



Winter
2023

The Manitou GIRL



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On the cover...

Girl Scouts from Troop 8049 spent time learning all about goats, their characteristics, and uses of their milk, including making their own soap!



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.

Summer Camp Registration is OPEN!

Calling all Girl Scouts! Summer will be here before we know it, and we are ready for camp! Are you? Stay with us for the day or up to two weeks. Interested in art? We have a session for that. What about wizards? We have a session for that too. Are water and nature your thing? We have sessions dedicated to those adventures, but no matter what session you pick, you'll have lots of fun in the water and outdoors. Your camp catalog will be arriving in the mail soon if you haven't already gotten it. Head to our [website](#) to check out a digital version of the catalog and pick your favorite sessions. We can't wait to see you there!



Girl Scout Destinations

Destinations



Girl Scout Destinations are the ultimate adventure for Cadette, Senior, and Ambassador Girl Scouts! Make friends from all over as you travel with Girl Scouts from different states and countries. 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 Destinations in 2023 and beyond. The deadline for applications is quickly approaching! Apply by February 15th for the best chance to get accepted to your favorite trip.

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.

Phenom by Girl Scouts

It's our time to shine! Girl Scouts from across the country and around the world and those who believe in our mission gather every three years for a national convention. The 2023 Girl Scout Convention will be taking place July 20-22, 2023, at *Walt Disney World Resort* in Lake Buena Vista, FL. The convention, Phenom by Girl Scouts, consists of exciting experiences in the Expo Hall and other fun and enriching programming. Meet special guests, attend the National Bridging ceremony and Gold Award celebration, take part in amazing activities and demos in the Expo Hall, and much more. More details and agendas will continue to be released as this exciting event gets closer and closer. Be sure to bookmark the [webpage](#) for all updates and secure your registration today!



Rock Your Cookie Booths This Season!



Before we know it cookie booths will be here, and we want you to have the best cookie booths possible so you can reach all your goals! Here are some awesome ideas and tips to help you **GO BRIGHT AHEAD:**

- **Power up your posters!** Make them stand out. Use big letters, fun colors, and bold designs.
- **Make it sing.** Using catchy songs or music will catch some attention as potential customers walk by. Play a recording or sing some classic Girl Scout camp songs.
- **Use bright colors.** You'll stand out! Who wouldn't stop and look at your booth with bright yellow or orange catching their eye.

- **Pick a theme.** People will notice your creativity and want to stop by. Carnival, circus, superheroes, girl power, animals - the sky is the limit.
- **Dress for success.** If you have a theme, dress to match your theme. Wear your uniforms. Use the council's cookie costumes to catch attention!
- **Show off your goals.** Create a goal poster and proudly display it at your booth. Allow customers to help you fill up your goal tracker. Or you can create goal t-shirts to wear. Make sure all your customers know about your troop's goals and what you plan to do with your cookie proceeds.
- **Create cookie bundles.** When you stack multiple boxes up together and add a bow or handmade card, customers will be more likely to buy multiple boxes.
- **Offer samples.** Have your troop purchase a few boxes and offer customers a sample of their favorite (or ones they haven't tried before) - they can't resist once they've tried them!
- **Buy multiples.** Encourage customers to buy several boxes (or even a case) of their favorites so they have plenty until next year. Pro tip: they freeze well!
- **Promote your troop gift of caring.** Let customers know where cookies will be donated and encourage everyone to donate a box or two, especially if people have dietary restrictions and can't enjoy the cookies themselves.

With all of these tips, you're set to have an amazing cookie booth season. For even more tips and activities from the cookie company, Little Brownie Bakers, visit their [website!](#)

DIGITAL COOKIE!

Don't forget that Digital Cookie will open for shipped orders on February 27 and stay open until March 19. This is a great way for you to reach more customers and sell more cookies! Send your Digital Cookie page to customers you've already sold to encouraging them to buy more since you know they'll run out of their favorites. Plus customers will have the chance to get the brand new cookie, Raspberry Rally, since these are a digital-only, shipped-only cookie. Your troop will receive all the proceeds from these orders and they will count toward your rewards!





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!

