

Spark



girlscouts 
of eastern
pennsylvania

✕ - - - - -
Choose Your
Own Adventure

18 Under 18
see page 18

GSEP Shops

One stop shopping for all of your Girl Scout gear and supplies.



Shop @ GSEP!

GSEP Shops are your headquarters for uniforms, badges and so much more! We carry materials to help you with your badge work, the latest apparel and GS swag, and cookie season support merchandise! Check out the shops page on gsep.org for updated store hours, locations and more. Watch Facebook and TeamApp for promotions and special hours.

Mobile Shop

Look for our new mobile van visiting communities that are a little further from our regional locations with the same merchandise and customer service as in our traditional shops. You can check the dates and locations of the Mobile Shop on the shops page of the website under the drop-down menu "Mobile Shop."

Other Ways to Shop

Join us on our shops page for our weekly LiveChat, Wednesdays at 2PM to ask questions about merchandise, ordering, and special promotions. Don't miss our monthly Facebook Live Shopping Events!

Order directly from GSEP for pickup, delivery at council events or shipping (nominal shipping rates apply) by emailing shop@gsep.org. Look for fillable PDFs on the shops page of the website and in TeamApp for an easier way to build your shopping lists for badges and uniforms!

You can always shop the online store at girlscoutshop.com. Look for Online Only items and special promotions on the online shop, but remember that when you purchase from the online shop, you are purchasing from Girl Scouts of the USA, not our council.

Stay up-to-date

Look for monthly shop updates, events and special offers in GSEP News. If you haven't subscribed yet, go to gsep.org and opt-in to receive email updates from us. You can also find out the latest on Facebook and Instagram (GirlScoutsEPenn)! And join our TeamApp (GSEP Shops) for updates on shop hours, new merchandise and special promotions for TeamApp members!

Heat Press Service Now Available!

Let us do the work for you! For just \$6, we'll attach your purchased insignia to your vest or sash so your Girl Scout will be ready to choose her next adventure! Standard turnaround is three days; same day rush service available at Shelly Ridge and Valley Forge (\$4 surcharge.)

Shop Locations

Shelly Ridge
330 Manor Rd.
Miquon, PA
19444

Valley Forge
100 Juliette
Low Way
Phoenixville, PA
19460

Jane Seltzer
2020 Rhawn St.
Philadelphia, PA
19152

Contents

staples

Notes from Kim	5
Calendar	6
Donor Shout-Outs	8
GSUSA Destinations	9
Creative Corner Activities	11-17

discover

Cover Story: 18 Under 18	18
Meet girls of all ages who are blazing their own trail and finding adventure along the way.	
Donor Spotlight: Debbie Hassan	28
GSEP Signature Events	30
Experience sisterhood! Our Signature Events are designed to bring together girls from all corners of the council.	
Girl Adventure Place	32
Self-Care Tips for Teens	34

take action

Governance & Advocacy	38
Girl Advisors to the Board	41
Girl Scout Says	43

my journey

Cookie Boss	
Class of 2022	45
Opportunities for Older Girls	52
Troop Life Not Your Life?	54
Bronze Award Spotlight	57
Silver Award Spotlight	58
Gold Award Spotlight	59
The Bronze, Silver, and Gold Awards are the highest awards any Girl Scout can earn. Hear from local girls and learn about why earning these awards are great for you and your community.	
Meet the 2021 Gold Award Girls Scouts	60
Trifecta Award	63
Love the Outdoors Challenge & Love State Parks	64-68

connect

Take the Lead	70
Celebrate our 2022 Honorees and Lead Girls and save the dates for 2023 Take the Lead in Berks County, Greater Philadelphia, and Lehigh Valley.	
Alum Spotlight	75
Volunteer Awards	76
Volunteer Toolkit	77
Fall Leadership Weekend	78
Women's Leadership Summit	79
Adult Camping Weekend	80

Spark



on the cover

Maven D. finds adventure and builds confidence at Girl Scout camp. Learn about her journey and meet our amazing "18 Under 18" girls on page 18.

GSEP Fall 2022-Winter 2023
Registration opens August 15, through your MyGS Account

Program Guide



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program guide

Flip this magazine over to read all the fun activities happening this fall and winter!



Spark is an annual publication of the Girl Scouts of Eastern Pennsylvania.

