



Girl Scouts.
of Connecticut

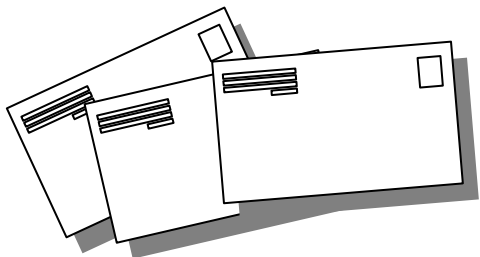
Helpful Hints

February 2010

Helpful Hints is a Program Department newsletter to help keep Girl Scout Daisy, Brownie, and Junior Advisors informed of new programs, resources, and ideas. Please share this with the girls in your troop/group.

Girl Scout Go Green Day at the Mall

Come to the Westfield Trumbull Mall on Saturday, April 24, 10:00 a.m. – 4:00 p.m. Bring a days' worth of junk mail and help create a junk mail tree teaching the community how and why we need to reduce junk mail. Visit Forever Green troop exhibits showing how they took action in their communities. Some activities will link to the Earth is Our Home Try-It, the Environmental Health Badge, and the Going Green, One Shade at a Time Interest Project. Interested in showcasing your own environmental project? Would you or your troop like to run an activity station (supplies and activities can be provided)? Contact Ellyn Savard at esavard@gsofct.org or 203-334-3145 x 3018.



Bronze, Silver, Gold Awards

Are the girls in your group considering earning one of these awards in the new Journey way? You'll find information on the new Journey way at

http://girlscouts.org/program/gs_central/insignia/highest_awards/adult_guides.html

This is a year of transition for GSOFC. New Journey workshops will be offered starting this summer for the Silver and Gold Awards. Take Action Projects strive to address the root cause of an issue. The girl and adult guides at the site above give are a great resource for the process of identifying and addressing issues in the community.

Girl Scout Week Word Search

Here is a word search filled with Girl Scout items and words. Follow this link for the word search. www.gsofct.org/pdf/membership/formLibrary/Girl_Scout_Word_Search.pdf

Girl Scout Week

This year, Girl Scout Week runs from Sunday, March 7th to Saturday, March 13th. The week centers around March 12th, the day Juliette first held a Girl Scout meeting. It is a great time to review what your group has accomplished during the year. Why not have the girls create their own Scouts' Own ceremony to celebrate!

In days past, each day of the week honored a special aspect of the Girl Scout experience. Below are the days, as listed in the 1966 Cadette Handbook. How else could your group celebrate Girl Scout Week?

Girl Scout Sunday (or Sabbath): Plan to demonstrate your understanding of the first part of The Promise... to serve God and my country. Wear your uniform to your place of worship.

Monday: Homemaking Day: Teach a homemaking skill (could be repairs or home improvements) to a younger girl.

Tuesday: Citizenship Day: Find out who represents your town and state governments and write them a letter about one of your concerns that they might address.

Wednesday: Health and Safety Day: Find out about flu shots and learn proper hand-washing skills.

Thursday: International Friendship Day: Find out about pen pals and see if you can get one.

Friday: The Arts Day: Make a fun craft that a senior citizen would like as a tray favor at dinner.

Saturday: Out-of-Doors Day: Go on a hike and clean-up litter along the way.

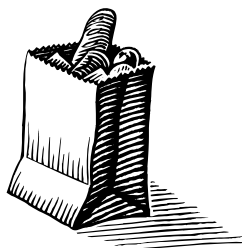


Springtime Food Drives - Item of the Month

Food Drives are appreciated year-round. During the winter holiday season, food banks receive many generous food drive donations, but as the months get warmer, food donations dwindle. Your troop, town or service unit can help increase the supplies for your local food bank or soup kitchen. One idea is to collect an "Item of the Month". Contact your local food bank or kitchen and ask what their needs are. Using this list, create an "Item of the Month" list. Your troop can provide a substantial amount of food donations, showing girls that they can address the need for items throughout the year.

Items of the Month might include:

Peanut Butter & Jelly
Canned meat or tuna
Cereal
Pasta
Spaghetti Sauce
Canned Fruits and Vegetables
Soup
Crackers
Mac and Cheese
Personal care items
Cleansers



Featured Program in a Box

What better way to stave off winter's weather than with a Program in a Box. Stay warm indoors while you have an artistic experience with Art in 3D! Create art out of wire, clay, or various other materials while you stay warm!

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Did you Know?

Did you know that if you want to use a camp property for less than three hours, Monday through Thursday, that there is no fee? That's right! All Girl Scout members can use camp property for activities such as Troop meetings, nature hikes, and exploration. The three-hour reservation includes set-up and clean-up time. Make sure to obtain appropriate adult training requirements when participating in activities at Program Center (camp) properties. Please use form [#5340, Site Reservation Application for GSOFACT Users](#), to reserve a Program Center property.

Girl Scout Basics: GORP is a mixture of high-energy foods eaten as a snack especially by hikers and campers (known as trail mix to many). It is an acronym for "Good Old Raisins & Peanuts" or "Granola, Oats, Raisins & Peanuts". It is a good recipe for people to be assigned one ingredient each to bring and mix in a big bowl. When planning your GORP mix, encourage inclusiveness by discussing food allergies and sensitivities with your group.

Traditional GORP Recipe:

1 cup granola
1 cup oatmeal
1 cup raisins
1 cup peanuts (salted or dry roasted)
Optional ingredients: M&Ms, chocolate chips, sunflower seeds, nuts, coconut, pretzel sticks, dried fruit (dates, apricots), cereal.

Snowman bottle craft

<http://dltk-holidays.com/winter/mbottlesnowman.html>

Materials:

creamer bottles (You know, the flavorful ones found in the refrigerator section)
googly eyes
black beads for mouth
colored toothpick for nose - cut in about 1 " length
glittery pompoms for top of hat
black pompoms for front of snowman
yarn or material scraps for a "scarf"
Small twigs for arms/hands - about 5 inches in length and in a Y form
Tacky glue works best for this project

Instructions:

Remove the plastic wrapper from the creamer bottle and put about a cup of sand in the bottle.
Glue on the googly eyes
Glue on black beads for the mouth
Poke holes for nose and arms with ice pick (it is much easier to insert them)
Insert the colored toothpick for nose
Glue on glittery pompoms for top of hat
Glue on black pompoms for the front of the snowman
For the scarf, wrap yarn around a piece of cardboard - about three times. Use another piece of yarn to tie the ends together. Then wrap it around the neck of the snowman and tie it.
Insert small twigs for arms/hands

Comments on *Helpful Hints*? Contact Angela in the Program Department, at asilva@gsofct.org.