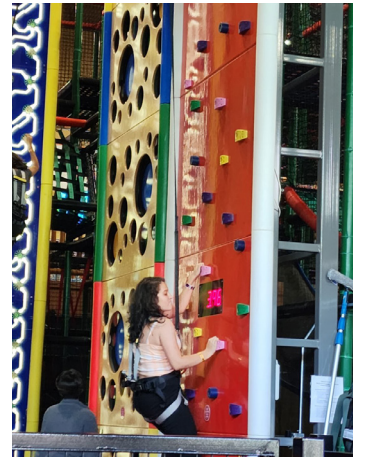
In this section, you'll get to hear and see stories from some pretty inspiring local Girl Scouts who are bridging to the next level, earning Highest Awards, going on trips, and more.

Travel Adventures

Many older Girl Scout troops plan epic travel adventures. They work hard for years budgeting and saving troop funds, planning, and preparing for their trip. We love seeing the amazing adventures Manitou Council Girl Scouts experience, and we want to share their stories with you so you can see what's possible the longer you are a Girl Scout.



Troop 8140 spent the weekend in the Wisconsin Dells - Troop 8140 had been working hard during their cookie sales to save up for a special weekend trip to the Wisconsin Dells. After delaying their trip due to COVID-19 concerns for awhile, the troop finally made their trip a reality this fall! They spent so much time bonding, laughing, exploring, and making memories to last a lifetime on the trip there, at the waterpark, and in their rooms after long days. They even conquered fears and reached new heights on a ropes course! What an amazing time for these Girl Scouts! We can't wait for their next adventure.



Girl Scout Pride

Holiday parade season was in full swing in November and December! We absolutely love seeing large communities of Girl Scouts getting together to spread Girl Scout joy and holiday cheer. Featured below are just two communities who participated in their local parades - Manitowoc and Port Washington/Saukville! We can't wait for the next parade season to begin.



Go-Getter

Members of Troop 8001 completed the Ice Age Trail Alliance's Mammoth Hike Challenge in October! Together these Girl Scouts hiked a total of 42 miles on the Ice Age Trail, that's right - 42 miles! They loved getting to be out in nature together and seeing all the beautiful fall colors. They hiked along the Kettle Moraine, Milwaukee River, and Parnell Tower trail segments of the Ice Age Trail. You go Girl Scouts!

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.

Valentines, Schmalentines! 5 Reasons to Celebrate Galentine's Day Instead



From the chalky candy hearts, corny greeting cards, and promise of cupid's arrow, people either love Valentine's Day or they hate it. But there's a newer holiday - Galentine's Day - that we're pretty sure everyone can get behind.

For those of you who haven't heard of this fun holiday, it was started in the fictional world by Amy Poehler's character on her show *Parks and Recreation* as a celebration of female friendship. Since then, Galentine's Day has found its way into the real world with girls and women across the country setting aside time every February 13th to let their wonderful, smart, caring, and generally awesome besties know how much their friendship means. It's the best idea ever, right? And just in case you need more convincing, here are five scientifically proven reasons to raise up friendships - both your own and your daughter's, or those of any young girl in your life!

- 1. Friends Change the Way You See the World.** A study in the Journal of Experimental Social Psychology found that obstacles appeared smaller and less daunting to people when they were standing next to a friend. Even cooler? The longer the friends had known each other, the stronger the effect.
- 2. Friends Motivate You to Be Your Best.** Experts say that wanting to keep up with friends - whether through athletic achievement or something more academic like grades - can push us to work harder and stay on task longer than if we were doing the activity alone.
- 3. Friends Give You Confidence to Try New Things.** Reports show that girls who have solid friendships have an easier time transitioning to middle school than those who don't. And just from everyday experience, we're pretty sure it's easier to jump into any new situation at any age when you've got a trusted buddy at your side.
- 4. Friends Make You Healthier.** A 2015 study out of the University of Virginia showed that close childhood and teen friendships led to better health and lower stress levels later in life.
- 5. Friends Make Bad Stuff Hurt Less.** When girls and women bond with friends, our brains release a "feel-good" hormone called oxytocin that helps us better tolerate both physical and emotional pain.



We could list about 10,000 other reasons why our sister Girl Scouts are the best in the whole wide world, but then you'd be spending all your time reading this instead of planning the most epic Galentine's Day ever. So spread the love, have fun, and let friendship rule the world.

Get more Raising Awesome Girls advice at girlscouts.org!