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2022 Annual Issue

Girl Scouts of Eastern Pennsylvania (GSEP) serves nearly 30,000 girls, ages 5–18, in Berks, Bucks, Carbon, Chester, Delaware, Lehigh, Montgomery, Northampton, and Philadelphia counties. We are a volunteer-based, nonprofit organization with more than 15,000 adult volunteers. Nationally, nearly 2.8 million girls and adult volunteers enjoy the Girl Scout experience.

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Regional Locations

Shelly Ridge
330 Manor Road
Miquon, PA 19444
Fax: 215.564.6953

Jane Seltzer
2020 Rhawn Street
Philadelphia, PA 19152
Fax: 215.745.4947

Valley Forge
100 Juliette Low Way
Phoenixville, PA 19460
Fax: 610.935.8167

Camp Locations

Camp Laughing Waters
Gilbertsville, PA 19525

Camp Mosey Wood
White Haven, PA 18661

Camp Mountain House
Allentown, PA 18103

Camp Shelly Ridge
Miquon, PA 19444

Camp Valley Forge
Phoenixville, PA 19460

Camp Wood Haven
Pine Grove, PA 17963

GSEP News

Would you like to receive our monthly e-newsletter and other GSEP updates via email? It's a great way for you to stay up-to-date on upcoming events. To ensure you receive these updates please login to your MY GS account, click on the "Family Profile" tab and make sure the "Email Opt In" box is checked and that the email address we have on file is accurate. Please add gsep@email.girlscouts.org to your accepted senders list to keep email updates from us out of your spam.

Follow Us!

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With my daughter Ella D.—Top Fall Product Program Seller, Bronze Award Girl Scout, and brand new Cadette just before her inaugural zipline ride at Camp Moseywood Family Camp.

Kim E. Fraites-Dow

Chief Executive Officer

Girl Scouts of Eastern PA

Follow Kim!



/KFraites

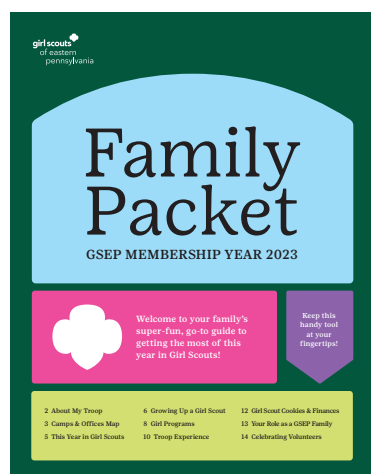


@KimFraitesDow



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Check out the
new Family Packet!



Notes from Kim

“Where will your Girl Scout adventure take you? The good news is that it doesn't have to be an either/or—you can try it all!”

One of the best things about Girl Scouts is that YOU, along with your troop, get to decide where your journey will take you. Will you go camping? Fill your sash with badges? Save up your cookie proceeds for a big trip? The possibilities are endless!

In this issue of Spark, we encourage you to “choose your own adventure.” How will you start?

I like to do activities that allow me to spend time with my family and move my body. If you're like me, maybe you'll start by venturing out to a state park (pg. 66). If you're like my daughter and you're ready to take action with a service project that will improve the community, maybe this is the year you tackle the Bronze, Silver, or Gold Award (pg. 57–59). Or maybe you've been practicing your business skills and this is the year you smash your goals and become a #cookieboss (pg. 44)? The good news is that it's not an either/or—you can do it all! If you need even more ideas, you can read about what adventure means to our awesome 18-under-18 Girl Scouts (pg. 18).

Your Girl Scout adventure is even more fun when your family comes along. The enclosed Family Packet is a great resource for your parent(s) or caregiver(s) whether you are a new or returning Girl Scout. They'll want to hang onto this useful guide that includes information about how to get involved and what to expect as a Girl Scout family. The calendar on page 5 of the Family Packet provides a great overview of the Girl Scout year.

You've already taken the first step on your adventure by choosing Girl Scouts. No matter which path you choose next, I know you're going to learn a lot and have so much fun. I can't wait to see where your adventure takes you this year!

