



Summer
2024

The Manitou GIRL



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On the cover...

Troop 8189 spent a fun fall day at a farm outdoors with one another! They got to connect with animals, nature, and each other.



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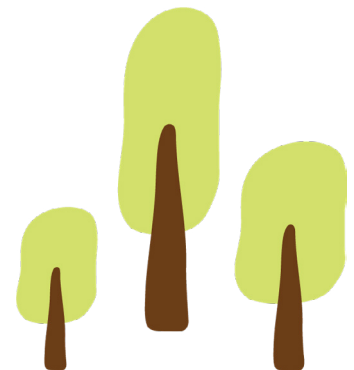


Just for Girl Scouts!

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.

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 2024

Summer is here and it's time to have some fun outside! Pick your favorite ways to enjoy the great outdoors—from a backyard, window, computer, playground, park, or campsite—and earn the Girl Scouts Love the Outdoors Challenge patch. This challenge starts on June 1 and ends with **Girl Scouts Love State Parks** weekend on September 14 and 15, 2024. Use #gsoutdoors on social media to share your adventures with friends.

Complete at least 25 activities from the list below to earn your patch. Will you choose challenging, silly, or artsy activities? It's all up to you—just have fun!

1. Attend Girl Scouts Love State Parks on September 14 and/or 15
2. Identify three types of trees in your neighborhood
3. Germinate apple seeds
4. Try paddleboarding
5. Take photos of a flower in bloom
6. Join a community clean-up effort
7. Dance barefoot in the grass
8. Share the seven principles of **Leave No Trace** with a younger Girl Scout
9. Make a bird feeder out of recycled materials
10. Build a fort or tent in your home for indoor camping fun
11. Prepare for a hike using mental imagery
12. Make a nature-inspired collage with colored scraps of paper
13. Volunteer for a shift at a community garden
14. Plan an indoor or outdoor picnic for family or friends
15. Learn about the history of Indigenous people in your area
16. Write down ten things that make you feel peaceful outdoors
17. Create an obstacle course in your backyard or at a local park
18. Write out five words that best describe the sights and sounds of nature
19. Blow bubbles outside and try to catch them
20. Learn how your favorite forest animal finds food outdoors
21. Walk silently in nature with a friend and then compare what you each heard
22. Skip rocks on a lake or pond
23. Make an outdoors first aid kit
24. Identify two constellations you've never seen before
25. Make s'mores while singing silly songs
26. Paint a landscape mural with friends or family
27. Learn about a local environmental issue and find a way to help
28. Make a pretend campfire out of tissue paper
29. Feel three types of soil: sand, silt, and clay
30. Read your favorite book outdoors
31. Make a playlist of outdoor-inspired sounds
32. Organize a tree-planting event using the **Girl Scout Tree Promise**
33. Draw a map of your neighborhood or playground
34. Look at the clouds and describe the shapes you see
35. Create a story or comic about animals you might find in the forest
36. Following the principles of **Leave No Trace**, find four durable surfaces in your neighborhood
37. Practice deep breathing outdoors for three minutes
38. Design a treehouse that would fit perfectly in your favorite tree
39. Put on an outdoor show (including songs) with friends or family
40. Do five minutes of stretching exercises outdoors
41. Make a sundial
42. Take a close-up look at a tide pool
43. Write a poem about your favorite outdoor memory
44. Make shadow puppets with a flashlight at night, indoors or out
45. Earn your Outdoor Art badge
46. Ask an adult about the games they played outdoors when they were young
47. Place a jar outside to measure the rain during a rain shower
48. Create an outdoor bingo game to play with friends or family
49. Fly a kite
50. Make a video of an eco-trek

Completed your 25 activities?
Get the patch!



Girl Scout Tree Promise

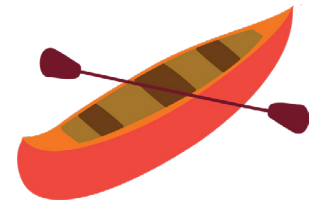


All over the world in parks and forests, climate change is damaging the ability of forests to grow back on their own. In cities, trees help cool communities, reducing the heat island effect created by buildings, machines, and pavement that hold heat. Tree planting provides habitat for wildlife, creates 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, Girl Scouts are working hard to plant trees in all 50 states and globally but we must keep going!

