



18 under 18

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on the cover

Photograph by Angela Agosto

Halle B. decided to be an advocate for kids with disabilities. Read “18 Under 18” to find out how, and learn about other awesome girls who are taking action in the community.

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Everything all in one publication! Flip this magazine over to read about all the fun activities happening this fall and winter!



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spark

fall 2017/winter 2018 issue

Spark is a publication of the Girl Scouts of Eastern Pennsylvania and is published twice yearly.

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**“I worked hard,
tried new things,
sometimes failed,
and finally got
comfortable
with succeeding
and leading.”**

**That's me as
a Brownie! →**



NOTES from Kim

When I think back to when I was a **G.I.R.L.**, a few key moments come to mind. I traveled around the world with my family, because my Dad was in the Air Force, so I lived in three different countries by the time I was in third grade!

In the fourth grade, we lived in Germany, and I auditioned to be in the Jr. High School band (7th-9th graders) and got selected. I remember being fiercely proud of myself and feeling like a real Go-Getter. I loved music and playing the clarinet, and was thrilled to have the opportunity to play in an ensemble. And then a week later, I decided to take a big Risk.

Our band teacher set up a live session in class and challenged every clarinet player to play a particular passage of music in front of everyone. Guess which girl found the courage to put her skills to the test? Immediately after the impromptu competition, I was moved from the back of the section (where they often put the new kids) to the front.

Whether as part of the band, on the soccer field, or in the classroom, my coaches, teachers, and parents gave me opportunities to lead. I worked hard, tried new things, sometimes failed, and finally got comfortable with succeeding and leading.

In this issue of *Spark*, I know you will be inspired by girls who live by those same principles, like Maia L., one of our 18 under 18 **G.I.R.L.s** (p. 18), who says, “Being a leader is hard work. ...It makes you think about what is best for everyone, not just yourself.”

Or, perhaps, Brigid and Thalia (p. 33), who are making their voices heard by helping girls talk about cyber bullying and the importance of body confidence. And, the 48 awesome Girl Scouts who earned their Gold Award this year, 30 of whom were recognized by GSEP with our first Trifecta Award, honoring girls who have earned all three of Girl Scouting’s highest awards: Bronze, Silver, and Gold (p. 35).

I hope that as you read through the magazine, you’ll enjoy learning about the ways you and your sister Scouts are taking action to become the next generation of young women leaders. Spend some time to identify a program or two that will encourage you to take risks and grow, and sign up today. Just flip over this issue and choose your next adventure.

Take it from me, being a **go-getter**, **innovator**, **risk-taker**, and **leader** will provide important and exciting experiences you will remember for a lifetime. And when you one day reflect on some of your key life moments, you’ll realize that all along you had everything you needed to succeed. You just had to keep moving forward until you found your way to the front.

Yours in Scouting,

Kim Fraites-Dow

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A Road Map to Getting the Gold

Girl Scout Troop 1353 is participating in a pilot program designed to help girls complete prerequisites to earn their Gold Award—the highest achievement in Girl Scouting.

To earn their Gold Award, girls must either complete two Senior or Ambassador Journeys, or earn their Silver Award and complete one Journey. Thanks to a Venture Grant from the United Way of Berks County, the 20 Reading High School cheerleaders who make up Troop 1353, will be better positioned to complete the requirements and begin the process of going for the gold!

Recognizing that Gold Award requirements can sometimes pose barriers for young women in outreach programs, GSEP and the United Way developed this pilot to offer more opportunities and resources to girls who might not otherwise have a chance to earn this prestigious honor, and the Reading High girls wasted no time.

During their regular troop meetings, the girls completed the first of their two Journey requirements. Then, last fall, with the help of their troop

leaders and GSEP staff, they were able to complete many of the award requirements in a single day, including beginning their second Journey.

For their Take Action Project, the girls divided into two teams to tackle separate mentoring-focused initiatives. One group set up a program for girls at an intermediate high school in Berks County. Then, the other group set up a program to read, tutor, and mentor girls at 13th and Green Elementary school. These programs were so successful that the cheerleaders plan to continue a Big Sisters-style program at the school in the future.

In April, the girls attended GSEP's Gold Award Ceremony, where they had the opportunity to hear from current Gold Awardees and brainstorm about putting together their Gold Award proposals, the first step in becoming a Gold Award recipient.

"It's difficult for some of our girls to work on badges and Journeys outside of a troop setting, so they often don't get the opportunity to meet the requirements for the Gold Award," said GSEP CEO Kim E. Fraites Dow. "We want to change that by offering more support at every stage of the process and by helping all girls understand the benefit of earning Girl Scouts' highest awards."

▼ *Some of the Reading High cheerleaders at the 2017 spring Gold Award Ceremony.*

"These programs were so successful that the cheerleaders plan to continue a Big Sisters-style program at the school in the future. ☺☺"





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Signature Events

We can't wait to connect you with new friends and help you experience all that Girl Scouts has to offer. Whether it's adventures at camp or mastering the skills of a #cookieboss, when you work together through the global sisterhood of Girl Scouts, there's no limit to the amazing things you can do!

Family Camp ●●●●●●

FRIDAY, SEPTEMBER 1, 5PM –
MONDAY, SEPTEMBER 4, 10AM

Camp Mosey Wood, Lake Harmony

Grades: All ages

Cost: \$95/person
(Children under 2 are free)

Enjoy a weekend of fun and relaxation with your entire family! Parents, sisters, brothers, grandparents, and other relatives are invited to Camp Mosey Wood to swim, boat, hike, play games, create crafts, and enjoy other activities independently.

Tough Cookie Adventure Race ●●●●●●

SATURDAY, SEPTEMBER 9, 9AM–4PM

Camp Laughing Waters, Gilbertsville

Grades: All ages (5 and older)

Cost: \$40/person

Bring your friends! Grab your parents and siblings, too! Get a taste for adventure racing as you maneuver the trails of Camp Laughing Waters with your team of two to four people.

Sundae Sunday ●●●●

SUNDAY, SEPTEMBER 17, 1–4PM

Camp Laughing Waters, Gilbertsville

Grades: 6–12

Cost: \$15/girl

Calling all girls who want to create GSEP's Halloween extravaganza for younger Girl Scouts! Join us and help plan for Autumn Adventures and Spooky Waters, where you'll learn details about your volunteer role and help prepare for the big day.

NAR Kickoff & 59 Min Quick-Start ●●●●●●

SUNDAY, OCTOBER 1, 10AM–1PM

Camp Laughing Waters, Gilbertsville

Grades: K–12

Cost: \$5/girl

Begin the 2017 Nuts About Reading program with superhero-themed games and arts and crafts, while participating in our 59 Minute Quick-Start! This fun one-hour challenge helps participating girls boost their sales. Just bring a cell phone and your smile! Earn a patch, too!

Autumn Adventure ●●●●

SATURDAY, OCTOBER 21, 11AM–3PM

Camp Laughing Waters, Gilbertsville

Grades: K–3

Cost: \$15/girl
\$5/adult

Celebrate the changing seasons at Camp Laughing Waters. Start the day with a rousing camp sing-a-long, then head out on an autumn adventure.

Spooky Waters ●●●●

SATURDAY, OCTOBER 21, 4:30–8PM

Camp Laughing Waters, Gilbertsville

Grades: 2–5

Cost: \$15/girl
\$5/adult

Prepare to be spooked at GSEP's annual Halloween festival at Camp Laughing Waters! Bring your flashlight for a walk along dark trails haunted by older Girl Scouts performing spooky skits! See how far apples can fly when you go apple chunking.

Thanks-A-Lot Trot ●●●●●●

SATURDAY, NOVEMBER 18, 9AM

Camp Laughing Waters, Gilbertsville

Grades: All ages with a current
GS membership

Cost: \$30/person

Experience Camp Laughing Waters like never before. This race is perfect for beginners and experienced runners alike. 5k Run/Walk and 1 Mile Fun Walk options available.

Cookie Coaches ●●●●

SUNDAY, DECEMBER 3, 1–3:30PM

Camp Laughing Waters, Gilbertsville

Grades: 6–12

Cost: \$5/girl

Cookie season is almost here, and we need your #cookieboss skills! Help plan a cookie rally for younger Girl Scouts and lead activities at Camp Laughing Waters on January 6.

Real Girls Code ●●●●

SATURDAY, DECEMBER 9, 1–4PM

Camp Shelly Ridge, Miquon

Grades: 2–5

Cost: \$10/girl

Learn how coding changes and enhances our lives, from solving problems to connecting people around the world. Start thinking like a coder as you play games both on and off the computer.



Check out the full descriptions of these Signature Events in the Program Guide beginning on page 62.

NEW! ICON GUIDE



GSEP Signature Event



Core Camping



Adventure & Water



Health & Wellness



Arts & Culture



STEM



Leadership



Environmental



Winter Camp ●●●●●●●●

WEDNESDAY, DECEMBER 27, 1:30PM –

SATURDAY, DECEMBER 30, 6:15PM

Camp Mosey Wood, Lake Harmony

Grades: 1–12

Cost: \$135/girl

This is a girl-only event! Leave your parents and leaders behind as you make new friends and meet up with summer camp buddies. GSEP summer camp staff treats you to the traditional camp experience with a winter twist.



Cookie Rally ●●●●●●●●

SATURDAY, JANUARY 6, 9AM–12PM

OR 1–4PM

Camp Laughing Waters, Gilbertville

Grades: K–5

Cost: \$10/girl
\$2/adult

Play games and create crafts designed to help you build the skills of a #cookieboss. Learn tips about talking to customers from Older Girl Scouts, get a sneak peek at the recognitions, and even taste test the cookies!



Maple Sugaring Day

Program Leaders ●●●●●●●●

FRIDAY, JANUARY 26, 7:30PM –

SATURDAY, JANUARY 27, 2PM

Camp Laughing Waters, Gilbertville

Grades: 6–12

Cost: \$20/girl

Put your leadership skills to work! Help teach younger girls all there is to know

about maple syrup. Whether you enjoy writing scripts, acting, making crafts, singing songs, or helping others, there is something for everyone.