Girls of Courage, Confidence, and Character

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

Adventure-Lovin' Girl Scout Daisies Learn and Grow Outdoors



When it comes to outdoor adventure, the girls of Daisy Troop 4890 from Girl Scouts North Carolina Coastal Pines are always up for it! Thanks to their troop leaders, the girls have gotten valuable outside time early and often. Although at first, it was mainly a way to help them bond with one another since they don't all attend the same school, it soon became obvious that outside is where these girls shine their brightest.

"Our first meeting of the year was a park playdate over the summer. We had a few activities planned, but everyone had the most fun hiking, exploring the woods, and climbing trees," one of the troop leaders said.

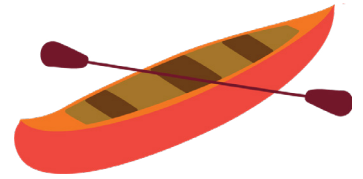
"We took that as a cue that we needed to be getting outside a lot with this group. Each troop has



its own personality, and our girls are all very active and curious. One of the best parts of Girl Scouts is how each troop can reflect the interests of the girls. There are so many different activities to choose from.”

According to the troop leader, Girl Scouts has provided her young explorers with opportunities to do things they might not have tried otherwise. The program has also given the girls a unique opportunity to discover new things and be themselves, and to try, fail, and get right back up again, no matter how many times it takes. And the memories and sense of community they build in the process are priceless.

Grace, age six, says she really enjoys outdoor treks with her Girl Scout troop. “When we go hiking, I can point out all the things I see in nature, and the other girls point out things they see.”



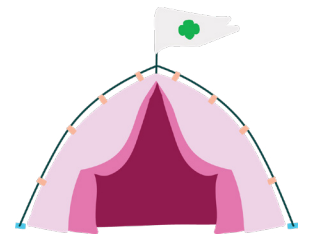
Camille, seven, loves spending time with her best Girl Scout buddies and figuring out new things together. “I really like camping!” she said. “I liked learning about animals, doing crafts outdoors, and cooking with my friends.”

Getting outside and gaining relevant safety skills builds the girls’ confidence and self-reliance, the troop leader explains. “These skills are so important, especially for young girls. When they learn to paddle a canoe, it helps them to face other challenges with the confidence they need to be successful. They know that they are strong and that they can do hard things, whether it be on a camping trip, in the classroom, or on the playground.”



The other troop leader also believes in the power of getting young girls outside often. “It teaches them teamwork skills and shows them how everyone can have an important role in group activities. The girls just seem more interested in participating when they have an actual task they’re responsible for. And the camping trips - they just offer so many activities that the girls wouldn’t normally find around their community.”

The troop leader’s favorite part of taking girls on outdoor adventures is watching them immerse themselves in the activities of the day and seeing the sheer excitement on their faces when they try something they’d never before considered - and that they end up loving. “We really do have a tremendous group of girls, and they seem so comfortable taking on just about any challenge when they’re together.”



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

GO, GiRL, GO!

STEM Spot: Counting Caterpillar



Make money management fun!

Before caterpillars turn into butterflies, they must earn their wings! Young Girl Scout Cookie™ entrepreneurs can learn the basics of counting package prices with this fun activity.

Supplies:

- Two wooden craft sticks
- Large craft pom-poms (2 inch)
- [Counting packages template](#)
- Scissors
- Marker
- Glue or glue dots
- One pipe cleaner
- Two googly eyes with adhesive backs

Steps

- 1 Print and cut out the template, then write in the Girl Scout Cookie prices on the small line. Calculate the prices and write in the totals for each package quantity.
- 2 Fold on the dotted lines and tape each end to a wooden craft stick.



- 3 Wrap the middle of the pipe cleaner around the front craft stick, leaving the ends sticking out on each side, twist a couple times to secure. Coil each end around your finger to create the antennae.
- 4 Carefully thread the safety pin through the back of the large pom-pom and slide it under the pipe cleaner where it's wrapped around the craft stick. Assist younger girls with securing the safety pin.



- 5 Stick the googly eyes onto the front of the pom-pom and the caterpillar is finished!

To play the game, one girl will hold the counting caterpillar and quiz another girl what the total price would be if a customer ordered 1,2,3,4 or 5 packages of Girl Scout Cookies®.