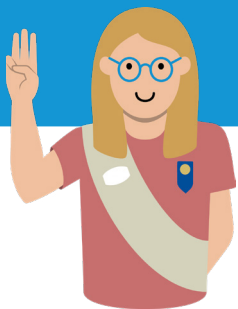
There's Still Time for Summer Camp

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!

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



Highest Awards Celebration

Saturday, August 10th
3:00pm-5:00pm
5212 Windward Ct, Sheboygan, WI

Join Girl Scouts of Manitou Council to celebrate girls who earned the Bronze, Silver, or Gold Award 2023-2024. The event is open to any Girl Scout, family member, or troop leader. Share your stories, connect with one another, and celebrate your hard work. There will also be a guest speaker who will be sure to inspire!

[Register](#) for the event by August 4th.



Troop Takeover

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

More information:

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

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

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

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



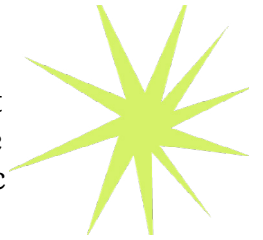
Check out these girls!

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

Gold Award Girl Scout Natalie's Story



Girl Scout Natalie, from Fond Du Lac, recently earned her Gold Award! The Girl Scout Gold Award is the highest achievement a Girl Scout can earn. As someone passionate about music, Natalie aimed to increase music appreciation and accessibility among elementary-age students and teach them how to play instruments.



Natalie collected donations of instruments and materials from her surrounding community. She researched what musical instruments would be the best to start children on and familiarized herself with the ins-and-outs of them before creating a music curriculum off of her chosen instruments: the xylophone and drums.

Natalie then used these instruments, materials, and lesson-plans to teach music classes to students at a local Boys & Girls Club. Through her music classes, she was able to help start off many childrens' journeys into the world of

music, increasing their musical appreciation, knowledge, and skill. From the beginning to the end of the classes, Natalie observed the students were able to progress to more difficult songs and retain more rhythms. Natalie afterwards donated the music materials and lesson-plans to the Boys & Girls Club so future students could use them.

Natalie understood that while her music lessons helped more children appreciate music, there was still the issue of access. She decided to next address the bigger issue: lack of access to music and instruments for young students. She set out to build a music garden at a local park to increase music accessibility in her community. She secured approval from the city, created her plans, gathered donations of supplies and materials, and did money earning activities for the additional materials needed, and worked with a group to install her music garden.



The garden features multiple instruments and interactive areas for visitors to explore the world of music in a beautiful outdoor space. Natalie explained, “There’s a xylophone with a music book. The xylophone has different colors. You can play different songs, well-known nursery rhymes. And then there are some drums and some chimes.” There are a total of 7 different outdoor instruments.



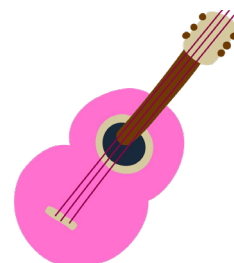
Her previous students at the Boys & Girls Club and other surrounding children who want to practice music now have an accessible place to continue their studies. With the music garden, Natalie’s project will be able to continue long after it’s creation. Both kids and adults have enjoyed this new addition to their community. Fond du Lac City Manager Joe Moore said, “It looks great. It’s one thing to see these things on paper, and really believe that it’s going to be a nice addition to the park. But then, when it all comes together, it’s just really great.”

“You don’t have to be young to enjoy this, I’ll tell you. This is fun.”

Community Member

When asked about the challenges she faced during this project, Natalie stated, “I learned how I am able to overcome challenges and create solutions in order to continue with my project. I also learned how I can communicate with others in order to create new ways to continue my program even if it is different from my original plan.”

Natalie was recently awarded a \$5,000 national scholarship from Girl Scouts for her Gold Award. “Natalie and her project are the perfect embodiment of Girl Scout values. We at Manitou Council were delighted to nominate her for the \$5,000 scholarship from Girl Scouts of the USA,” said Denise Schemenauer, CEO of Girl Scouts of Manitou Council.



Natalie explained, “I was very excited when I found out I received the Gold Award Scholarship from Girl Scouts. I have been able to see the impact of my project on my community, watching kids have fun making music. The scholarship will help me with college as I am studying to become an elementary teacher.”