Maple Saplings ●●●●●●●●

SATURDAY, FEBRUARY 24, 8:30AM–5:30PM

STAGGERED START TIMES

BETWEEN 8:30AM–3:30PM

Camp Laughing Waters, Gilbertville

Grades: K–1

Cost: \$10/girl
\$5/adult

Travel through history as you learn the story and discovery of maple syrup from older Girl Scouts! Play games, enjoy a snack, and even do a taste test of sap and syrup!



Maple Sugaring ●●●●●●●●

SATURDAY, FEBRUARY 24,

STAGGERED START TIMES

BETWEEN 8:30AM–2PM

Camp Laughing Waters, Gilbertville

Grades: 2–5

Cost: \$15/girl
\$10/adult

Experience everything from the discovery of maple sugar to how maple syrup is produced today. Taste test sap and syrup to learn which one is your favorite and even enjoy a maple snack!



Real Girls Take on the World ●●●●●●●●

SATURDAY, FEBRUARY 24, 1–4PM

Camp Shelly Ridge, Miquon

Grades: 6–12

Cost: \$20/girl
\$5/adult

Did you know that you are part of a global sisterhood that is 146 countries strong? Learn about WAGGGS and our world centers located in Mexico, England, Switzerland, India, and Africa. Experience different cultures as you sample foods and try fun activities.

Register Online!
See p. 25 of the Program Guide
for more details. You can attend
most events without your troop!

We asked the 18 girls you'll read about on the following pages how they unleash their inner **G.I.R.L.** (**G**o-**G**etter, **I**nnovator, **R**isk-Taker, and **L**eader).

From starting a school club that builds relationships between special needs students and their peers to addressing community safety, these Girl Scouts are role models in the making.

18 under 18



Cover Girl Halle B. knows the power of sisterhood. In fact, when Halle decided to pursue her Gold Award—the highest achievement in Girl Scouting—it was her younger sister and Girl Scout, Andi, who served as her inspiration.

As an infant, Andi was diagnosed with Down Syndrome, a condition that causes delays in how children develop. Halle wanted to spread awareness about Down Syndrome, but she also wanted the world to know that her sister, and the more than 6,000 children born with Down Syndrome each year, deserve to be treated just like every other kid. That led her to start the Fusion Club, which pairs students with special needs with peers at their school to create new friendships.

Throughout the process of creating the Fusion Club, Halle had to tackle challenges presented by the school's administration, which canceled a previous interactive program for students.

Halle took the risk and pushed forward anyway. She committed herself to leading the Fusion Club, knowing that the positive interactions would have a lasting affect on all the kids who joined.

"I believe leaders can foster unity while taking action at the same time," Halle said. "I realized that I needed to be an advocate for students with disabilities, so any challenges I faced would be well worth it."

Halle credits her ability to sustainably impact her school and her community to Girl Scouting. She continues to think of ways to spread awareness to students outside the club by sharing tips on how to interact with kids who have disabilities.

A true leader, Halle has prepared for the Fusion Club to continue for years to come as she sets off for college this summer. Andi is set to join the club this year as she enters middle school.

"Andi is, and has always been, my best friend. But I am happy to know that when she joins the Fusion Club, she'll have more than just me as a friend to talk to."

Halle B.

Troop 41384
Octorara Area
Senior High School

18

Tell us about a time when you've taken a risk.

When I was in middle school, I was encouraged to join GSEP's Mean Green Canoe team. I was nervous because I didn't know any of the members and I knew nothing about racing canoes. But I knew joining would teach me many new skills, and once I started, I made so many friends. I even placed first in a 15-mile endurance race with my partner. Joining was the best decision I ever made!

What does it take to be a leader?

A true leader can admit that she seeks help from others and understands that she is unable to do everything herself. She fosters a sense of unity within her team, encompasses attributes such as patience, persistence, and friendship, and takes action all at the same time!



"I realized that I needed to be an advocate for students with disabilities."

Katharine T.

11th Grade
Troop 21279
Council Rock
High School South

16.

What are some innovative ways you've solved a problem or overcome a challenge?

After I created my charity, stAR, for my Silver Award, I expanded to other countries. I faced several obstacles, but I used traits learned in Girl Scouts to be responsible, hardworking, pleasant, and persistent. This helped me partner with organizations that now help my charity send stuffed animals to Tanzania and India.

What does being a go-getter mean to you?

It means not being afraid to reach for the highest level of achievement. It means not being afraid to take chances, because even though there's a risk that you can fail, you can also accomplish something great!



Amber T.

Kindergarten
Troop 548
Lansdowne YMCA

6.

In what ways are you an innovator?

I'm an innovator because I like to make new art projects and put clothes together to design outfits. I'm interested in fashion design.

Who is a famous risk-taker who inspires you?

A risk-taker that inspires me is Thor. He risks his safety trying to stop his villain brother because he values his family more than anything else.

"It means not being afraid to take chances, because even though there's a risk that you can fail, you can also accomplish something great!"

Arianna S.

9th Grade
Troop 5539
Penn Wood High School

14.

Tell us about a time you've taken a risk.

I had only been taking piano lessons for a month when I played "Silent Night" during Sunday church service. I was so nervous, but I remembered what it meant to have courage, confidence, and character. I performed with no mistakes and was very proud of myself. I then played "Amazing Grace" on Easter Sunday with no hesitation!

What does it take to be a leader?

To be a leader you must think for yourself, be a risk-taker, a go-getter, and do your best to make everything around you, and the world, a better place.



Ellie P.

4th Grade
Troop 9874
J.S. Jenks Academy
for the Arts & Sciences

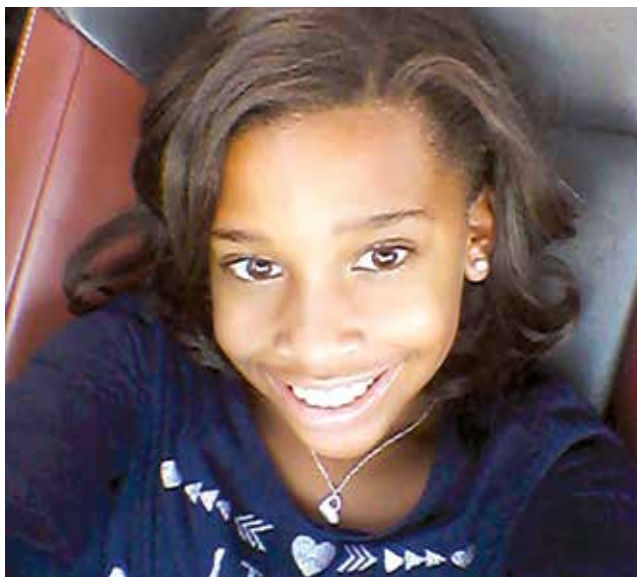
10.

What does being a go-getter mean to you?

It means pushing yourself to reach your goals and not being afraid to try to new things. You must also have the determination to finish something once you start it!

Who is a famous risk-taker who inspires you?

The book *Good Night Stories for Rebel Girls* has many stories of amazing women and girls in history that inspire me. My favorites are Harriet Tubman and Irena Sendlerowa. I consider Harriet as one of the bravest people in our country's history. In 11 years, she saved hundreds of enslaved people, she was never captured, and never lost a single person. Irena helped save Jewish children in Poland from the Nazis. She saved 2,500 children in three months by hiding them and moving them to safer countries. Then, she worked to reunite the children with their parents.



Rebekah A.

9th Grade
Troop 2056
Tohickon Middle School

15.

Tell us about a time you've taken a risk.

A group of friends and I were forming a team, but they were excluding one person. I knew if this person was not selected for a team, they would not be able to participate. I also knew this kid had a history of being bullied in school, and I wanted to make sure that person felt included. So, I left my team and formed a new team. It was not easy to stand against some of my closest friends, but I needed to stand strong with my goal of including all my friends.

What are some innovative ways you've solved a problem or overcome a challenge?

While I was earning my Silver Award, some tasks seemed unattainable and overwhelming. To overcome this, I created small goals each day. As I reached each goal, I created new ones until my project was completed. This process made completing my project much more attainable.



Aneesah L.

4th Grade
Troop 71159
Russell Byers Charter School

9.

Who is a famous risk-taker who inspires you?

I chose Muhammad Ali because he took a risk by following his beliefs.

What does it take to be a leader?

A leader isn't afraid to stand up for what she believes in. She needs to be kind and always have a good reason for her actions.

"I left my team and formed a new team. It was not easy to stand against some of my closest friends, but I needed to stand strong with my goal of including all my friends."

"It takes being smart and strong. Not the kind of strong with muscles, but instead strong-minded!"



Lena C.

2nd Grade
Troop 3801
Shull David Elementary

7.

What does it take to be a leader?

It takes being smart and strong. Not the kind of strong with muscles, but instead strong-minded! It's also important that you can work well with many people.

Who is a famous risk-taker who inspires you?

My troop leaders! They aren't famous, but they help us think of different ways to do things. It may not be the way everyone else does it, but finding our own new solutions are fun!



Dania A.

4th Grade
Troop 783
Overlook Hills
Elementary school

10.

What does being a go-getter mean to you?

A go-getter is a person who follows her dreams, regardless of the obstacles that lie ahead. Go-getters believe in themselves and never give up because their confidence and motivation keep them going. They are the few that stand out because of their determination and hard work.

What does it take to be a leader?

It takes a lot of courage to be a leader. Regardless of the criticism one may face, true leaders must continue to do what they believe is right. That requires having a strong character and an open mind so that other people's opinions are respected and heard.



Sydney V.

2nd Grade
Troop 7891
Homeschool

7.

What does being a go-getter mean to you?

Go-getters have perseverance and an "I can do" attitude! They are hard workers who do not give up.

In what ways are you an innovator?