Yours in Girl Scouting,

Kim E. Fraites-Dow

CEO, Girl Scouts of Eastern Pennsylvania

Calendar

October 2022

01	The Girl Scout Membership Year Begins
07–09	Fall Leadership Weekend
15	Service Unit Cookie Program Training
25	Gluten Free Orders Due by Troop
31	Juliette Gordon Low's Birthday 🍀
TBD	Take the Lead 2023 Girl Role Registration
Oct. 13– Nov. 13	Fall Product Program

November 2022

07	Troop Initial Cookie Orders Open in ABC Smart Cookies
15	Scholarship Applications Open
TBD	Volunteer Awards Ceremony
23–24	Thanksgiving: All Shops & Regional Locations Closed
28	Deadline for Troop Cookie Home Delivery Requests

December 2022

02	Troop Initial Orders Close in ABC Smart Cookies
Dec. 24– Jan. 01	All Shops and Regional Locations Closed

January 2023

06–15	Cookie Initial Orders Pick-Up and Home Deliveries
16	GSEP MLK Day of Service
19	Cookie Program Begins
22	Women's Leadership Summit
31	Scholarship Applications Deadline
TBD	MY24 Girl Delegate & Advisor to the Board Applications Due
TBD	Service Unit Camporee Lottery Opens for Fall 2023 (tentative)
TBD	Round 1 GSUSA Destination Applications Due

February 2023

18–19	National Girl Scout Cookie Weekend
22	World Thinking Day
TBD	GSUSA Destinations Begin Rolling Admission

March 2023 Women's History Month

TBD	Spring Renewal Registration Begins
TBD	Take the Lead Greater Philadelphia
12–18	Girl Scout Week
12	Last Day of Cookie Program
22	Spring Delegate Council Meeting
TBD	Gold Award Proposal Deadline for Current 12th Graders

April 2023 Volunteer Appreciation Month

TBD	Take the Lead Berks County
TBD	Take the Lead Lehigh Valley
22	Girl Scout Leader Day
TBD	Outdoor Skills Sampler

May 2023

01	Silver Award Proposal Deadline for Current 8th Graders
06	Annual Meeting
29	Memorial Day: All Shops and Regional Locations Closed
TBD	Silver Award Ceremony
TBD	Gold Award Ceremony

June 2023

19	Juneteenth: All Shops & Regional Locations Closed
TBD	Spring Renewal Registration Ends
TBD	Camp Begins

July 2023

04	All Shops & Regional Locations Closed GSEP Summer Camps Open
18–20	56th National Council Session in Orlando, FL
20–22	Phenom in Orlando, FL

August 2023

TBD	Adult Camping Weekend
TBD	Fall Kickoff
TBD	Nominations for Volunteer Awards Due

September 2023

04	Labor Day: All Shops & Regional Locations Closed
TBD	Gold Award Final Report Deadline for Current 12th Graders
30	Silver Award Reflection Deadline for Current 8th Graders
30	Bronze Award Deadline for Troop Leaders to Register Current 5th Graders
TBD	Delegate Training
TBD	Fall Delegate Council Meeting



All programs, events, and dates are subject to change based on potentially evolving COVID-19 pandemic regulations. Please visit the events calendar on our website for a full and updated list of our council-wide events.

Cookie Merch

Your GSEP Shop has more in store for cookie entrepreneurs! Place your orders early to make sure you have all you need for the 2023 Cookie Season—bling your booth and show your accomplishments! Look for the order form on the Shops page on the website and in TeamApp (GSEP Cookies) in mid-September.

Items for Pre-Order



Tablecloths \$20–\$30



Yard Sign \$14



Magnet \$13



Cookie Cart \$45



Button \$1.50



Large Tote \$17

Recognition Patches \$1.25 each:

Rally, Booth, Walkabout, Gluten Free, My First Cookie Sale, Volunteer

All orders will be available for pickup from a GSEP Shop by January 3, 2023.
Due to size, cookie carts and yard signs cannot be shipped. Final products may vary from images shown.

Donor Shout-Outs

Thank you to GSEP's generous Annual Fund donors! We are grateful for the leadership support from individuals, corporations, and foundations whose philanthropic investment of \$5,000 or more* helps bring the Girl Scout Leadership Experience to girls across the Council's nine-county footprint.

\$100,000+

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and Comcast Spectacor
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\$30,000-\$99,999

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Greater Lehigh Valley

\$10,000-\$29,999

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Ms. Ann Marie Horner
The Mill Spring Foundation

GSEP is grateful to the many other donors who contribute in support of our mission, including those who have chosen to support the Girl Adventure Place Capital Campaign (please see page 32).

**Contributions made between June 2021-May 2022*

We apologize in advance for any incorrect listings, misspellings, or omissions.