With Natalie’s project, more youth will be able to learn and love music in her community. Girl Scouts like Natalie demonstrate hard work, creativity, and passion, and change their communities with projects like these.



Girl Scout Pride

Gold Award Girl Scouts from across the state were invited to the capitol to be congratulated by Governor Tony Evers. Each girl got to meet and discuss their project with Governor Evers. He also held a Q&A session for the girls to ask him their government-related questions.



Go-Getter

Troop 8242 gave back to Camp Manitou with their time, energy, and skill by updating the camp sign. The girls sanded and cleaned the sign and then painted it so it would look like new again. What a selfless and thoughtful service project for a camp close to their hearts!



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 Most Important Thing She Might Not Be Learning in School?

No matter which political party is in power, the basic mechanisms of U.S. government are consistent. However, many American adults can't correctly identify foundational aspects of our system of government, and when it comes to civics education for kids, parents may be surprised to learn that the classroom alone is unlikely to close the gap in understanding.

The numbers confirm it. Only half of U.S. adults could name all three branches of government—and nearly one in four couldn't name any of the three—in a 2020 annual survey of civics knowledge by the Annenberg Center for Public Policy at the University of Pennsylvania.

While all 50 states require some civics course work in schools, what's offered in most states is widely seen as inadequate. Less than a dozen states require a full year of civics education or U.S. government classes before high school graduation. Only 25% of students reach the "proficient" standard of civics knowledge by the time of high school graduation, according to the National Assessment of Educational Progress.



Everyone deserves an equal chance to participate in the democratic process and create the country they want to see—and in order to get there, all people need to understand their rights and responsibilities and how our system of government works.



To help girls get an early start and build a solid foundation, GSUSA offers democracy badges for all levels.

Although too many of today's young people lack a comprehensive civics education, youth care deeply about fixing the problems they see. A recent Girl Scout Research Institute study tells us that girls especially care about creating a society that truly offers equal opportunity for all.

- Nearly 6 in 10 girls say they're interested in being a future leader through advocacy, public service, or a career as an elected official.
- 82% want to make a positive impact on society through their future work.
- Girls who want to lead in advocacy say they care most about the environment and human rights issues/causes (e.g., girl's and women's issues, LGBTQ+ and racial equity, disability rights, poverty).

According to a survey conducted after the 2020 election by the nonpartisan Center for Information & Research on Civic Learning and Engagement:

- 84% of people ages 18–29 believe in their power to change the country.
- 75% believe they should participate in the political decisions that shape the country.
- 80% say they have a responsibility to make things better for society.

So what can you do to make sure your girl is prepared to help make her community, her country, and her world a better place?



1. Take her to town or city council or school board meetings so she can see and possibly even participate in democracy in action. Does a local park hold a special place in her heart? Show up when improvements are on the agenda. Has she noticed unfair racial or gender disparities in how school policies are enforced? Support her in sharing her concerns during public comment.

2. Sign her up for Girl Scouts or find other ways to get her involved in activities that support positive change in her community and give her the skills she needs to take action and advocate on issues that are important to her. With more than a century of experience, Girl Scouts provides a strong civic foundation for girls of all ages—offering badges and programs in civics and democracy.
3. Encourage her to get hands-on experience. Support her run for student government or her desire to get involved in the campaign if a friend does. If she's an artist, she can make posters. Is she a social butterfly? She might organize a campaign event.
4. Set the example. Volunteer in your community. What issues do you care about?
5. Be an advocate. Look into your girl's school curriculum—if they aren't offering adequate government and civics courses, push for change.
6. Take your girl with you when you vote and talk with her about why it's important.

A democracy that gives all an equal voice isn't a guarantee; it's something we have to actively work toward. We can all play our part to ensure the next generation is ready to take up the mantle. Read more 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.

The Best Job Ever

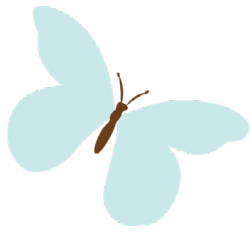
A reflection by Girl Scout of Manitou Council Alum, Denise Shaffer.

