout accomplishments and even was featured on the big screen!

Our Gold Award Girl Scouts work so hard to be the change they want to see in the world, and we love it when they are able to get the recognition and appreciation they deserve. Alyia changed the lives of many daycare children this year and for years to come, and that deserves some celebration!



Girl Scout Pride

Troop 8399 and 8142 got together to spread Girl Scout pride and joy in their local Optimist Electric 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

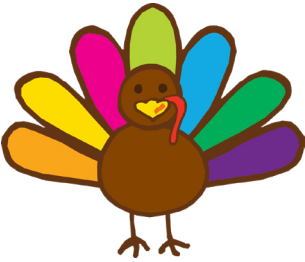
Daisy Troop 8385 earned their Daisy Summit Pins! The Journey Summit Award Pin is earned by girls who have completed three National Leadership Journeys. This is the highest award a Girl Scout Daisy can earn. Way to go Girl Scouts! We can't wait to see what you do and accomplish as Girl Scout Brownies.



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.

Are you doing Thanksgiving wrong?



We've all seen the commercials of parents calmly and happily sitting around the perfectly-laid Thanksgiving table with their equally calm and happy children and extended family. So sweet, so nostalgic, so unlike what goes on in most homes across the country!

Truth? Thanksgiving should be a time to take a (probably much needed!) pause to celebrate all the wonderful things in our lives, and to teach our children the value of thankfulness. But who has time to really reflect when you're too busy cooking and cleaning to even sit down and eat with the family?

So how can you and your family get back to the real meaning of Thanksgiving? Borrow these simple ideas and get ready to have one of your happiest holidays yet.

- 1. Ixnay on Turkey Day.** Just saying the word Thanksgiving itself reminds us of the grateful and generous feelings that this holiday is all about. "Turkey Day" might be a commonly used nickname for this notoriously delicious day, but when we call it that around children, they can tend to put the focus solely on gobbling up all the food on the table rather than on the spirit of gratitude.
- 2. Scale Down.** Take a peek at your to-do list and see what you can shave off — especially if you're hosting. Chances are, your guests will love their meal just as much with four side dishes instead of six. Spend that time you've just freed up with your kids, instead.
- 3. Delegate, delegate, delegate.** So often, women take on the heavy lifting of the holidays on their own — which isn't just exhausting and stressful, it also raises children to see cooking, cleaning, and decorating as "women's work," when really those things should be shared responsibilities! Instead of shouldering practically every Thanksgiving task on your own, get the whole family involved in preparing for the big day. Kids love being involved and it will really give them a feeling of pride to play such an active role in this holiday.
- 4. Accept the Generosity of Others.** Remember how this holiday is all about giving and sharing with people you care about? Well, when your niece or uncle asks if they can help with anything, that's actually what they're trying to do! Instead of saying no and shooing them away, ask them if they have a favorite dish they'd like to bring or give them an easy-to-handle task here and there.
- 5. Shake Up Table Talk.** Instead of asking what people feel grateful for in general, ask them to list one very specific thing they're thankful for about the person sitting to their right.
- 6. Create New Traditions.** There are a billion ways you can bring even more fun and bonding to this holiday, so don't be afraid to get creative!



7. Focus on Girl-Led Giving. Ask each of your children to think about what kinds of organizations, efforts, and charities they would like to give back to. The gift of giving back truly is one of the most valuable things you could ever give to your child.

The point is to take a deep breath and really be present with the friends, family, and neighbors you're lucky enough to have around you this Thanksgiving. Because think about it: It's not the flavor of the turkey or the texture of the mashed potatoes your children will remember nostalgically in the years to come — it's the quality time they spent with you, sustaining family traditions and making new memories all holiday long.

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

Take Every Scary Step

Written by Manitou Council Alum, Hannah Persick



Growing up, I was a Brownie, Junior, and Cadette Girl Scout. For most of my formative years, I partook in the Girl Scout traditions, such as reciting the Girl Scout Promise and Law, attending weekly meetings, selling cookies, going to camp, and of course, earning badges that required such skills from cooking dishes from other countries to making tie blankets for dogs at the humane society.

And throughout my time in Girl Scouts, I never imagined another way of growing up. It was just part of who I was as a child, a part of who my close friends were, and it was our way of living. We were Girl Scouts.

But now, as I sit here writing this article, home from college for the summer interning at my local Girl Scouts Council, I have been wondering more and more about just how much Girl Scouts led me to the place I am today.