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GSUSA Destinations

Girl Scout Destinations are the ultimate in adventure for individual girls ages 11 and older. Make friends from all over the country as you travel with Girl Scouts from different states. There's a unique, life-changing experience for every girl. Explore some of the travel experiences Destinations have to offer.

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Explore The Azores Islands In Portugal



Go Down Under to Australia & New Zealand



Experience Equitrekking in Colorado



Go Canoeing in Minnesota & Canada

Inspired to pack your bags?

Learn more online at www.forgirls.girlscouts.org/travel/take-a-trip/destinations.

Early Round applications are due November 1, 2022. Rolling applications are accepted after November 1, 2022 until trips are filled, so grab your spot now!

Official Apparel for Younger Girls

In case you missed it, the new apparel for Daisies, Brownies and Juniors is available at GSEP Shops! We love the updated look and retro feel. Younger Girl Scouts will want to wear their Girl Scout gear every day and will be ready for all their Girl Scout activities just by adding their vest, sash, or tunic! (Older Girl Scout collection is also available at our Shop locations. And check out the all-new Adult Apparel collection in shops September 2022.)



Daisies

Your Daisy will be ready for new adventures, all decked out in Daisy gear!

The denim jacket has sequin daisies embellished on the back. The skort and tee can easily take her from school to her Girl Scout meeting by adding her vest or tunic.

Brownies

Whether your Brownie is an active go-getter, a studious learner or a mix of both, she'll showcase her personality along with her Girl Scout pride with the Brownie Collection!



Juniors

Juniors are ready to take on the day every day. And with the Junior collection, they can be ready for whatever the day brings.



Creative Corner: Cooking Spot

Banana Boats

Looking for a fruity twist to the classic s'more? Banana Boats are the perfect thing for you.

What you will need:

Bananas

Mini-marshmallows

Chocolate Chips

Tin Foil

Don't have one of these ingredients? Get creative and improvise! Use M&Ms or Hershey Kisses instead of chocolate chips, or crushed cookies instead of marshmallows!



Directions:

1. Preheat your oven to 300 degrees (get some help from a grownup!)
2. Cut the banana lengthwise through the peel. Cut about halfway through the banana making sure not to cut all the way through the other peel.
3. Open the slit of the banana and fill it with as many mini-marshmallows and chocolate chips as you can.
4. Wrap the banana in tin foil and cook in the oven for 5-7 minutes or until the marshmallows and chocolate have melted.
5. Peel and enjoy!

Creative Corner
Daisies

Daisy Maze

Hey Daisies! What will your Girl Scout year look like? Follow the maze to plot your adventure.

Hint: follow the seasons!



Start your year here!



Creative Corner

Brownies

Where's Juliette?

Juliette Gordon Low is having fun checking out all the awesome things you can do in Girl Scouts. Can you find where she is hiding?

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Creative Corner
Juniors

Story One:
What Badge
Should I Do?

Fill In Words:

verb _____

Girl Scout Level _____

number _____

noun (plural) _____

animal (plural) _____

verb _____

noun _____

verb _____

name of badge _____

noun _____

Bonus
Question!

Name three to four badges
you want to earn this year
as a Junior Girl Scout!

Girl Scout Madlibs

The Adventures of Junior Girl
Scouts Hayden and Sanaa

Directions:

First, look at the list to the left and ask your fellow Girl Scouts to help fill in each type of word. Next, use those words to fill in each blank in the story, going in order. Finally read the story aloud to the group, so you can all enjoy! Ask your troop the bonus questions after each story to help you plan your Girl Scout year!

Fill in Story:

Hayden and Sanaa are brand new Junior Girl Scouts and ready to _____
VERB on a new adventure! Hayden was a Daisy and _____
GIRL SCOUT LEVEL Girl Scout. This is Sanaa's _____
NUMBER year in Girl Scouting. Sanaa has heard all about _____
NOUN. It is time for these Girl Scouts to figure out what badges they will complete this year in their Girl Scout Journey! Hayden loves everything about _____
ANIMAL! So these Girl Scouts have decided to _____
VERB their Junior Horseback Riding badge, first thing in the fall while it is still warm. _____
NOUN is good for the soul, or so think Sanaa and her family. She wants to try the Simple Meals badge, and _____
VERB more about cooking! Hayden and Sanaa both want to learn something new. The _____
NAME OF BADGE badge will help with that! Finding treasures with a GPS sounds interesting! Hayden and Sanaa made a goal of four badges this year. The last badge they picked was the Detective badge. The Girl Scouts will become Super Sleuths! These badges make for a great Girl Scout _____
NOUN ahead!