I recently read a blog about “The Best Job in the World.” It was written by a woman who had been a camp counselor in a California Day Camp in the 80's. It was supposed to be funny, and it was to some extent. There were some things I agreed with, but largely, let me tell you, I learned that I will be forever grateful that my camp counselor experience was with the Girl Scouts on the opposite coast, in New Jersey. It was not in the 80's but back in the primitive years of 1968 through 1970.



Having been a summer camper from 1960 through 1967, I was experienced enough to apply for my first job with the Girl Scouts, as a camp counselor in the summer of 1968. This was no day camp. This was a serious “overnight” (or “Resident”) camp, a full five days and six nights worth of singing, hiking (“a hike is a walk with a purpose...”) cooking over a campfire, dining hall antics, swimming in a pool and canoeing in a lake, morning and evening flag ceremonies, camp counselor names (mine was “Totem”), and using the patrol system to teach responsibility and how to work together as a team. We knew what S'mores were before the Hershey company knew the ecstasy a chocolate bar could bring to a graham cracker and a marshmallow.





My Girl Scout training started in Girl Scout Troop 62 in Eatontown New Jersey and it was polished off when I went to camp - can YOU build a table with twine and sticks? As I got older I spent one week each summer at resident camp. One year I attended "Gypsy Camp." This specialty camp found four girls pulling this really cool wagon, filled with our cooking & tenting gear & backpacks full of personal gear, throughout Monmouth county. We pulled that loaded pull-cart to museums, parks, historic sites, and other campsites, sixteen of us taking turns, four girls at a time. Talk about building character!!!

By the time I was old enough to apply for the job as a camp counselor, I had a resume, and you can bet it was loaded with Girl Scout experiences. I knew all the Girl Scout and patriotic songs, how to build a fire in the rain, cook blueberry pancakes over said fire, and how to identify "skunk cabbage" and poison ivy. I could build three different kinds of fires - including a serious camp fire, I could (and still) can teach songs, and take photographs.

One summer we had an "Arts Week." Part of the fun was working with the campers to learn how to decorate salvaged hat boxes while listening to the strains of Bolero! I will never forget that repetitive musical phrase and those books of wallpaper and chaotic pieces of striped, flowered, animal and feather printed designer paper that was strewn about, covering the floor. Scissors snipped, paper flew, glue dripped and everybody hummed along while girls were introduced to a variety of art and classical music including Ravel, Tchaikovsky, Vivaldi and Copeland.



One summer Mrs. Greismer was our cook. I remember that she offered fun meals and when I had an off hour she told me the secret to her FABulous brownies! I'm not sharing. Something else Mrs. Greismer brought to camp with her, was her daughter. Her daughter was our age. She was kind, fun, very educational, and she was blind. We learned a lot from that Girl Scout. Diversity in the 60's - doncha' know, Girl Scouting was on the cutting edge, even then.



Being a camp counselor WAS the best job in the world, but not because I could welcome the campers at 9AM and wave goodbye at 3PM - I couldn't! It was a great job because I was both a teacher and a student. I taught girls to be proud of themselves, to have courage and confidence. I helped them to develop character - to not be afraid of trying/learning new things and experimenting with the unknown.

We lived and breathed the environment. We learned to embrace the dappled trees, club moss, open fields, gold finches, the creeks and the bridges over them. We learned the heart of ceremonies and of little handmade candled wishing boats floating down the stream. We learned to work hard as a team, to give Mother Nature a hug, and beyond all of that, I helped plant the seeds that became the women's movement of the 70's.



I had the best training in the world for my first job, and my advice to you is, if you have a daughter, enroll her in Girl Scouting and send her to Girl Scout Camp. Happy Trails - onward!

STEM Spot: Alka-Seltzer Lava Lamp

With this creative STEM craft, you can make your own lava lamp powered by Alka-Seltzer tablets! How do you think temperature will effect the lava lamps?

Source: [Science Buddies](#)

Materials Needed:

- 2 jars or bottles
- Knife
- Cutting board
- Timer or clock that shows seconds
- Water
- Food coloring
- Vegetable oil
- An Alka-Seltzer tablet
- A way to make one jar hot and one cold

Directions:

1. To each jar/bottle, fill with 1-2 inches of water, 5 drops of food coloring, and three quarters full with vegetable oil. Put on the caps.
2. Make one jar hot and one cold.
3. Cut an Alka-Seltzer tablet into quarters.
4. Get a timer/clock ready and drop a quarter of a tablet into the heated jar. Start timing when the tablet reaches the water and starts reacting.
5. Now drop a quarter of a tablet in the cold jar. Time how long it takes the tablet to disappear this time. Enjoy the cool reaction!
6. When disposing your lamps, do not pour them down the drain. Pour them out outside or put them in the trash with the cap on.