One innovative idea I had was to find a way to stop accidents at an intersection near my home. It was scary when my parents and I went to speak at the township meeting. But I knew it was important to let them know that something had to be done to stop the accidents at the intersection.



Maia L.

2nd Grade
Troop 4029
West Bradford Elementary

7.

What does being a go-getter mean to you?

Being a go-getter means setting goals and trying to achieve those goals. Aiming high! This year I wanted to sell 1,000 boxes of cookies, and I did it!

What does it take to be a leader?

Being a leader is hard work. It makes you take responsibility. It makes you think about what is best for everyone not just yourself. It makes you also be prepared. Being kind and respectful helps, too.



Anirah M.

10th Grade
Troop 508
Middletown High School

15.

What does it take to be a Leader?

You must WANT to be a leader. I believe you can achieve any goal you desire if you take risks, face your challenges, solve problems, and conquer stress.

Tell us about a time when you've taken a risk.

A few years ago, I tried out to be a presenter for Take the Lead. I was still fearful of messing up and not knowing what to say in my speech. When the time came to present in front of the audience, I felt like I poured my heart out to everyone! I was so confident in my experience that I auditioned for the role of emcee last year. I was selected and I did great!



Caroline B.

5th Grade

Troop 82137

Palmer Elementary School

10.

Who is a famous risk-taker who inspires you?

Kacy Catanzaro is my favorite competitor on *American Ninja Warrior*. She was the first woman to scale the warped wall, leaving many men behind. Kacy dares to do things that most people wouldn't. I want to be just like her!

What does being a go-getter mean to you?

If you are a go-getter, and you want something, you try everything in your power to go get it. You don't slack off and let things fall into your lap. You try hard to make it happen! It's like when you want to get good grades in school, you put in the extra work on your own and try more than the average student.



Diamond Morris

6th Grade

Troop 5565

School: Country Day

School of the Sacred Heart

12.

What does being a go-getter mean to you?

It means that I go the extra mile and I'm not afraid to try new things. Being a go-getter helps me work toward my goals, especially when I sell cookies. Every year, I set a new goal, then I push through until I meet it. This year, I sold enough cookies to even surpass my goal!

What are some innovative ways you've solved a problem or overcome a challenge?

I took a creative approach when I suggested to my troop what we could do for our Silver Award. I helped with planning and thought outside of the box to come up with decisions for our project. I also try to find new ways to help my troop when we develop activities for younger sister Scouts.

"If you are a go-getter, and you want something, you try everything in your power to go get it."

Keyanah C.

8th Grade
Troop 98010
Conwell Russell
Middle School

14.

Tell us about a time you've taken a risk.

At school, I had the chance to learn and play volleyball. I feared being ridiculed by other students because I was attempting to try something new. I took the risk and played anyway. Now, I'm good in most areas of volleyball.

What does being a go-getter mean to you?

A go-getter is someone who never turns down an opportunity presented to her.



"A go-getter is someone who never turns down an opportunity presented to her."

Cherish H.

1st Grade
Troop 9609
Philadelphia Performance
Arts Charter School

7.

Who is a famous risk-taker who inspires you?

A famous risk-taker who has inspired me is Ruby Bridges. She was the first African American child to integrate a school in Louisiana. She did not let race or the fact that she was a child frighten her from getting an education.

What does being a go-getter mean to you?

Being a go-getter means going after what you want to do or be in life. It doesn't matter whether it's easy or not.





Mikayla H.

8th Grade
Troop 21809
Tohickon Middle School

14

Tell us about a time you've taken a risk.

I took one huge risk in school by selecting all advanced classes this year. Despite being told, "All advanced classes will be too much homework" and "Don't be surprised if your grades don't look good," I took the risk anyway. I proved a lot of people, including myself, wrong about my capabilities. In fact, successfully completing this school year encouraged me to enroll in all honors classes next year.

What does being a go-getter mean to you?

A go-getter is someone who strives to be her best every day and tries her hardest to accomplish her goals, despite what anyone else may say. She also works hard at everything she does, not letting anything stop her from making her dreams come true.

"I'm inspired by everyday heroes more than famous people."

Emily H.

2nd Grade
Troop 2888
Commonwealth
Charter Academy

7

Who is a famous risk-taker who inspires you?

I'm inspired by everyday heroes more than famous people. Firefighters inspire me because they go into fires, which are scary. This inspires me to face my fears, which aren't as dangerous, but I know I can do it.

In what ways are you an innovator?

I joined our Sudden Service Patrol, and now I encourage my friends to do the same. It's a lot of fun! I like electronics even though some people think it's not something girls should like. Girls can do anything they want.



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- Junior Geocacher and Geology Rocks (09/30/2017 – 10/01/2017)
- Junior Ghosts & Goblins Party with Going Batty (10/21/2017 – 10/22/2017)
- Teen Ghosts & Goblins Party with Directions Matter (10/28/2017 – 10/29/2017)
- Junior Geocacher and Animal Habitats (11/04/2017 – 11/05/2017)
- Brownie Letterboxer and Going Batty (11/11/2017 – 11/12/2017)
- Teen Directions Matter and/or Geology Rocks (11/17/2017 – 11/19/2017)
- Brownie WOW – Wonders of Water (12/02/2017 – 12/03/2017)
- Teen Going Batty and/or Geology Rocks (02/23/2018 – 02/25/2018)
- Junior Animal Habitats and Junior Cave Explorer (03/03/2018 – 03/04/2018)
- Brownie WOW – Wonders of Water (03/10/2018 – 03/11/2018)
- Brownie Going Batty OR Junior Animal Habitats (03/24/2018)
- Geocacher and Animal Habitats (04/07/2018 – 04/08/2018)
- Brownie Letterboxer and Junior Cave Explorer (04/14/2018 – 04/15/2018)

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Excited for NAR?

Celebrate the beginning of the Membership Year and the launch of the Nuts About Reading program at our 2017 NAR Kickoff and Quick Start!

Start the day with super hero-themed fun activities, arts and crafts, and the 59 Minute Quick Start! This fun one-hour challenge is a great way to jump-start your NAR program!

All you have to do is register, bring your phone and call list, and we'll take care of the rest. We'll give you a script to follow as you call family and friends to sell tasty treats and lifestyle magazines. Girl Scouts of all ages are invited.

More information about Nuts About Reading is available at www.gsep.org.

JOIN US!
Camp Laughing Waters
on October 1
10AM-1PM



NUTS ABOUT READING

Can't wait for the 2017-2018 membership year to begin? How awesome would it be for your troop to start the year with some money in its bank account?



spark | staples

This year's NAR theme and mascot appeals to our super G.I.R.L.s and super sellers, encouraging them to be fearless and to...



The Nuts About Reading program, also known as NAR, gives your troop the best chance to start off on the right financial footing. We know for a fact that troops participating in NAR sell more cookies than troops that don't! Plus, troops that participate in NAR and the Cookie Program can host other fundraising events to earn even more money to do great things.

Nuts About Reading, which kicks off October 1, offers your supporters a wide array of:

- nut items
- chocolate
- magazine subscriptions (both print and online)
- tumblers
- photo gifts
- and more!

There are products for everyone. **Sales can be made by paper order until October 23 or online until November 19.**



need more information? Contact memberservices@gsep.org.

WHAT'S MISSING FROM SPARK? *you!*

Want to see you and your troop on the pages of *Spark* and in our other communications? Send us your photos! We love sharing all the amazing things you are doing throughout council.



◀ In recognition of Earth Day, **Daisy Troop 4044** planted seeds at the Lionville Garden. The girls used 10 percent of their cookie money to fund their first service project. Their goal is to return in the fall to harvest the vegetables they planted this spring and donate them to the Chester County Food Bank.

▼ For World Thinking Day, **Junior Troop 7753** purchased a Princess Diana tree, with the hopes of dedicating it back to their community. Their story was picked up by township officials, who hosted an on-site tree planting dedication. The community watched as the girls planted their tree in the middle of the township building field.



◀ **Cadette Troop 9744** of Philadelphia took advantage of the cold weather and attended Winter Carnival at Camp Mosey Wood in February. The troop went snow tubing, sledding, and snowshoeing, a first for many of the girls!



Lucy C. of **Troop 2762** put her culinary skills to the test and won top prize when she competed on the Food Network's *Chopped Junior*. Lucy donated some of her \$10,000 award to FISH, the Fellowship in Serving Humanity, a Pennridge-area program that provides food, clothing, and school supplies to low-income communities. She was also a guest speaker at this year's Cookie Crunch. ▶



Hey, Troop Leaders!

Check out these easy, fun things to do with your girls!

Try out GSEP's Ready to Run Programs. Designed to be used by volunteers with girls, these curriculum guides are available at **gsep.org** under **Volunteer Resources**.

available ready to run programs:

- Scout the Vote
- Free Being Me Series
- Friendship Circle Series
- Daisy Jam
- It's Your Planet-Love It! Series With Healthy Habits
- Science and Engineering Samplers
- Be a Friend First Series
- Up All Night: MEdia Journey in a Day
- Imagineer Series
- WAGGGS World Thinking Day Activity Packet
- Do You Know Juliette Gordon Low? Activity Packet
- Happy Birthday Girl Scouts Activity Packet
- Imagine your STEM Future Series

Have ideas for a program? Email memberservices@gsep.org!



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Buttons

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- 1 Cut or punch out eight 1½" circles. If you want, you can pick two different pages and glue the circles together.
- 2 Fold the circles in half and then in half again, so that the circles are divided in four quarters. Unfold.
- 3 Fold two sections in so that they make a point. Turn the circle over and fold again so that the two edges meet in the middle, like picture 1 above. Do the same with all eight circles.
- 4 Using another sheet of paper, cut out a circle that's a little smaller than the diameter of your petals. Glue all the petals to it as shown in picture 2.
- 5 Glue a cute button to the center as the finishing touch!