Story Two: Going Camping!

Fill In Words:

verb (past tense) _____
 verb _____
 noun _____
 verb _____
 verb (+ ing) _____
 length of time _____
 adjective _____
 noun (plural) _____
 noun _____
 verb _____
 verb (+ ing) _____
 number _____
 verb (past tense) _____

Bonus Question!

Is your troop ready
for a new camping
adventure this year?

Fill in Story:

Sanaa and Hayden have _____ many cookies this year.
VERB
 They are now dreaming about what to _____ with their
VERB
 proceeds. They are ready to go on _____ and have new
NOUN
 adventures! Sanaa has wondered what it would be like to
 _____ in the outdoors. Hayden has only been cabin camping
VERB
 and was ready to try tent camping. As they plan their trip they
 decide they want to go rock climbing and _____. Their
VERB
 leader suggests they try to complete a Journey during their
 _____ trip. Sanaa and Hayden decide the Outdoor
LENGTH OF TIME
 Journey was _____. They will share silly _____.
ADJECTIVE PLURAL NOUN
 while earning the Camper badge, learn about the environment
 with the Eco Camper _____, and _____ an animal
NOUN VERB
 home while earning the Animal Habitat badge. They will then get to
 figure out how to Take Action in their community! This trip will be
 awesome! Hayden and Sanaa have had so much fun _____.
VERB
 Junior Girl Scouts this year! They are starting to think about their
 _____ year as Juniors. What adventures will they get to
NUMBER
 explore? They have _____ about this award called the Bronze
VERB
 Award. Maybe, that will be an adventure for Juniors year two!



Creative Corner

Cadettes

**Fun facts
about ice cream:**

1.

The ice cream soda was
invented in 1874.

2.

It takes roughly 50 licks to
finish an ice cream cone.

3.

California produces
the most ice cream in the
United States.

4.

Vanilla is the most popular
flavor of ice cream.

I Scream, You Scream...

Everyone screams for ice cream!
It's always a perfect time to cool off
with a scoop of your favorite flavor
(or try a new, strange flavor).

Materials Needed:

In order to complete this patch, you'll
need a few things:

- resources (You can either go online
with an adult, ask a professional, or
visit your public library.)
- ingredients for making your own ice
cream (See Step 3.)
- an appetite for ice cream!

Step One**What is in ice cream?**

Find out the main ingredients of ice
cream by either checking an ice cream
container at home or find a recipe
online with the help of an adult.

Step Two**Visit an ice cream
shop or stand.**

Take a trip to your favorite ice cream
shop. Ask how the ice cream is made
and what ingredients are used. How
does the ice cream stay frozen? What
toppings are available? What is the
best-selling flavor? Taste your favorite
flavor or be daring to try a new flavor
that makes you scream!

Step Three

Make your own ice cream.

Now, let's all scream for ice cream!
Make your very own ice cream in a bag.

Ingredients:

- ice cubes
- 1 cup half and half
- 1/2 cup Kosher salt
- 2 tablespoons sugar
- 1/2 teaspoon vanilla extract
- 1 pint-size Ziploc® bag (or other 1 pint resealable zipper storage bag)
- 1 gallon-size Ziploc® bag (or other 1 gallon resealable zipper storage bag)
- any of your favorite ice cream mix-ins

Directions:

1. Combine the half and half, sugar, and vanilla extract in the pint-size storage bag. Seal the bag tightly, so that none of the liquid will leak out.
2. Fill the gallon-size storage bag halfway with ice cubes.
3. Sprinkle Kosher salt over the ice cubes.
4. Insert the pint-size storage bag filled with ingredients into the bag of ice and salt. Seal the gallon-size storage bag. If the bag begins to leak, don't hesitate to reduce the mess by double bagging it.
5. Shake the bag for 5-10 minutes until the ice cream mixture begins to harden.
6. Feel the small bag to determine the consistency of your ice cream. Once satisfied with the consistency, remove the small bag from the bag of ice.
7. Open the small storage bag and add any desired mix-ins. Feel free to eat the ice cream right out of the bag or scoop it into a bowl.
8. Enjoy!



