



Spring  
2025

# The Manitou GIRL



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## On the cover...

A Girl Scout from Troop 8008 visits with a dog at their local humane society. The troop donated handmade pet beds and learned about the shelter.

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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. This summer's sessions include:

- **Wisconsin Voyagers (Grades 8-12):** Get ready for an epic camping adventure through the heart of Wisconsin! Explore and camp at Devil's Lake State Park. Splash into the thrilling water parks in Wisconsin Dells, plus enjoy a camping experience. Enjoy outdoor activities and learn about the rich history of Wisconsin Rapids and the Wisconsin River. Immerse yourself in the vibrant city of Oshkosh before returning back to camp. *Please note: We changed the dates! This session is now August 3-8.*
- **Animal Adventures at Camp Manitou (Grades 4-5):** Explore nature's most fascinating

creatures. Ignite your passion for animals and the environment through field trips, presentations, and hands-on activities.

- **In My Camp Era:** Dive into the Taylor Swift universe! We'll sing our hearts out, craft, and battle it out in epic showdowns.
- **Top Secret:** Become a master detective as you investigate mysterious happenings, crack cryptic codes, and uncover hidden truths. From secret agents to treasure hunters, this camp is for those who love a good mystery and are eager to put their problem-solving skills to the test.
- **Horsing Around (Grades 6-12):** During this fun-filled week, your hours of horse time will include a riding lesson in the ring, trail riding, and lessons on grooming, saddling, and horse safety.
- **Mini Voyagers (Grades 4-6):** Three days of travel and three nights of sleeping in a different space each night with pitch tents, hammocks, and your very own shelter. Prepare for a 2-night stay at a local campground. Learn camping basics such as animal-proofing food, starting fires, and pitching tents.
- **Under the Sea Mermaid Magic (Grades K-8):** Unleash your inner mermaid! From swimming and water sports to arts and crafts, every activity will be infused with mermaid magic.
- **Forest Explorers:** Unleash your inner adventurer and discover the wonders of the wild! Learn about nature, survival skills, and teamwork as we embark on exciting quests and challenges.
- **Water Wonderland:** Explore the crystal-clear depths of our lake, cruise through the waves on a paddle board, and cool off in the refreshing pool. Feel the thrill of the river as you float along on a river tube. The ultimate summer escape!
- **Aqua Adventures (Grades 6-12):** Conquer the waves on a surf bike and discover hidden gems on a kayak. Get introduced to the wonders of the underwater world with scuba diving experiences.
- **Pinspiration Station:** From DIY jewelry to up-cycled masterpieces, this camp is a haven for designers and makers. Learn new techniques and bring your Pinterest craft dreams to life.
- **Interior Design Institute:** Start with a wooden dollhouse and transform it into a masterpiece. Paint, create blueprints, choose your dream decor, and design your own furniture. Turn your design dreams into reality!
- **Robotics Revolution:** Learn to design, build, and program your own robots. Explore the exciting world of STEM while collaborating and solving challenges. Code, construct, and compete in robot challenges. *Please note: No experience is necessary.*
- **Eco-Adventurers Saving the Planet:** Become a climate change hero and help save the planet! Learn about renewable energy sources and discover sustainable living practices. Engage in exciting challenges like building solar-powered gadgets, planting trees, and creating eco-friendly inventions.



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



# Visit Camp this Spring!



## Camp Manitou Sample Day Camp!

If you want to visit camp before summer or just can't wait for camp to start, this day camp is sure to be a fabulous experience!

Sample some of our classic camp activities such as hiking, boating (weather permitting), songs, and art projects. There will also be time for a guided tour and a summer camp Q&A.

This is a girl-only drop-off event. Camp counselors will provide all activities and supervision.

**Saturday, May 17th, 8:30 a.m. to 4:30 p.m.**

**\$30 per person**

**For girls in grades K-5**

**Lunch not provided, please pack cold lunch**

**Register by May 14**



## Camp Evelyn Day!

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 classic camp activities such as archery (Brownies and up), swimming in the pool (weather permitting), arts and crafts, and hiking to Crystal Lake. Take a tour through camp and get all your questions about camp answered by one of our counselors. Lunch and s'mores over the campfire will be provided.

This is not a drop-off event, girls must be supervised at all times.

**Saturday, May 31st, 9:00 a.m. to 2:00 p.m.**

**\$15 per person**

**Register by May 28**

# Cookie Season Success!



Way to go Girl Scouts on a successful Girl Scout Cookie season! We can't thank you (that means you too, parents!) enough for your can-do attitudes and dedication. You really did "Embrace Possibility," 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 big 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.