3x _____ =

3

2x _____ =

2

1x _____ =

1

5x _____ =

5

4x _____ =

4

TAPE OR GLUE TO
BOTTOM OF 3

TAPE OR GLUE TO
BOTTOM OF 3

3x _____ =

3

2x _____ =

2

1x _____ =

1

5x _____ =

5

4x _____ =

4

TAPE OR GLUE TO
BOTTOM OF 3

TAPE OR GLUE TO
BOTTOM OF 3

Craft Craze: Adventurefuls SWAP

What's a SWAP? SWAPS stands for "Special Whatchamacallits Affectionately Pinned Somewhere." They are small tokens of friendship that Girl Scouts exchange with one another. Each SWAP reflects a fellow Girl Scout, their troop, or a special memory. They're a great way to share stories and get to know Girl Scouts from across the country and world.

INSTRUCTIONS

ADVENTUREFULS™ SWAP



Decorate key tags to look like the new Girl Scout Cookie™ and turn them into SWAPs.

Supplies:

- scissors
- tape or glue
- key tags
- safety pins and/or string
- felt
- pipe cleaners
- markers
- paper
- hole punch



Step 1:

Cut a 2" circle out of dark brown felt. Tape or glue to a 1.25" key tag with a string attached to it.



Step 2:

Cut a 1.5" circle out of caramel-colored felt. Tape or glue to the dark brown felt circle.



Step 3:

Cut and glue brown pipe cleaners to the felt cookie to look like the chocolate stripes.

Step 4:

Write a troop message on a small piece of paper, like shown at the top of this page.

Step 5:

Punch a hole in the corner of the small piece of paper.

Step 6:

Slide the key tag string through the hole.



Step 7:

Attach a safety pin to the end of the string so girls can hang their Adventurefuls™ SWAPs wherever they'd like.

Tasty Treats: Dolphin Snacks

Girls will flip for these bright bites!
Set up a snack creation station
inspired by this year's mascot.

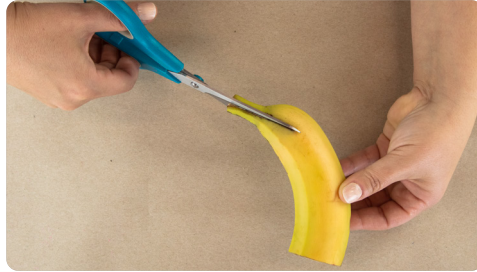
Bonus: The dolphins can serve up
new Raspberry Rally™ cookies to
girls!



Supplies:

- Bananas
- Berries or other fruit
- Girl Scout Cookies®
- Cups
- Scissors
- Markers

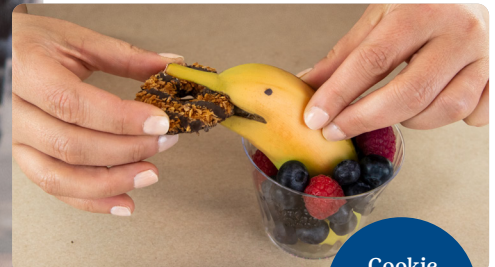
- 1 Wash scissors and fruit. Cut the bananas into 4"-5" lengths, keeping the stalks. To create the dolphin mouth, using scissors, cut the stalk portion in half lengthwise and continue about 1" into the main body of the banana.



- 2 Place the cut banana into the cup with the cut stalk sticking up. Fill the rest of the cup up with fruit of your choice. Don't forget to add eyes using a marker!



- 3 Place a cookie into the cut stalk to look like a dolphin carrying a cookie! If you don't have cookies on hand, a blueberry or small grape can be used instead to look like a beach ball!



Cookie
tasting
activity!



Word Search

F E R U T N E V D A H K G U L
Y R U G B I L P G B N A N B A
R Y I L A K E N N N J T I L U
E C C E Z O P B E W I N M M G
H I O Q N S Y R Y O L K M I H
C B R U E D U U M E X T I W T
R R Q R N T S E H B S W W H E
A I O D A S M P L L R U S U R
G M N N Y O E S W V U D X V V
S K O V R Q U L K A N N V T H
T U N I Z Z K V O F H S B J R
Z K E G N J J H A R N Y C R H
M S L N G K L D N A X X F J Z
K O D S N R O C P W V T J Q J
C A M P F I R E I D L D R B E

adventure

archery

campfire

counselor

friends

hiking

lake

laughter

memories

nature

s'mores

swimming