All done?
CONGRATULATIONS! You've completed all the necessary steps to earn the Ice Cream Making Fun patch.

After completing the activities from each step, visit or call a Girl Scouts of Eastern Pennsylvania retail shop at **215-564-2030** to purchase your patch.*

A patch may be worn on the back of a vest, sash, or tunic.

*Patch shown may be substituted with similar patch, based on availability.

18 Under 18

Everyone's journey is different. In the following pages, you'll learn how 18 amazing Girl Scouts from our council found their adventure—and what they're hoping to do next!

“
Adventure means
having a sense of
passionate and open
curiosity about what
the world can offer.

—Maven D.



Maven D.

Cadette • Troop 21041
Bucks County

What does adventure mean to you?

To be adventurous is not only to be brave and willing to be a risk-taker, but to experience situations that will help me better myself. I like situations where I can choose leadership and enjoy life's simple pleasures with a little bit of wonder.

What is the most fun adventure you have had in Girl Scouts?

Girl Scouts has helped me find people beyond my usual crowd. As someone who used to fear large crowds or become nervous with public speaking, Girl Scouts has helped me find ways to grow my confidence. It means a lot to me to have others listening and valuing what I have to say.

What did you learn?

I learned at camp that I can empower myself and build my own confidence. Now I feel like I can truly express myself in front of my peers.

When you are not adventuring with Girl Scouts, what do you like to do?

I embrace my artistic side with cosplay, guitar and ukulele, drawing and crafting.



Wendy B.

Junior • Troop 41236
Chester County

What does adventure mean to you?

Adventure means being free to be yourself and just have fun.

What is the most fun adventure you have had in Girl Scouts?

Trying new things with my troop like snow tubing and learning to horseback ride at Camp Laughing Waters.

What did you learn?

I learned that things look really big to start but when you do it, it can be much easier than you imagined.

Akira D.

Brownie • Troop 21669
Bucks County

What is the most fun adventure you have had in Girl Scouts?

I loved community clean-up, ziplining, visiting Sesame Place water park and the firehouse, and participating in World Thinking Day, cookie selling and making a lot of crafts.

What did you learn?

I learned about nature, met firefighters, and saw the firetruck. I did pour-painting on canvas and made my first tie-dye. I loved selling cookies and becoming a Cookie Boss.

When you are not adventuring with Girl Scouts, what do you like to do?

I love visiting different places like the Pittsburgh National Aviary, Baltimore National Aquarium, Washington D.C., Aruba, etc. I love learning piano, chess, karate and going to the theatre. On weekends I love to meet my aunt and uncle and go shopping.



Natalie R.

Daisy • Troop 1061
Berks County

What does adventure mean to you?

Adventure means going outside exploring.

What is the most fun adventure you have had in Girl Scouts?

We went to Berks Nature Place for a Girl Scout badge and we went on a hike where we looked to find what was in nature. And we found snails!

What's the next adventure you're dreaming of with Girl Scouts?

I would like to go to a museum!



Lena C.

Cadette • Troop 3801
Carbon County

What does adventure mean to you?

To me, adventure means trying something new like summer camp. Spreading your wings and trying something that may be scary can be fun. That's what adventure is all about.

What is the most fun adventure you have had in Girl Scouts?

My greatest adventure was spending an entire week at Mosey Wood in 2021. I picked a week where we rafted down the Lehigh River, biked the D&L Trail, slept under the stars, and created some amazing memories. I am so excited to go back this summer and explore more.

What's the next adventure you're dreaming of with Girl Scouts?

My troop is currently planning a trip to Savannah. That will be an adventure of a lifetime for many of us.



Shalese R.

Junior • Troop 7028
Montgomery County

What is the most fun adventure you have had in Girl Scouts?

We went rock climbing as a group and I did not want to participate at first because I was nervous, but it was a great experience. We went outside and climbed really high rocks when it was 90 degrees out and it was amazing. I was really excited that I got to try something new and really liked it.

What did you learn?

I learned that trying something new can be a way to see what I can do. When I face my fears it can be fun in the end!

What's the next adventure you're dreaming of with Girl Scouts?

I hope we can help at the local animal shelter. It is easier to have fun and be silly with my friends when we are together.

Brynn J.

Brownie • Troop 59
Delaware County

What does adventure mean to you?