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G.I.R.L. Quiz

Are you a **go-getter**, **innovator**, **risk-taker**, or **leader**?

Find out what kind of **G.I.R.L.** you are with this fun quiz!

1 On vacation, you typically want to:

- A) See all the really famous sights in the tour book, even if you're tired!
- B) Research what interests you and plan your own itinerary.
- C) Forget planning—let every day be its own adventure!
- D) Show friends or family around places you love but they haven't seen before.

2 At school or work, you've struggled with:

- A) Turning in assignments when time's up. You want everything to be perfect!
- B) Daydreaming. Sometimes you just get caught up in your own thoughts.
- C) Remembering to read the directions. You usually want to just dive right in!
- D) Talking too much, even if it's about the assignment you're working on!

3 Your favorite video games:

- A) Challenge you! You want to work for that high score.
- B) Feature cool new technology you can test out and play with.
- C) Let you switch up scenes and characters as much as you want.
- D) Are the ones you can play with other people as a team.

4 As far as books go, you love:

- A) Nonfiction. Who needs fiction when there's so much in real life to learn about?
- B) Sci-fi or fantasy. Books that aren't like everyday life help you see things differently.
- C) Mysteries and thrillers. It's exciting to never know what's going to happen next.
- D) Stories about relationships. Families and friendships are the best things in life!

5 When there's a karaoke machine at a party, you:

- A) Sing the same song every time. You've practiced it, so you can hit every note!
- B) Tend to perform as a "backup dancer." So many ways to bring the fun!
- C) Play "dare-oke" and have your friends pick songs for you that you're scared to sing.
- D) Pick a song that you know another, more reserved girl might want to sing with you.

6 If you worked for NASA, you'd want to:

- A) Start a program to get even more girls and women involved in space exploration.
- B) Invent new, faster methods of space travel and ways to gather data.
- C) Go out in space! How cool would it be to see Earth from the moon?
- D) Run the Mission Control Center, which handles any problems a space mission might encounter.

7 For Halloween, you:

- A) Spend weeks thinking of and shopping for a perfect costume. Your look will be on point!
- B) Make your own costume. It'll be just how you want it and you'll save money to boot.
- C) Dress as your favorite, but not that famous, character. Who cares if anyone else "gets it"?
- D) Coordinate a group costume with your friends so that everyone's in on the fun.

8 Your room is decorated with:

- A) Posters of your idols—all the athletes, artists, and others who've achieved your dreams.
- B) Lots of artsy stuff. Collages, paintings, and even images of space are inspiring to you.
- C) Different stuff all the time! You'll put things up, only to get into new things and redecorate.
- D) Pics of you and your girl squad. You and your friends are inseparable.

9 When it comes to exercise, you:

- A) Stick to the same sport—you're just about to perfect that jump shot!
- B) Make up a twist on whatever sport you're playing. New rules keep things fun!
- C) Are always trying something new. Switching things up keeps it interesting.
- D) Love cheering on your friends when they beat their own best time or high score.

If You Answered...

Mostly As: You're a Go-Getter! You've got a vision of how you want your life to look and you keep going for it, even when the going gets tough. Your can-do mentality and ambition will take you far!

Mostly Bs: You're an Innovator! You're an original, independent thinker. With your love of learning and natural curiosity, you're a wonder at solving problems in creative new ways.

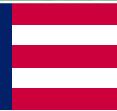
Mostly Cs: You're a Risk-Taker! You've got an open mind and love the thrill of trying new things. Your embrace of adventure will open doors for others who might not be as bold.

Mostly Ds: You're a Leader! You're an advocate for all and are always cheering on the group. Through empathy, team building, and humility, you empower those around you to be their best.



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How do I start an interest patrol?

Find an exciting topic, a group of interested girls, and two adults ready to lead the charge! Then email us at memberservices@gsep.org, and we'll get you started on your next adventure.

Dance-A-Lot Patrol

Grades: 6-12

Contact: Bridget Davis

215.808.7345

rodbritbreeze@yahoo.com

Do you wanna dance?! Join the Dance-A-Lot Patrol and learn different styles of dance from throughout the ages. In 2016, the dance patrol performed a jazz/hip-hop dance routine during the Philadelphia Thanksgiving Day parade and attended a performance by the Alvin Ailey Dance Theater. Come join us for master classes in contemporary, modern, jazz, and ballet, which will be held on Wednesdays at Ms. Carol's Center for Dance in West Philadelphia.



▲ Girls in the Heritage Patrol carrying on a 34-year tradition.

Fashion Patrol

Grades: 6-12

Contact: Karen Zimmerman

610.760.1887

kzsews@rcn.com

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GSEP Heritage Patrol

Grades: 6-12

Contact: Kat O'Connor

610.432.4983

tapnappers@yahoo.com

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Respect your heritage! Entering its 34th year, the Heritage Patrol works with community groups committed to preserving and sharing every aspect of their history in Lehigh Valley. Patrol members organize and implement special events that are open to all Brownie and Junior Girl Scouts in November, February, March, and April.

▼ Interested in canoe racing? Join the Mean Green Canoe Team today.



Mean Green Canoe Team

Grades: 8-12

Contact: Barbara Curtin

610.896.7365

curtinbarb@aol.com

Join one of the most established interest groups in the country! For more than 40 years, the Mean Green Canoe Team has helped develop leadership and confidence in young women, all while teaching them to become great canoe paddlers. No experience necessary! Just have an interest in flat-water canoe racing, be ready to make a weekly commitment to teamwork, and be available to participate in the General Clinton Canoe Regatta in Bainbridge, New York, over Memorial Day weekend (May 25-28, 2018). Participation in team events is prioritized based on commitment and attendance, as well as capability and skills compatibility. Team members must attend practices every Sunday afternoon rain or shine (except Easter Sunday) from mid-March through May 20 on the Schuylkill River in Linfield. Mandatory events: organizational meeting on March 6, 2018, at 7 p.m.; pool practice on March 11; and an overnight at Camp Laughing Waters on March 17-18. A \$100 fee covers the pool practice, the overnight, and all but two meals during the regatta weekend.



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Girl Scouts make their Voices Heard

Can you spot the Girl Scout in a busy school lunchroom, on the soccer field, or at the bus stop? Look closely. She's the one radiating self-confidence. She's standing up and speaking out against injustice, and she's not quieting down for anyone.

Brighid and Tahlia are two such Girl Scouts, making their voices heard and empowering others to join them.



Brighid

AGE: 11

SOCIAL ISSUE: Body Confidence

HOW SHE'S MAKING A DIFFERENCE: Brighid started a group at school where girls talk about issues, such as confidence and body image, in a safe space.

WHAT SHE WANTS OTHER GIRLS TO KNOW: "No one is perfect. Perfection doesn't exist. But every one of us is beautiful. Be happy with yourself and love who you are!"

HOW GIRL SCOUTS HELPED HER GAIN HER VOICE:

"Girl Scouts has given me opportunities to build my self-confidence. I've made some of my best friends in Girl Scouts. Girl Scouts never lets me give up. It's a good feeling to accomplish something, and as a Girl Scout, I've learned that you just have to keep on trying!"



Tahlia

AGE: 11

SOCIAL ISSUE: Cyber Bullying

HOW SHE'S MAKING A DIFFERENCE: Tahlia's troop created anti-bullying posters and displayed them throughout their school. Tahlia speaks up against bullying and posts positive messages on social media.

WHAT SHE WANTS OTHER GIRLS TO KNOW: "Don't ignore cyber bullying. Report it, talk to someone you trust about it, and, most importantly, tell the bullies to STOP!"

HOW GIRL SCOUTS HELPED HER GAIN HER VOICE:

"Girls are twice as likely as boys to be victims and perpetrators of cyber bullying. Being a Girl Scout has built my confidence to speak up about issues that matter to me. My voice counts, and with the help of my friends, we can support each other to overcome this problem. Promote positivity!"

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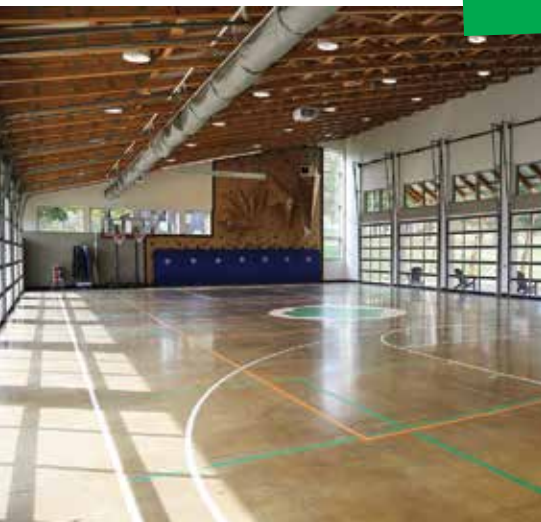


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Destinations & Council Travel

Exploring Girl Scouts' Travel Pathways



There are so many opportunities to travel with Girl Scouts! Whether you want to explore Juliette Low's birthplace with your troop, travel to a GSUSA Destination, or meet new girls on a GSEP Sponsored Trip, your options are endless!

Wondering about the various Travel Pathways you can explore? This handy guide will help you understand your options and decide which is right for you! Between Troop Trips, GSUSA Destinations, and GSEP Sponsored Trips, there are unlimited pathways to your next adventure.

Troop Trips

Troop trips are planned by individual troops to locations within the USA or internationally. Leaders submit paperwork through GSEP. All forms are located on GSEP's website. For more information about troop travel,

forms, and resources for planning a trip, check out the Travel Pathway Appendix in Volunteer Essentials.

GSUSA Destinations & Getaways

Destinations are one-to-two-week travel events sponsored by Girl Scout councils or GSUSA, and a partner such as Outward Bound, or by GSUSA and a WAGGGS country. These trips are girl-only and interest-specific. Destinations are your chance to push yourself out of your comfort zone, make new friends that last a lifetime,

and visit places you've only dreamed about.