## Gold Award Girl Scout Emily



Emily wanted to focus on the needs of children and adults with various sensory disorders. After much research, Emily decided to create fidget binders. These binders contain many types of toys, tactile objects, and “fidgets.” The purpose being to provide a means for a person to occupy their hands so that they can focus on the task presented to them.

Using fidget toys provides sensory stimulation that allows the user to filter out other external and distracting sources of stimulation, while still allowing them to receive calming sensory stimulation from the fidget. This way, those with sensory disorders, such as autism spectrum disorder and sensory processing disorder, are able to redirect their attention to the task at hand.

Emily shared that more than 75 million people worldwide have been diagnosed with autism, and 78% of those people have also been diagnosed with another health condition. Emily knew that she wanted to pursue this project because she herself has a sensory disorder. She knew that these binders would help her, as well as others that have sensory disorders. A calming tool for overstimulation and a way to improve relationships, these binders are an important new development to improve focus and performance in the school setting.

Emily recruited a team of volunteers to help her assemble the binders. Part of earning the Gold Award is practicing leadership and working with others. Emily tested her leadership skills while she recruited, directed, and supervised volunteers throughout the binder-making process.

Emily’s fidget binders included textile elements, such as 3D stickers, bead slides, squishies, and sequins. Through donation of supplies and materials, and money-earning activities, including a bake sale, Emily was able to create a total of 22 binders and donate them to local schools and organizations.

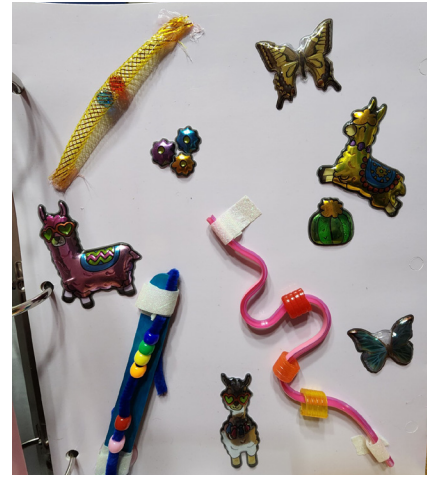
In addition to creating the fidget binders, Emily educated many students and community members on sensory disorders and how items like her fidget binder can help a person concentrate on their current activity. At each location she dropped off a binder, she made sure to explain what the binder was, how it worked, and how it could be best implemented at that location. In each binder, she also included instructions on how to make additional binders so that others can continue to build on her



project's impact.

When asked what she learned during this project about herself, Emily stated, "I learned to have more patience. I can't get things done right away all the time. I learned that I can stick with something to the end. I learned to problem solve and it's okay to be frustrated at times, but I need to step back and look at things differently."

While completing this project, Emily noted that she struggled with overstimulation. She feared where and how to start this large project, but had a support team that helped her through it. Her production of the binders included some trial and error. She was presented with a few obstacles when it came to completing her project, as some of the fidgets she intended to feature in her binders were no longer for sale. These complications encouraged Emily to pivot and adjust her plan of action. Her advice to other Girl Scouts that are scared to start is to "just keep going."

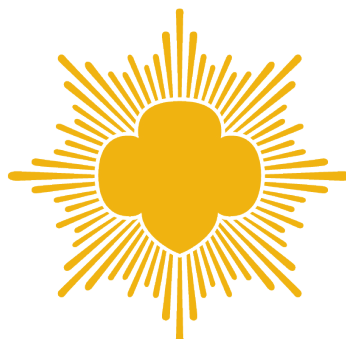


Girl Scout Gold Award projects not only push girls to follow their passions and help their communities, but they also encourage girls to look inward, observe how they do in leadership and collaborative situations, and grow and evolve as needed to get their projects done. Through these projects, the girls are able to learn a lot not only about the topic and project they are doing, but also about themselves. And that is valuable knowledge they can take with them for the rest of their lives.



Over the course of her project, Emily learned how a large impact can come from a small idea. Her Gold Award helped her grow because it gave her a goal to work towards. As this topic is something she is both passionate about and has extensive experience with, Emily was able to harness the help of her former speech therapists and teachers. She was also helped by her mother and the girls in her troop. Some of her former teachers even contributed fidgets.

Emily's favorite part of completing her Gold Award project was going back to distribute her binders at schools she previously attended. Seeing the impact she was making in the places that helped her was very rewarding. Emily wanted an issue addressed in her community that was near and dear to her heart, and she, using her own experiences, knowledge, and resources, made that happen.