I remember when I was younger, I went through a phase many kids go through, and that was the “shy phase.” As a child, I was super outgoing, bubbly, and brave, but somewhere along the way, probably around the time boys start to tease girls about liking the color pink and the point in elementary school when you look down at your princess dress you were so excited to wear to school until you realized no one else was wearing one, I started to enter the shy phase.

And so, when it came time to sell cookies in the dead of winter in freezing cold Wisconsin, instead of dreading the harsh wind and



snow outside my door, I was instead nervously awaiting the adults behind neighborhood doors that I would soon have to talk to. But I needed to sell cookies for my troop and myself, so my dad and I strapped on our snow pants, gloves, and hats, and made our way out into the neighborhood.

Was I scared? Yes. Did I still go out? Yes again. And so, I went from door to door, knocking on doors secretly hoping no one would open them, to talking to adults that were much more friendly than I expected, to walking back to my dad with a smile on my face because I just sold three more boxes of Thin Mints. I did it scared, and I was glad I did when I was sporting my new Girl Scout cookie duffle bag I earned.



A little later in my Girl Scouting journey, it was around the time Girl Scouts started to go to camp. Away from home. Without their parents. Now if you're catching on, this, of course, sounded scary to me. I had never been away from home for more than a one-night sleepover, and now I was going to a 3-day camp in the woods? Seemed like a big step. But a friend from my troop begged me to go and I couldn't let her brave the outdoors by herself. So, with a way overpacked bag, three stuffed animals, and my friend from my Girl Scout troop, I made my way out to Camp Evelyn.

At camp, I got to swim in the pool, make bracelets, hike in the woods, eat dinner without silverware, sit around the campfire, sleep on the top bunk, and much more. And was I scared sometimes being so far from home? Yes, definitely yes. But could I also not do all these fun things if I had stayed at home? Yes again.

Flash forward to 8th grade year, it was my troop's last year of Girl Scouts. We were all growing up in different directions, and it was getting harder to coordinate schedules, interests, and commitment. As we approached this end of an era, we decided to have one last hurrah and use our remaining cookie money to take an overnight trip together in Milwaukee. We felt very adult, even though our parents were five steps behind us at every stage, getting our own hotel, going shopping, and eating out at a fancy restaurant. We were bridging from Cadette to some other next level, one that none of us had a name for yet.



And while sitting there, in our hotel bathroom, deciding to treat the hotel bathtub like a hot tub, with all of us crammed in there with our brightly colored tankinis on, there was something else on my mind: high school. At that time, I had been deciding on whether I should stay at the same 100 person private school I had gone to all my life with the same girls sitting next to me in that bathtub, or if I should go to the bigger, scarier high school where I didn't know anyone, but I could be anyone and anything I wanted to be. Would I rather be a big fish in small water, like me sitting in that bathtub that night, or a small fish in a bigger pond than I could imagine?

As my last action as a Girl Scout, I made the decision to jump into the big pond.

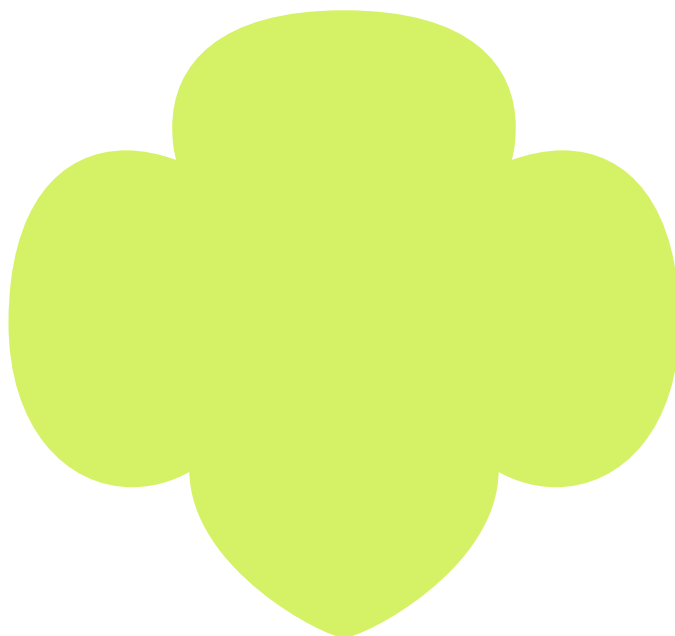
And in high school, I acted in plays, I was in show choir, I participated in many clubs, and I met so many new people. And even though every step of the way was scary, I kept walking. And by the time I was applying for scholarships and colleges, I chose to go to Syracuse University, 12 hours away from home, majoring in Television, Radio, and Film, an industry I was just beginning



to be introduced to, and I went scared.