Getaways are Destinations with a twist: Trips are planned by another group or organization, but troops are invited to attend together.

With GSUSA Destinations and Getaways, there really is something for everyone! Find more information at gsep.org/travel.

GSEP Sponsored Trips

GSEP Sponsored trips are short-term and extended trips that are planned and run by GSEP. Most of these trips are girl-only, meaning that individual girls are invited to attend with GSEP-provided chaperones. These trips are for Cadettes and older. GSEP-sponsored trips allow you to see the world while bonding with other Girl Scouts.



don't forget You can use Older Girl Travel Credits to fund travel opportunities, including GSEP Sponsored Trips.

Now that you understand the various Travel Pathways girls can explore in Girl Scouts, it's time to learn about the awesome, upcoming GSEP Sponsored Trips! Get the details below or visit www.gsep.org/travel.



G.I.R.L. 2017 Convention Columbus, Ohio October 4-8, 2017

GSEP is excited to travel to the GSUSA National Conference and G.I.R.L. 2017 Convention! G.I.R.L. 2017 is the largest girl-led event in the world and the largest gathering of girls and influential women leaders. Join us for this multi-day event and make your voice heard in breakout sessions, hands-on activities, and more. Girls will also have the opportunity to participate in a huge service project and visit more than 400 exhibitors at the Expo Hall.

Girl Scouts of all ages are invited to attend. If you're a Cadette, Senior, or Ambassador, you and your Safety Activity Checkpoint ratio adults can sit back and relax as you are bussed from a GSEP service center to Columbus, Ohio. Not yet a Cadette? You can still attend!

For more information or to register, visit gsep.org/travel.

Hello, London! June 26-July 2, 2018

Calling all muggles! GSEP is planning its 2018 GSEP Sponsored Trip to London, and we're inviting you to join us on this once-in-a-lifetime travel adventure. Mark your calendar for our trip across the pond, scheduled for summer 2018. We'll visit the World Association of Girl Guides and Girl Scouts (WAGGGS) World Centre, Pax Lodge. Experience a new culture as you bond with your sister Scouts.

For one week, visit historic landmarks like Buckingham Palace, sightsee through guided walking tours, and taste test all that London has to offer. We'll take care of everything, from transportation to lodging; the only thing we're missing is YOU! Anxious to see what we have in store? Find more information on gsep.org/travel.



***Want to hear more
about GSEP's last
visit to Pax Lodge?***

*Flip to the next page to
read about Halle and her
experience on a
GSEP Sponsored Trip.*

TRAVELING WITH GSEP

BY HALLE B.,
TROOP 41384



In the summer of 2015, I traveled to London and Paris with GSEP. This trip took me the farthest away from home that I had ever been! Our group had a few meetings before we went on the trip to help us prepare. At these meetings, we learned how to convert American dollars into British pounds, how to travel safely, and how to protect our passports. During the meetings, we also worked toward earning our Traveler's Badge.

The first destination on our trip was London! We took an overnight flight and arrived early in the morning. While in London, I learned about the different districts within the city and that most of the commuters ride their bikes to work. We went to the Globe Theatre, rode on London's version of a subway, which is called the "tube," and, most importantly, went to the Girl Scout Pax Lodge World Center.

At Pax Lodge, we did activities led by Older Girl Scouts from around the world. We learned about how Girl Scouting is different in other countries and specifically what Girl Scouts is like in London. We then ate fish and chips, England's signature dish, in the dining hall! My favorite part about my visit to Pax Lodge was that I was able to put a pin on their huge map of the world that marked where all the visitors to Pax Lodge were from. I also got to swap a Pennsylvania patch for a patch from Sweden. To wrap up the day at Pax Lodge, we had a pinning ceremony in which a special Pax Lodge pin was placed on our vest. You can only get the Pax Lodge pin after your visit.

After London, we traveled to Paris by riding the train. Notre Dame Cathedral was, for me, the most amazing place we visited in Paris! Since we went to see it on a

Sunday, we were able to experience a church service. We stood in line and took pictures of the stunning exterior of the cathedral while waiting to enter. As soon as we entered, everyone was in awe of the ascending ceilings that seemed to go on forever. We walked around the center of the cathedral, where people were sitting for the Catholic service, taking hundreds of pictures along the way. I then sat down to join the service. I watched the priests in green robes at the altar as they burned incense and prayed and led the service. The beautiful organ music and medieval ambiance made me want to stay, all day!

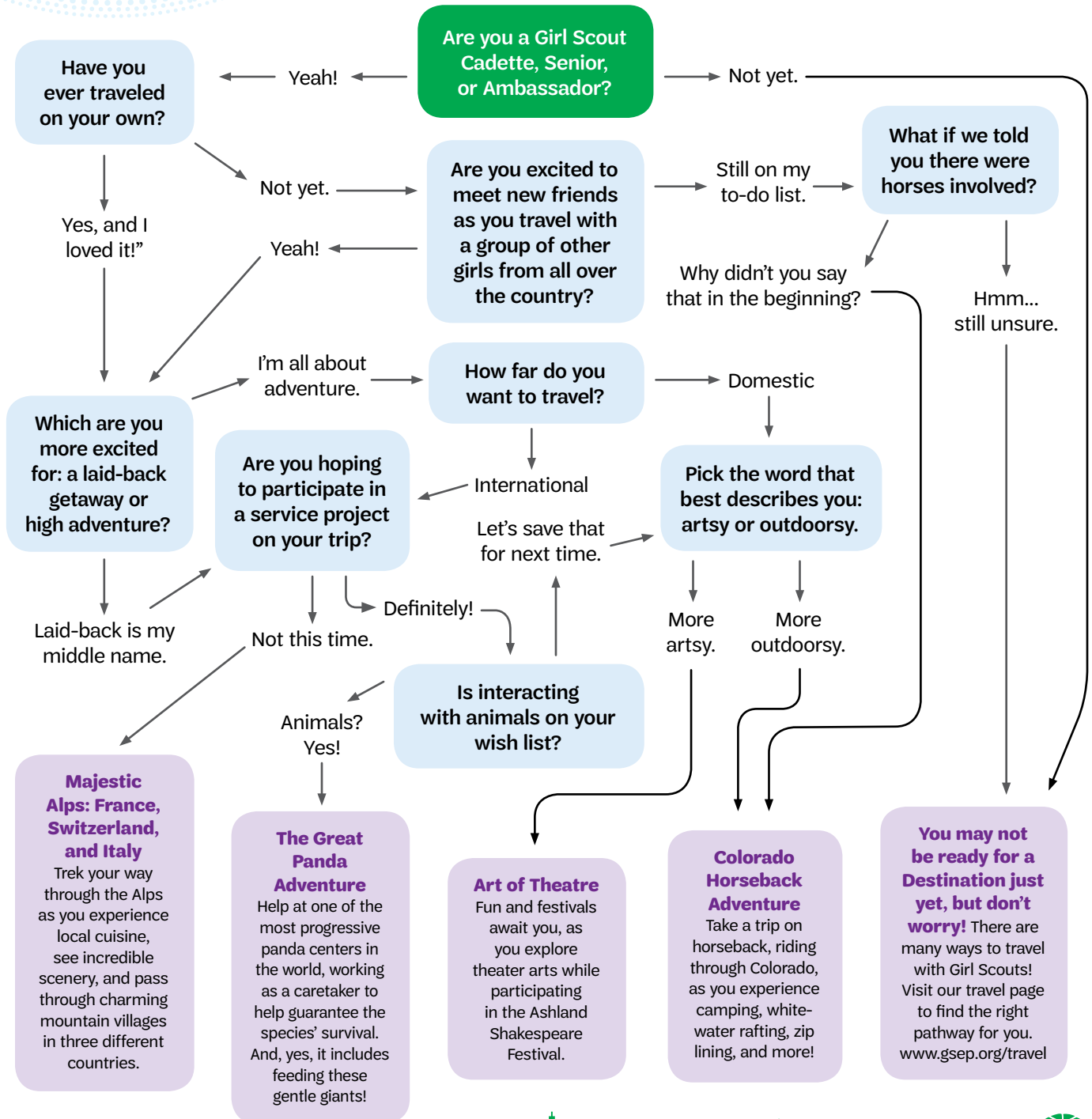
Because of this trip, I have gained confidence in my ability to be an independent traveler. I am so thankful to Girl Scouts for providing this opportunity to not only see the world but to grow as a person!



we want to hear from you! Send your travel stories, photos, and videos to travel@gsep.org to help inspire more Girl Scouts to travel!

GSUSA Destinations Quiz

Are you a Girl Scout looking for your next big adventure? Take this quiz to discover which GSUSA Destination is right for you!



For a full list of GSUSA Destinations, visit gsep.org/travel.

TAKE THE LEAD 2018

LEAD WITH COURAGE CONFIDENCE & CHARACTER

WHAT IS TAKE THE LEAD? Take the Lead is a regional celebration of women in leadership and a one-of-a-kind development program designed exclusively for and by girls. This annual Girl Scout-driven fundraising event allows girls of all ages to build and demonstrate invaluable skills, like public speaking and networking, that will position them for future success. Through Take the Lead, girl participants, like Emma, forge long-lasting mentorships with outstanding women in their communities. This unique experience is just one way Girl Scouting builds girl and women leaders who embody courage, confidence, and character.

"For the past six years, I have grown with the program and gained the courage to apply for the emcee role. When I heard I received the role, I was so excited I started a countdown to the night of the event! I can honestly say Take the Lead has helped me develop into a strong and confident young woman, and I am so grateful for that."

– Emma C., 2017 Take the Lead Emcee



2017 Take the Lead Berks County Girl Scout presenters and emcees.

FIND YOUR INNER **G.I.R.L.** (**Go-getter, Innovator, Risk-Taker, Leader**)

Starting September 15, apply to be a girl participant or volunteer using our Program/Event Registration System!

GIRL LEADERSHIP OPPORTUNITIES:

EMCEE: Be a LEADER and grab the mic and take the stage! Narrate the program and get the crowd on its feet.