## Girl Scout Pride

**Girl Scouts from Roncalli School in Manitowoc** got together to celebrate Girl Scout Sunday with a special Girl Scout mass at their church. More than 20 Girl Scouts participated, representing four different Girl Scout levels. What a special way to honor their faith and the Girl Scout Promise & Law, while also showing their community what Girl Scouts do.



## Go-Getter

**Cadette Troop 8469 from Sheboygan Falls** received a generous donation of more than 500 boxes of Girl Scout cookies this season. They delivered these cookies to the Sheboygan County Warming Center. They were also able to tour the building, learn about how the center serves those in need in the community, how many guests utilize the center each night, and what a positive impact their cookie donation will provide!



## 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.

## 7 Ways to Deal When the World is Just so Overwhelming

Between making that deadline for work, running household errands, and simply trying to keep up with family and friends, life can be stressful. Add in the news of the world and it can feel downright overwhelming.

And it's not just grownups who are feeling on edge. According to reports, up to one in five children and teens experiences anxiety, panic, or another closely related feeling.

Part of this could be that kids take their emotional cues from the adults in their lives. But part of it undoubtedly has to do with the fact that the world is an uncertain place, and as much as we may try to guard our children from the news,



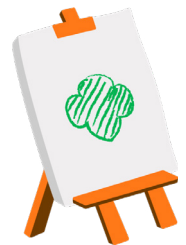
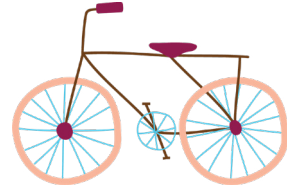




it's both impossible and impractical to protect them entirely from many of the difficult, confusing, and sometimes simply upsetting conversations and events happening around us. And as older children start to learn more, it's only natural for them to feel confused or stressed. We live in very complicated times!

So, what can we do about all this anxiety and stress? While we can't snap our fingers and complete your weekly to-do list, let alone bring harmony to the world, we can offer up some solid strategies for finding calm amidst what can feel like chaos. Consider this your go-to toolkit for when things seem a little out of control. The tips work for both kids and adults!

- 1. Get going.** Physical exercise helps your body release endorphins, which help counteract stress. Working out with a family member or a friend has been shown to make your bond a little stronger too.
- 2. Practice deep breathing or meditation.** Taking deep breaths tells your brain it's time to slow down and relax, while meditation has shown to help your brain release serotonin, a chemical messenger that helps elevate your mood and keep anxiety at bay. The best thing about these techniques is that they can be done anywhere, require zero equipment, and start helping immediately.
- 3. Revisit your favorite book or movie.** Reading a book you already know or watching a movie or TV show that you can quote might seem like a waste of time, but experts say it has real benefits when it comes to destressing. In fact, the predictability of the storyline and plot progression can bring us to a place of peace and calm.
- 4. Double down on healthy habits.** Stress snacking is a real thing, as is losing sleep when things seem a little chaotic. The issue with that is that all the sugar, salt, and empty calories in junk food can leave you feeling even more jittery – and a lack of sleep can lead to increased feelings of worry, doubt, and irritation. Focus on nutritious, real foods at meal times and make sure to keep bedtimes regular.
- 5. Open the windows.** Letting in a fresh breeze can help your house feel a bit less cramped and give you a nice dose of fresh air.
- 6. Express yourself.** Studies have shown that 45 minutes of creative activity – like coloring, crafting, drawing, or collaging – can reduce stress hormones in your body. Journaling or creative writing can have the same effect.
- 7. Talk it out.** Putting feelings into words and sharing how you feel with someone you can trust is a healthy and important practice when you're feeling overwhelmed. When negative feelings get bottled up, they tend to only get worse. Knowing you have someone on your side who understands how you feel can make the world feel like a much more friendly place.



Of course, if you or your daughter are dealing with ongoing or major anxiety, depression, or generally upset feelings, there are people in your community who can help. Not sure who to turn to? Reach out to your primary health care provider for local resources.

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 Scouts or 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.

## From Thin Mints to Learning Woodworking



Ever wondered what happens after you buy a box of Girl Scout Cookies? The proceeds stay local and support the troop you purchased your Thin Mints from. Then those cookie entrepreneurs decide what to do with their funds.

Troop 06675 from Culver City, California has the process for using cookie sale funds down pat. It gets divided up into three categories: donate to local causes, as chosen by the troop members; save for future troop trips around the state and to nearby national parks; and spend as a reward for their hard work.