What Happened?

Alka-Seltzer combines with water to form carbon dioxide, but oil and Alka-Seltzer do not. The Alka-Seltzer sinks through the oil until it reaches the water and forms carbon dioxide. The gas is lighter than the water and oil, so it rises. At the top, the bubbles burst and release the gas, sinking back to the bottom.

The chemical reaction that forms carbon dioxide happens quicker in warm water. The higher the temperature, the faster the molecules move and come into contact with each other.

Craft Craze: DIY Marble Jewelry Dish

Add some fun in your summer with this DIY jewelry dish. Let your creativity and imagination run wild as you shape your clay and paint your dish!

Source: [Gems on the Go](#)

Materials Needed:

- White and colored oven-bake clay
- Plastic knife
- Oven-safe bowl
- Gold paint and paintbrush
- Rolling pin



Directions:

1. Cut small pieces of each color of clay you'll be using.
2. Roll each piece between your hands to look like a snake. Roll until each piece is about 5 inches long.
3. Twist your clay snakes together and roll into one strand. Fold over in half and twist again.
4. Roll your clay into a ball, and then use the rolling pin to flatten it until it's a ½ inch thick.
5. Grab a large jar or cup and put it on top of your clay. Push the jar into the clay to cut it into a circle.
6. Gently put your clay circle in the bottom of an oven-safe bowl. Let the clay bend slightly with the bowl to make a shallow dish.
7. Bake according to the directions for the clay. If you are younger, have a grown-up help you with the oven.
8. Take out of the oven and let cool. Once the dish is cool, paint around the edge of the dish with gold paint.
9. Let the paint dry and then the dish is ready to use!

Tasty Treats: Strawberry Frozen Yogurt



Cool off this summer with this super simple and easy Strawberry Frozen Yogurt recipe that serves up to eight!

Source: [End of the Fork](#)

Ingredients:

- 1 lb strawberries (fresh or frozen)
- 1/2 cup sugar
- 1/2 cup Greek yogurt
- 1 tablespoon lemon juice

Directions:

If using fresh strawberries

1. Place all ingredients in a blender and mix.
2. Transfer mixture into an airtight container and freeze for 2-3 hours.
3. Allow to slightly soften before serving and enjoy!

If using frozen strawberries

4. Place all ingredients in a blender and mix.
5. Either serve straight out of the blender or place in freezer for 30 minutes to an hour before serving.

Just For Fun: The 2025 Cookie Mascot

Little Brownie
BAKERS®

PANDA FUN FACTS

COLOR

Some experts think the panda's distinct coloring helps it hide. Its white body and face disappear in snowy habitats. Its dark arms and legs camouflage it in shade.



BABY PANDAS

Newborn panda cubs are born pink, hairless and they can't see. They are about the size of a stick of butter. Panda mamas keep their babies close for the first month of their lives.



DIET

Pandas spend a lot of time eating. Like, a lot. They spend 10-16 hours a day sniffing and crunching on food – mostly bamboo.



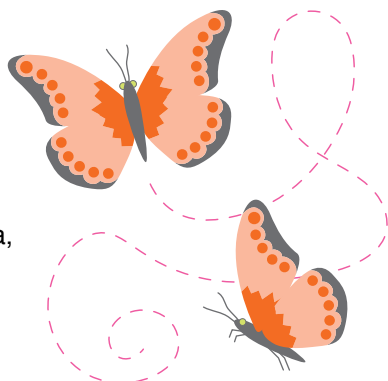
PLAY

Pandas love to roll and tumble. They also love to swim and climb!



JUNGLE QUEEN BUTTERFLIES

Once a year, over 400 species of butterflies visit the bamboo forest of southwestern China, where pandas live. It's like a butterfly explosion.



SCHISANDRA BERRIES

Efforts to save this superfood berry, and lessons on how to harvest it, have helped to save pandas' lives! Schisandra berry conservation has helped increase panda populations by 17%.



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