PRESENTER: Be a RISK-TAKER by breaking out your notebook and preparing your best questions. Interview a Take the Lead honoree and present her award at the event.

CHORUS: Be a GO-GETTER and warm up those vocal chords! Join your friends on stage to sing opening and closing songs. (P.S.: Do you have a special interest in music and are you looking for a new leadership role? Consider applying to be chorus leader!)

GREETER & USHER: Show off your Girl Scout hospitality as a GO-GETTER, while welcoming and directing guests throughout the event.

RAFFLE ROVER: Are you a #CookieBoss? If so, this role is right for you! Be an INNOVATOR and come up with your best pitch to sell raffle tickets.

COLOR GUARD: Represent GSEP as a LEADER in this ceremonial tradition to honor and respect the United States flag.

GIRL PHOTOGRAPHER: Do you have an eye for photography? As a GO-GETTER, you can help us capture all of the unforgettable memories. (Camera and equipment not provided.)

SOCIAL MEDIA GIRL EXPERT: Have you mastered Instagram and Twitter? We want YOU to be a LEADER and help us spread the word about Take the Lead!

CAMPERSHIP AUCTION LEAD: As an INNOVATOR, share your camp experience with the crowd and help lead a live auction to help send sister Girl Scouts to camp!

MARK YOUR CALENDAR!



**TAKE THE LEAD 2018
GREATER PHILADELPHIA***
Tuesday, March 6
Hyatt at the Bellevue

**TAKE THE LEAD 2018
BERKS COUNTY**
Wednesday, April 4
DoubleTree by Hilton

**TAKE THE LEAD 2018
LEHIGH VALLEY**
Tuesday, April 24
Sands Event Center
Bethlehem

**Includes Bucks, Chester, Delaware, Montgomery, and Philadelphia counties.*



Interested in getting involved with Take the Lead in your area?

Visit gsep.org/takethelead or call 215.564.2030 to get involved, nominate amazing women, or sponsor our 2018 events!

GOOD FUNdraising

Goodwill Donation Drives



Collect donations and earn money for your troop

Get a patch for your participation

Keep clothing & household goods out of landfills

Help fund job training services for people in your community



We look forward to partnering with you! Contact us for details.
drives@yourgoodwill.org • 1.877.585.0135 • yourgoodwill.org

Gold Award Ceremony



GSEP honored 48 Gold Award recipients in April during its Spring 2017 Gold Award Ceremony.

The event, which was held at the DoubleTree by Hilton in King of Prussia, celebrated a group of amazing young women. Each Gold Award recipient was invited to speak on stage about her Gold Award project and her most memorable Girl Scout experiences.

The ceremony's keynote speaker, Carol Aichele, shared a valuable message with the girls and their families, and even sported her own Girl Scout sash!

For the first time this year, GSEP awarded the Trifecta Award to 30 girls who earned all three of Girl Scouting's highest awards: the Bronze, Silver, and Gold Awards.

Congratulations to all of this year's Gold awardees, who have gone above and beyond to demonstrate their courage, confidence, and character and their commitment to making the world a better place.

▼ 30 girls earned the Trifecta Award this year. The Trifecta Award goes to girls who have earned the Bronze, Silver, and Gold Awards.



Are you a volunteer looking for an elevated role where you can help guide and support girls earning their highest awards? Email girlawards@gsep.org to learn about the Silver and Gold Award Committees!

37,000

HOURS OF COMMUNITY SERVICE
WERE COMPLETED THROUGHOUT
OUR COUNCIL FOOTPRINT



153

GIRL SCOUT CADETTE
EARNED THE SILVER AWARD



1,267

**GIRL SCOUT JUNIORS
EARNED THE BRONZE AWARD**

56

**GIRL SCOUT SENIORS
& AMBASSADORS EARNED
THE GOLD AWARD**

2015–2016



Highest Awards

**CHANGING THE WORLD,
ONE GIRL AT A TIME**

The Bronze, Silver, and Gold Awards are your opportunity to take action to make the world a better place and leave a lasting impact in your community!

The Bronze, Silver, and Gold Awards—the highest honors that a Girl Scout can earn—recognize girls who demonstrate extraordinary leadership by carrying out projects that meet a need in the community. Girl Scouts of Eastern Pennsylvania is proud to highlight some of the awe-inspiring highest award projects carried out by Girl Scouts who are making a real difference throughout our Council.

Earn your award!

Visit gsep.org/highest-awards for more information about the Bronze, Silver, and Gold Award requirements.

◀ At GSEP, all of our girls are active, engaged citizens. Check out some of our impressive stats on Girl Scouts who have earned their highest awards.

BOLDY GO FOR BRONZE

Sole Hope

BY NORA H., ABBY M., ALEXIS R., SABINA Z., AND LAILA V., TROOP 4172



▲ Girls from Troop 4172 tracing patterns for shoes they made out of jeans, milk jugs, and tires.

Our troop was super excited to earn our Bronze Award. We came across a need that interested us all. We learned that some people do not have access to shoes.

We also learned about how their lives are affected by jiggers (little bugs that lay eggs in the skin, causing infections and disease). An extreme case of jiggers can easily kill a small child or a sick adult. Infestations cause a lot of pain, causing children to miss school and adults to miss out on work opportunities.

Our research led us to Sole Hope, whose purpose is to provide health care, supplies for shoes, and jobs to local individuals. The organization

washes villagers' feet, removes the jiggers, educates them about how to stay jigger free, and finally gives them a pair of shoes made from denim, recycled milk jugs, and tires. Sole Hope works with its recipients to provide supplies for them to make their shoes, which allows them to work for a living. We picked Sole Hope for our Bronze Award project because it was unique. We thought Sole Hope was important because we could help other kids.

As a troop, we collected jeans from friends, family, and neighbors. We also collected and washed milk jugs. We cut out the patterns for the shoes according to the

template that was given to us by Sole Hope. We also organized a collection drive at our school by putting flyers in the newsletter and handing them out to the students. People in the community were very generous in their donations of coloring books, crayons, stickers, Band-Aids, gauze wrap, antibiotic ointment, children's pain medicine, safety pins, cotton balls, and medical tape. As a troop, we did some fundraisers, which allowed us to help even more kids! Some of us made Christmas ornaments and sold them to neighbors, and all of us wrote letters to friends and family to help sponsor our project. We used the money earned to buy medicine to donate, as well as to ship all of our donations.

In the end, we made about 30 pairs of shoes. It felt good to know that we were helping people in need, and we will continue to educate our friends and family about the ongoing need for help. We learned that not everyone has as much as we do, so we need to be thankful for what we have. We also learned that we should help others whenever possible.

Feeling inspired by Troop 4172's project?
You can help, too! Check out www.SoleHope.org.



need more information? Visit gsep.org or email us at girlawards@gsep.org for more information on Bronze Award requirements.

STRIVE FOR SILVER

Spreading Cheer Through Pillowcases

BY CAITLYN A., TROOP 23



I knew about the many sick kids who spend time in hospitals for a variety of reasons, and I wanted to find a way to brighten up their rooms, their days, and their spirits. To do this, I decided that I wanted to sew cheerful-looking pillowcases that could cover the plain white pillows that the kids use to sleep upon.

I gathered together a small team of people who were just as glad as I was to help young kids. We collected fabric donations from many generous people, and we also spent some time waiting in line at the fabric store for donations. We matched together different fabrics, trying to find colors and patterns that looked nice together. When the fabric was cut out using a pattern we had made, we first sewed on the border, and then we sewed together the rest of the pillowcase.

We all enjoyed meeting together to work on this project. Even though sometimes we would get frustrated with our machines—when they stopped working or the thread got caught—we pushed through, knowing that something great would come of it when we finished.

I then went to Penn State Hershey Children's Hospital to deliver the pillowcases. We met a wonderful woman named Sarah, who greeted us and helped us carry in the boxes of donations.

We all felt proud of what we had accomplished, sewing 380 pillowcases, and we felt even better that they were going to children who would appreciate them.

Through my Silver Award project, I learned a lot, but mostly that the project was not as intimidating as I originally thought. Before starting the project, it all seemed very scary: the paperwork, the approval, completing more than 50 hours of work, and accomplishing the goal. I found that with proper organizational skills, time management, and dedication, the project was not scary at all!

► Girls in Troop 23 sewed 380 pillowcases for sick kids at a local hospital.

Some advice I would give to girls interested in earning their Silver Award is to try to start as early as you can so that you can space out the tasks and just go for it! Completing my project and earning the Silver Award was an extremely rewarding experience that led me to develop many skills, especially my leadership skills, and taught me that I can do anything I set my mind to.

“We all felt proud of what we had accomplished, and we felt even better that they were going to children who would appreciate them.”



interested in learning more? Email us at girlawards@gsep.org for more information on Silver Award requirements. Visit gsep.org/highest-awards to register for an optional information session.



▲ Girls in Victoria's theater workshop spent four weeks learning about improv and self-expression.

GO FOR GOLD

InterACTION!

BY VICTORIA V., TROOP 2684



Theater has always been a driving force behind my development. Over the years, it has taught me how to express myself and understand the emotions and social exchanges around me. Being on stage helped me channel my insecurities into art and celebrate my creativity and individuality.

With this in mind, I chose to focus my Gold Award on the encouragement of positive development in children through theater. "InterACTION!" was a series

of four weekly workshops that were tailored to teach children ages 5 to 10 express their emotions and interact with one another through theatrical techniques and improvisation. I designed and taught each of the four sessions to cover specific areas: "Welcome to InterACTION!" "How Do YOU Feel?" "How Do THEY Feel?" and "Let's InterACT!" Each two-and-a-half-hour session consisted of introductions and warmups, main exercises, a brief reflection period, and awards.