That last category might be the most fun because Troop 06675 likes to seek out unique activities to enjoy together.

“Our recent all-day workshop at a woodshop in downtown Los Angeles was funded by cookie earnings,” said troop leader Jennifer W. “The Girl Scouts earned their Woodworker badge at a professionally-led youth stool-building workshop that included power tools, manual labor, skilled technical work, and artistry.”



It's pretty cool to think that by buying a box of Girl Scout Cookies, you may have just unlocked a new passion for a Girl Scout to discover. Each box sold allows for troop members to come together and celebrate their cookie season wins, whether they had big online sales numbers or focused on face-to-face connections with customers. On top of that, by supporting your local Girl Scout troop, you're also supporting their efforts to give back to their community.



“During the first year of the pandemic, when teachers were still showing up on campus, my troop sold extra boxes and even called in their Girl Scout sisters in other local troops to make sure that every teacher and staff member at the middle school got a Girl Scout Cookie gift for Teacher Appreciation Week,” said Jennifer. “Last year, we donated cases and cases to a local food bank and also to a local hospital to show our gratitude for healthcare workers.”

In addition to learning new skills and making their community a little bit brighter, Jennifer says she has watched Troop 06675 develop vital skills they will continue to

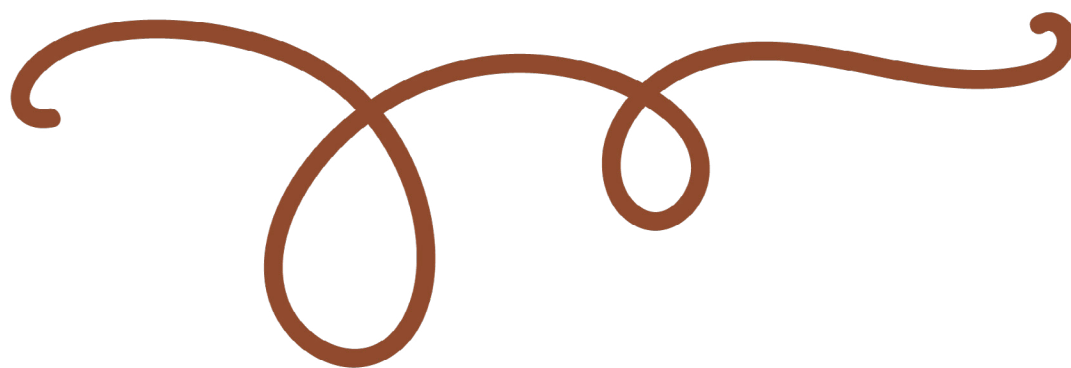
use throughout their lives. “With each year, [they] learn more and more about time management, inventory management, accounting, and entrepreneurship with less and less parent involvement. It’s very empowering for them to step into their own strengths.”

Those skills are helping Troop 06675 work toward their next adventure this cookie season: “We’re working on a plan for a week-long visit to national parks in the Southwest or Pacific Northwest,” said Jennifer.

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



I'M A GIRL SCOUT  
COOKIE<sup>TM</sup>  
ENTREPRENEUR



GO, GiRL, GO!



# STEM Spot: Coloring Changing Flowers

Who doesn't love a good science experiment? This one is especially fun and the perfect science activity for spring.

Source: *Fun Learning for Kids*



## Materials Needed:

- White carnations (or other white flowers)
- Liquid food coloring in a variety of colors
- Jars, vases, cups, or glasses

## Follow These Steps:

1. To start, you will want to trim down the stems of the flower so they fit in your container.
2. Add water to each cup.
3. Put about 10-15 drops of food coloring in the water and stir around to mix well. Make a prediction! Will the amount of food coloring you use make a difference?
4. Add at least one carnation to each glass of colored water. Let sit. Continue to check the flowers every couple of hours and into the next few days. Observe the changes.
5. Other things to try: more or less food coloring – what effect does that have on the end result? Try splitting the stem of a flower into two (or more) pieces. Add one piece to one color and the other piece into a different color. What happens? Experiment with different types of flowers and compare the results. Does one type work better than another?

## The Science Behind It:

Plants drink water from the ground up through their roots. The water travels up the stem and into the petals of the flower. Although these flowers don't have their roots anymore, they still pull water up from the cup into the stem and through the petals. It is through capillary action that plants are able to defy gravity and pull water up into their leaves and flowers. Because you added food coloring, the water reaching the petals is a different color, thus turning the leaves into that color.