And now, I am going to be a Junior at Syracuse University, with the same major and an added Creative Writing minor, and am now preparing to be the Head of Content Creation for a college television show, am in the middle of my duties as a Lead Peer Advisor that welcomes incoming freshmen, and am nearing the end of summer Communications Internship here at Girl Scouts of Manitou Council. And what I'm here to say is I'm still scared, quite often, on a daily basis. Honestly, a part of you will always be scared. But I have never let that stop me. Growing up, Girl Scouts didn't let it stop me and now that I am an alum, I never let it stop me now.

See more powerful Girl Scout alum stories at girlscouts.org!



GO, GiRL, GO!

STEM Spot: Erupting Apple Volcano



Explore this fascinating apple experiment and learn about the power of chemical reactions!

Source: [Little Bins for Little Hands](#)

Materials Needed:

- Apples
- Baking Soda
- Vinegar
- Container to catch fizz
- Knife to carve out a hole (for adults to do!)

Directions:

1. Place the apple on a dish, or plate to catch runoff.
2. Have an adult use a knife to carve a hole in the top of the apple to halfway down.
3. Put a couple spoons of baking soda into the hole.
4. Optional: add a few drops of food coloring.
5. Pour vinegar onto the baking soda.
6. Watch an awesome chemical reaction!

What Happened?

A chemical reaction is when two or more substances change and form a new substance. We have vinegar, which is considered an acid, and baking soda, which is considered a base. When they combine, they make carbon dioxide, a gas that creates the eruption out of your apple.

The carbon dioxide escapes the mixture in the form of bubbles. Bubbles are heavier than air, so they collect on top of the apple and go down the side of the apple.

If you want to have even more bubbles, you can try another apple volcano and add dish soap!

Craft Craze: DIY Yarn Pumpkins

These fun fall pumpkins are great as decorations and centerpieces! Enjoy being creative, working with your hands, and making an awesome craft you can keep for years to come!

Source: [One Little Project](#)

Materials Needed:

- Balloon
- Orange yarn
- White glue
- Pipe cleaners

Equipment Needed:

- Tape measure
- Scissors
- Plastic fork



Directions:

1. Blow up balloon about half full until it's circular.
2. Cut 21 pieces of yarn about 36 inches long.
3. Pour 2 ounces of glue into a bowl.
4. Tie one piece of yarn to the end of the balloon and hang it from a kitchen cabinet.
5. Dip yarn in the glue, run it between the tines of a fork to remove excess glue, and then swirl it onto the balloon. Repeat with all pieces of yarn.
6. Hang the balloon to dry. Put down a towel underneath.
7. 24 hours later, use your fingers to press down on the balloon and detach the glue from the balloon.
8. Cut the balloon with a scissors close to where the knot is.
9. Pull out the deflated balloon.
10. Wrap the pipe cleaners around your finger to shape. Tuck or bend the pipe cleaners to attach to the top of the pumpkin.
11. Your yarn pumpkin is done!



Tasty Treats: Applesauce Cookies



Enjoy this super fun, fall snack that serves 12 and only takes 15 minutes to make!

Source: [The Big Man's World](#)

Ingredients:

- 1 1/2 cups rolled oats
- 1 cup applesauce (sweetened)
- 1 cup peanut butter (any nut or seed butter works)
- 1/8 tablespoon cinnamon
- 1/2 teaspoon vanilla extract (optional)

Directions:

1. Preheat the oven to 350°F and lightly grease a baking sheet.
2. In a large mixing bowl, combine all the ingredients and mix.
3. Using your hands, roll 12 balls and place them on the baking sheet.
4. Press each ball into a circular shape.
5. Bake for 10-12 minutes until cookies are firm around the edges.
6. Remove from the oven and let the cookies cool.
7. Enjoy your snack!

Feel free to add your own flair onto these cookies! Anything from chocolate chips to marshmallows, you can add your favorites into this already delicious recipe!

Just For Fun: Create Your Own Puzzle