Over the course of the four weeks, my volunteers and I grew incredibly close with each child, reinforcing my passion for my project and allowing me to exercise my strengths in leadership. For our final workshop, my students invited their families to a short presentation of everything that we learned. We had a great crowd of about 35 to 40 people, all of whom were extremely enthusiastic and supportive of all our efforts. Finally,



need more information? Visit gsep.org or email us at girlawards@gsep.org for more information on Gold Award requirements.

as a means of continuing my work, I created an elaborate manual for a children's program at my church. This way, children of all ages will be able to continue to grow through InterACTION!'s message.

Through my project, both the students and I learned a lot. The students learned basic performance skills, how to understand their own emotions, how to understand the emotions of others, and how to express themselves appropriately. During the reflection periods with the children, they showed more confidence and were able to share what they learned, like how to compromise and how to be a good friend.

For our final workshop, my students invited their families to a short presentation of everything that we learned."

I learned how to be a leader, how to manage my patience, and gained a better understanding of how I work under pressure. The skills I learned during my Gold Award project will only continue to grow.

This Gold Award project will forever hold a special place in my heart. Where many children are sometimes misunderstood because of the trouble they have expressing their emotions, my Gold Award project shows that anyone can be an artist, regardless of ability, age, gender, ethnicity, etc. Most of all, every child deserves pure love and compassion, and I am exceptionally proud to know that I was able to offer everything that I have to my little stars.

Highest Award

TRUE OR FALSE?

You're probably aware that Girl Scouts' highest awards provide a terrific opportunity for girls to make the world a better place by completing a Take Action project in their community. But how much do you know about what it takes to earn one of these awards and what earning it means for a Girl Scout? Test your knowledge here! Good luck!

- 1 True or False?** Nationally, less than 6% of Girl Scouts earn the Gold Award.
- 2 True or False?** The Bronze Award is the only highest award that girls can earn through completing a Take Action project that benefits Girl Scouts.
- 3 True or False?** The suggested minimum time commitment for earning the Silver Award is 40 hours.
- 4 True or False?** GSEP hosts several Silver and Gold Award information sessions throughout the year to cover everything a girl would need to know to earn her highest awards.
- 5 True or False?** Bronze Award paperwork should be turned in to GSEP for approval once the project is completed.
- 6 True or False?** Earning the highest awards, especially the Gold Award, benefits girls by helping them develop important life skills, and giving them a boost on college and job applications.

ANSWERS

- 1. True.** Earning the Gold Award is an incredible accomplishment.
- 2. True.** Bronze Award projects can benefit Girl Scouts, while Silver Award and Gold Award projects must meet an expressed need of the community.
- 3. False.** A Silver Award Take Action project should take at least 50 hours to complete, which includes identifying an issue, research and learning, training and leading the core team, executing the project, evaluating the impact, and reflecting.
- 4. True.** Silver and Gold Award information sessions are held in various locations throughout the year. The sessions help girls, parents, and leaders alike to understand the requirements to ensure a girl can successfully earn her awards.
- 5. False.** The Bronze Award is girl-led and leader-approved, meaning that the troop leader approves the project and final paperwork to ensure the girl met the requirements to earn the award. Once approved by the leader, the leader registers the girl for "Bronze Award Completion" to ensure she is recorded as having earned it.
- 6. True.** GSUSA reports that Gold Award recipients who join the armed forces enter one rank higher than other recruits, and adding the Gold Award to a college admission application heavily weighted in the admissions decision process. Plus, earning the Gold Award looks great elsewhere, too, like on scholarship and job applications!

How did you do?

Check out our website to learn more about Girl Scouts' highest awards: www.gsep.org/highest-awards



— 9/15 – 9/17/2017 —

SCOUT WEEKEND AT CAMELBACK

From Daisies to Seniors, Camelback Resort has adventure for all ages!

DOUBLE QUEEN SUITES Sleeps up to 6

FRIDAY NIGHT \$169 + tax & resort fee

SATURDAY NIGHT \$199 + tax & resort fee

AQUATOPIA INDOOR WATERPARK included with stay

Limited availability, call 855.515.1283
to make your reservation!
Booking I.D. #3419



COUNTLESS ADVENTURES. ONE RESORT.



CAMELBACK RESORT



Community Service Bars

Attention Cadette, Senior, and Ambassador Girl Scouts!

Nobody does service like Girl Scouts, and Service Bars are the perfect way to become involved in something you care about! When you earn a Community Service Bar, you're making a difference in your community and practicing the values of the Girl Scout Law!

Five steps to earning a Community Service Bar or Service to Girl Scouting Bar:

Step 1: Choose one organization where you would like to volunteer for 20 hours OR choose to help Girl Scouts.

Step 2: Get GSEP approval.

Step 3: Receive training and instruction from the organization.

Step 4: Start serving!

Step 5: Tell us what you did to earn your pin!



it's online! More information and access to the application and final report can be found on our Leadership and Service page at gsep.org/leadership.

building a brighter future for **every** girl

goal #1

Inspire leadership through access to ongoing innovative experiences.

goal #2

Advance the values of diversity and inclusion through annual outreach programs.

goal #3

Provide ongoing support for GSEP outdoor leadership centers to expose girls to environmental stewardship, adventure, and fun.

Girl Scout camps expose girls to environmental stewardship, adventure, and—of course—fun. As you know, this safe, all-girl setting provides the first opportunity for girls to experience true independence, the freedom to discover who they want to be, and explore nature. Each year, approximately 15,000 girls participate in Girl Scout camping.

To continue achieving these milestones and increase our outreach into your community, we need your help.

Please join us by pledging a one-time gift or multi-year investment to help us reach the goals of our *Campaign for Girls*. Your investment supports our girls and our mission to make the community and the world a better place.

“*The role camping played in my personal development, including character building, has been the key to a life filled with leadership roles from high school, college, and beyond.*”

— ANITA CHANEY, GIRL SCOUT ALUMNA

"LUCKY 13," WYOMISSING INTERNATIONAL TROOP #60

*Join us in empowering girls to
become the leaders of tomorrow.*

campaign  **for girls**

www.gsep.org/capital-campaign
campaignforgirls@gsep.org

Council Awards & Scholarships

Registered Girl Scouts in grades 9–12 are eligible to apply for council scholarships and awards. Scholarship applications are posted on gsep.org.

HOW TO APPLY

Scholarship applications can be found at gsep.org under **ABOUT>OUR PROGRAM>SCHOLARSHIPS**. On the same page, you can find scholarships for girls who earned the Girl Scout Gold Award, as well as other state and national scholarship and award information. Scholarship applications are completed online unless otherwise noted. Questions? Email memberservices@gsep.org.
Subject: GSEP Scholarships.

important deadlines

JANUARY 31, 2018

All applications and references must be complete

MARCH 2018

Notification letters sent to applicants

SPRING 2018

Recognition at Annual Meeting



MLK DAY OF SERVICE

Join thousands of Girl Scouts across our council on Monday, January 15, 2018, to celebrate the 22nd annual Martin Luther King Jr. Day of Service.



▲ Troop 84010 took action in their community during the MLK Day of Service by making baked rigatoni, meatballs, and brownies for the Safe Harbor Shelter in Easton, PA.

Plan a Day of Service

1. Choose a project
2. Start planning your project and determining details, such as:

Where? Decide where you will carry out your project.

What? Determine what kind of tasks are involved.

Who? Choose the number of volunteers you will need to complete the project.

Every year, Girl Scouts like you strengthen their communities and help create solutions through service. Whether you volunteer at a local food bank, spend quality time creating crafts with senior citizens, or collect and sort books for your school library, you can make a difference. You can partner with schools, civic organizations, communities of faith, local businesses, and many other groups that could use your help.



tell us about your day of service! Learn how to submit your MLK Day of Service photos and story on the Leadership and Service section of our website.

THE Outdoors ARE IN!

here's how it works:

Complete as many activities as possible on the Get Outdoors Challenge activity checklist, which can be found under the Events tab at gsep.org. To earn a patch, a girl must complete at least 10 activities from her grade level (two can be from a younger grade level) and 30 activities from the all-ages list.

Want to embrace the outdoors with your troop but don't know where to start? The new GSEP Get Outdoors Challenge patch will walk you through leading your troop to outdoor success.

When you've checked off the required amount of activities, stop by a local council shop to purchase your patch.

Share the fun and show off your outdoor skills by submitting photos and videos to our Get Outdoors photo album! Post your photos to Facebook, Instagram, and Twitter using #GSEPGetOutdoors.

For even more excitement, stay tuned to social media for our monthly bonus Get Outdoors Challenge activity.

Don't want the fun to end?

Join us for a Get Outdoors Challenge skills day at Camp Mosey Wood in June 2018. More details to come.

Look Out

Share past experiences from the outdoors.

Talk about favorite outdoor places and why they're special.

Meet Out

Step outside to look, listen, feel, and smell.

Share what was observed.
Learn more about what was discovered.

Move Out

Plan and take a short walk outside.

Discuss being prepared for the weather.
Do activities to explore nature.
Plan and carry out an indoor sleepover.

Explore Out

Plan and take a short and easy hike.

Discuss what to take in a day pack.
Dress for the weather.
Plan a healthy snack or lunch.
Learn how to stay safe in the outdoors.

Cook Out

Plan and cook a simple meal outdoors.

Make a list of gear and food supplies needed.
Learn and practice skills needed to cook a meal.
Review outdoor cooking safety.
Practice hand and dish sanitation.
Create a Kaper Chart for the cookout.

Sleep Out

Plan and carry out an overnight in a cabin/backyard.

Discuss what to pack for the sleep out.
Learn to use and care for camping gear.
Learn and practice new outdoor skills.
Plan a menu with a new cooking skill.
Discuss campsite organization.
Plan time for fun activities.

Camp Out

Plan and take a 1- to 2-night camping trip.

Take more responsibility for planning.
Learn and practice a new outdoor skill.
Learn a new outdoor cooking skill.
Plan a food budget, then buy and pack food.
Practice campsite set up.
Plan an agenda that includes fun activities.
Explore/protect the surrounding environment.