# Craft Craze: DIY Thank You Gifts

## Make a DIY Gift to Wow

Nothing says “you’re awesome!” like a handmade gift coming from the heart! Crafting a special item is a fun way to show you care and bring a big smile to someone’s face. So, what cool creation will you dream up?

### Think Before You Craft

**Who is the lucky gift receiver?** What do they love? A favorite color, hobby, or fun fact about them could generate the perfect idea.

**What’s the purpose of your gift?** Your creation should be helpful. Will it hold essentials, make their life easier, or spark a little joy?

**What supplies do you have?** Get creative—paper, fabric, wood, clay, and even upcycled treasures can be transformed into amazing, unique gifts.



Activity inspired by the Craft and Tinker badge, available for Daisies, Brownies, and Juniors.

girlscouts 



Now that you’re ready to create, let your imagination flow to craft a one-of-a-kind gift or follow our simple steps to make a pinch pot masterpiece!



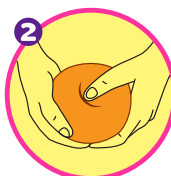
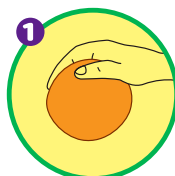
### What You’ll Need:

- Modeling clay
- Clay tools (forks, spoons, or even hairpins!)
- Paint and brushes for a colorful touch



### Let’s Get Started!

1. Roll the clay into a smooth ball.
2. Press a dent in the center to start shaping.
3. Pinch and mold the sides to your desired height.
4. Flatten the bottom by gently pressing it against the table.
5. Let it dry and decorate it.
6. Wrap it and pair it with a nice card.



Visit [girlscouts.org/whatsnew](https://www.girlscouts.org/whatsnew) for more hands-on adventures.



# Tasty Treats: Trefoils Cheesecake Cup



## Trefoils® Cheesecake Cup

Ready in 30 minutes  
Makes 8 servings



### What you need

#### Ingredients

1 box Trefoils® cookies  
Instant cheesecake pudding mix  
(check box for extra ingredients)  
12 oz. softened cream cheese  
Sliced strawberries for garnish  
Chocolate syrup

#### Equipment

Mixing bowl  
Baking spatula  
Large glass serving cup

### Directions

#### **1. Prepare cheesecake base:**

Mix softened cream cheese and cheesecake pudding in a large mixing bowl until smooth.

#### **2. Assemble layers in glass serving cup:**

Crush half box of Trefoils. Layer crushed cookies and cheesecake base in a cup and repeat layering of ingredients.

#### **3. Garnish and serve:**

Garnish with sliced strawberries (or your favorite berries) and 2 full Trefoil cookies. Drizzle with chocolate syrup and enjoy!



# Just For Fun: 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 2025 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 do most five-night sessions cost?
3. What grade do you need to be in to attend the Aqua Adventures session?
4. How many benefits are there of coming to overnight camp?
5. What is the name of the session where you will do all things crafts?
6. At what session do you get to crack codes, solve puzzles, and investigate mysterious happenings at camp?
7. What are the dates for the special camp session where you get to bring your favorite adult?
8. What is the name of the overnight camp session at Camp Manitou?
9. At what session will you get to create outfits and learn sewing techniques?
10. What are the names of the two travel/road trip-themed sessions?
11. How many total overnight camp sessions are available at both camps?
12. What grades can attend day camps?
13. How much does this year's camp care package cost?
14. What is the name of our Taylor Swift-themed camp session?
15. What grade do you need to be in to attend Counselor-in-Training 1?
16. On what page would you find information about the events happening at camp this spring?
17. How many questions are on the Camp Readiness Quiz?
18. How many day camp sessions does Camp Manitou have?
19. What are the names of the units you might call home at Camp Evelyn?
20. Where do you register for summer camp?



**Answer Key:** 1) 77, 2) \$478, 3) Entering grades 6-12, 4) SO MANY! But the list on page 22 shares 7, 5) Inspiration Station, 6) Top Secret, 7) July 26-27, 8) Animal Adventures, 9) Fashion Design Frenzy day camp, 10) Wisconsin Voyagers and Mini Voyagers, 11) 19, 12) Girls entering grades K-5, 13) \$40, 14) In My Camp Era, 15) Entering grades 8-12, 16) On page 16, 17) 11, 18) 5, 19) Dacha, The Glen, LaForet, and T-Line, 20) Online at [bit.ly/GreatGirlScoutCamp](http://bit.ly/GreatGirlScoutCamp).