Adventure Out

Plan and take an outdoor trip for several days.

Learn and practice a new outdoor skill.
Learn a new outdoor cooking skill.
Develop first-aid skills and use safety check points.
Budget, schedule, and make arrangements.
Participate in an environmental service project.
Teach and inspire others about the outdoors.
Imagine new experiences to be had outdoors.
Practice all Leave No Trace principles.

LEAVE NO TRACE PRINCIPLES:

Plan Ahead & Prepare

Leave What You Find

Respect Wildlife

Minimize Campfire Impacts

Travel & Camp on Durable Surfaces

Dispose of Waste Properly

Be Considerate of Other Visitors



questions? Contact us at memberservices@gsep.org. Subject: Get Outdoors! Challenge.



BELIEVE IN THE POWER OF G.I.R.L.



Step up and become a new troop leader by Sept. 30 and get a GSEP padfolio.
gsep.org/volunteer

Earn your **Inventor** and **Playing the Past**
Badges while exploring the all new



National Museum of Industrial History

602 E. 2nd St • Bethlehem, PA • 18015 • nmih.org

25
interactive
exhibits

Over 200
industrial
artifacts

20 foot tall
Nasmyth steam
hammer

23 Smithsonian
industrial machines
from the
Centennial era

Contact us today
to gear up for
history at NMIH:
610.694.6644 or
kbehringer@nmih.org



TAKE IT TO THE BANK

Get financial literacy lessons from experts at the
Pennsylvania Institute of CPAs!

The PICPA's "Take it to the Bank" programs are presented by local
CPAs and complement the work your troop is doing to earn their financial
literacy badges. Programs are free and available for all levels of Scouts.

For more information, contact Mylin Batipps at mbatipps@picpa.org,
call (888) 272-2001, or visit www.picpa.org/scouts.



9/07/16

Do something different.




**NATIONAL
AQUARIUM**

For group reservations, please call 410-576-3833 or email groupsales@aqua.org.
Baltimore's Inner Harbor | aqua.org/scouts

2017-2018
Fall & Spring

Girl Scout Arts Retreats at Appel Farm!

Spend a fun-filled arts retreat at Appel Farm for Jamboree Leadership Camp, Crafty Campout and Mother-Daughter Day Camp!
115 acres of beautiful woods & open fields in picturesque South Jersey. Only 35 minutes from the Philadelphia area.

Quest & Get Moving
November 3 - 5: Brownies & Juniors

MEDia & GIRLtopia
February 23 - 25: Cadettes & Seniors

For More Info visit www.AppelFarm.org

W.O.W & aMuse
March 16 - 18: Brownies & Juniors

Crafty Campout
April 6 - 7 or 7 - 8:
Brownies & Juniors Arts Badges
Painting • Pottery • Dance • Outdoor Art Creator
Jewelry • Drawing • Stay Fit • Outdoor Art Explorer

Daisy Day Camp
May 19: Daisies & moms
3 Cheers for Animals

457 Shirley Road
Elmer, NJ 08318



Highlights Include:

- Modern, comfortable accommodations with indoor bathrooms
- Programming specifically designed for Girl Scouts
- A S'more Bonfire, Ice Cream Party & Award Ceremony
- All meals, patches and badges included!



To register your troop or join us as a
Juliette, email Melissa Tevere
at mtevere@appelfarm.org or
call 856-358-2472.





TREFOIL FITNESS CHALLENGE



Girl Scouts of Eastern Pennsylvania is excited to announce our inaugural GSEP Trefoil Fitness Challenge Series. Whether you're a race enthusiast or just a beginner, we want you to get moving! Join your sister Girl Scouts, family, and friends for three fitness events taking place from fall 2017 through spring 2018.



SATURDAY, SEPTEMBER 9, 9AM-4PM

Camp Laughing Waters, Gilbertsville

Grades: Boys and girls, 5 and older

Cost: \$40/person

Bring your friends! Grab your parents and siblings, too! Get a taste for adventure racing as you maneuver the trails of Camp Laughing Waters with your team of two to four people. Run, bike, and use a map to navigate your way from point to point during this two-hour race. You may get wet or muddy, but you're guaranteed to have fun. Afterward, spend the day at camp from 12-4PM for a Camp Fun Day! Try your hand at archery, disc golf, gaga, and volleyball. Enjoy a picnic lunch (self-provided) while you listen to the sounds of our house DJ. Check out our awesome partners at the partner pavilion and meet Girl Scouts from all areas of our council. Register for this event via EventBrite at <https://toughcookiechallenge.eventbrite.com>.



SATURDAY, NOVEMBER 18, 9AM

Camp Laughing Waters, Gilbertsville

Grades: All ages with a current GS membership

Cost: \$30/person**

Experience Camp Laughing Waters like never before. This race is perfect for beginners and experienced runners alike. Take in the crisp autumn air with your troop as you demonstrate your G.I.R.L. (Go-getter, Innovator, Risk-Taker, Leader). After the race, celebrate with a traditional Girl Scout campfire and s'mores. 5k Run/Walk and 1 Mile Fun Walk options available. ****Register for the Thanks-A-Lot Trot and Thin Mint Sprint 5k as a package to receive a \$5 discount off each race!**



SATURDAY, APRIL 14, 2018, 9AM

Fairmount Park at Northwestern Avenue, Philadelphia

Grades: All ages, boys and girls, open to the Public

Cost: \$30/person**

Set your sights on the finish line in the third and final race of the Trefoil Fitness Challenge. The Thin Mint Sprint will take place along Forbidden Drive in Fairmount Park. Get ready for this course, which is perfect for running, by gathering your sister Scouts, your biggest supporters, and running enthusiasts to show the community your inner G.I.R.L. (Go-getter, Innovator, Risk-Taker, Leader). ****Register for the Thanks-A-Lot Trot and Thin Mint Sprint 5k as a package to receive a \$5 discount off each race!**



sponsorship opportunities available!

Visit gsep.org/trefoilfitnesschallenge or call 215.564.2030 for more info.



“ I am here to tell you today that what we do is bigger than badge work! Girl Scouts is the first network that is available to the young women with whom we work. We are their support mechanism, their second mothers, and the very bridges on which they climb to achieve the next level of success! We are the champions of good deeds, the caregivers of our communities. We are also a powerful, united force for women’s rights in the U.S. and abroad.”

GSEP 2017 Adult Awards

In May 2017, Girl Scouts of Eastern Pennsylvania honored 101 volunteers, three Service Units, and six organizations at our annual Adult Awards.

In 2017, GSEP awarded:

- | | |
|--|---|
| 27 Volunteer of Excellence Awards | 2 Girl Scouts of Eastern Pennsylvania Awards |
| 50 Appreciation Pins | 3 President's Awards |
| 6 Friends of GSEP Awards | 4 Honor Pins |
| 4 Pioneer Awards | 9 Super Service Unit Awards |
| 2 Lights of Loyalty Awards | 1 Gertrude K. McGonigle Award |
| 2 Free Spirit Awards | |

Volunteer Training and Support

F.A.L.L. (Fall Adult Learn and Lead) Weekend!

SEPTEMBER 22-24, 2017

Camp Laughing Waters, Gilbertsville

F.A.L.L. is our volunteer training weekend. It's always a great time to get together and make new friends while attending fun trainings. You can join us for the whole weekend or just spend the day on Saturday. Past workshops have included Sewn Ribbon Roses, Songs and Games, and Archery. We look forward to seeing you there!



▲ **Above:** GSEP recognized 50 volunteers who provide outstanding service to girls and presented them with Appreciation Pins. Recipients were congratulated by GSEP CEO Kim E. Fraites-Dow and our new Board Chair, Debbie Hassan.

◀ **Opposite page (clockwise from right):** Cathy Lockyer Molton, the 2016 recipient of the Gertrude K. McGonigle Award, served as the keynote speaker. Kathleen Dettmer and Natalie Faroun take time out for a quick picture. Kim E. Fraites-Dow and Cathy Hassan congratulate 2017 Gertrude K. McGonigle awardee Marcia Martin. Christine Reber is amazed at the amount of awards Sonia Foderaro has earned.



join the fun Nominate your favorite volunteer at gsep.org. Go to the Volunteer Events section to see a list of requirements and how you can submit a nomination.



Mural Art that Heals

In May, Girl Scouts from Troop 98010 unveiled a beautifully designed mural they helped create to brighten the Riverside Correctional Facility (RCF), a women's prison in Northeast Philadelphia.

Alongside their moms and staff from the nonprofit organization Mural Arts Philadelphia, the girls held two paint days at the facility, where they filled in panels of the mural using a paint-by-numbers technique.

"When I first saw the mural, I couldn't believe it," said 9-year-old Nairah G. "What I love most about it is that my mom, my sisters, and me all got a chance to paint it together."

As part of its mission, Mural Arts, the nation's largest public art program, works with communities to create art that ignites change and encourages healing.

When Mural Arts and GSEP approached the correctional facility, specifically Warden Michele Farrell, about creating a mural with the women inmates, the conversation quickly turned into a discussion about how Girl Scouts could use the story behind the mural to promote connection and understanding.

"This is a special day for me," said Mural Arts' Ali Williams, who worked with the girls to come up with a design everyone was proud of.


"The girls approached this almost

like a vision board, making sure it reflected all the things they wanted to see. They painted things that make them happy and feel good, and that is very dear to my heart."

Thanks to the girls, there is a new, magnificent wall that stands as a symbol of hope and unity for the women who, at least for now, call RCF home.

"I was a Girl Scout myself, and our partnership is a very important one," said Blanche Carney, Commissioner of the Philadelphia Department of Prisons. "It's all about creating a sisterhood among all women, including the women here at RCF. This mural took my breath away. It looks like something that should be in Center City."



you'll
flip $\pi\epsilon\lambda\omicron$ our
programs 

Flip the magazine over 
for our Fall 2017/Winter 2018
Program Guide!