Adventure means conquering a new fear.

What is the most fun adventure you have had in Girl Scouts?

Overnight camping for a week.

What did you learn?

I learned how to survive without my electronics and I learned how to play new games.

What's the next adventure you're dreaming of with Girl Scouts?

I hope it takes me to the White House!





Myah Y.

Senior • Troop 91
Philadelphia County

What is the most fun adventure you have had in Girl Scouts?

Despite traveling to Pax Lodge and the Juliette Low House, I have to say that my greatest adventure in Girl Scouts has been becoming a presenter for Take The Lead.

What did you learn?

I learned that there is always room for mistakes if you're willing to learn from them. Also, my mentor (Chekemba J. Fulmore-Townsend, featured in the photo above) gave me some great advice to carry with me: make excellence your signature. Meaning to always put your best foot forward and give everything your all.

Emma S.

Senior • Troop 2105
Bucks County

What is the most fun adventure you have had in Girl Scouts?

I think my greatest adventure so far has been backpacking with my troop in western PA (Allegheny Front Trail) for five days. We covered a lot of different terrain and had so much fun sleeping in hammocks and tents under the stars.

What did you learn?

I learned that there is nothing quite as special as the sisterhood and friendships with my troopmates.

What's the next adventure you're dreaming of with Girl Scouts?

Europe! My troop has saved for a trip to Europe for years, and we are finally going this summer!



Nia B.

Junior • Troop 7142
Montgomery County

What does adventure mean to you?

Adventure means trying new things and exploring nature.

What is the most fun adventure you have had in Girl Scouts?

My greatest adventure so far has been when I went geocaching and explored the woods.

What did you learn?

I learned that the woods aren't as scary as you think.



Lily C.

Cadette • Troop 8573
Northampton County

What does adventure mean to you?

To me, adventure means trying new things even if you are afraid, learning, and having fun with fellow scouts.

What is the most fun adventure you have had in Girl Scouts?

My greatest adventure has probably been high ropes at Camp Mosey Wood. I remember being terrified because I don't really like heights, but my friend, who has done it before, said it was awesome. So I climbed up and imagined I was doing low ropes. I got to go on the zipline afterwards which was super fun as well.

What did you learn?

I learned that sometimes you have to just trust people, because you might regret it if you don't. I also learned that while something may seem scary, once you do it, it can be super fun.



Jordan M.

Daisy
Individually Registered Girl Scout
Delaware County

What is the most fun adventure you have had in Girl Scouts?

The most fun thing I did in Girl Scouts so far is camp! We set up a tent with no adults (just the one who showed us how). And at camp we also made a campfire to have my favorite, s'mores! My Nana went with us! She had fun too. Lots of girls from other troops were there too and I made new friends.

What's the next adventure you're dreaming of with Girl Scouts?

The next adventure is going to be going on a kayak and also horseback riding.

Dasani A.

Ambassador • Troop 12034
Berks County

What does adventure mean to you?

Adventure to me is risky. It is putting yourself in a situation where you have no real way of knowing whether or not you will succeed. To me, adventure means doing what you love without letting fear hold you back.

What is the most fun adventure you have had in Girl Scouts?

My greatest Girl Scout adventure has been through my leadership roles at Take the Lead.

What's the next adventure you're dreaming of with Girl Scouts?

My next adventure with Girl Scouts will to be for me to complete my Gold Award.





Cassidy R.

Ambassador • Troop 741
Montgomery County

What is the most fun adventure you have had in Girl Scouts?

I went to Acadia National Park in Maine with Camp Mosey Wood and camped over for a few nights. We explored the park including its memorials, rocky paths, and serene wildlife. The most memorable activity from the trip was cooking mac and cheese on the side of the road in the park.

What did you learn?

I learned that it is important to know key survival skills, such as pitching a tent, cooking over a fire, problem solving, map reading, etc. Having these skills ensures one has a fun and safe experience.

What's the next adventure you're dreaming of with Girl Scouts?

I have a trip to New York coming up soon with my troop.

Maryn M.

Ambassador • Troop 6851
Lehigh County

What does adventure mean to you?

Today there are so many distractions and expectations that teen girls face. When I've had a tough day or I'm feeling down, the best way to get out of my head is to have an adventure. Feeling the freedom of the wilderness and the joy of pushing my boundaries is the best cure for my bad days.

What is the most fun adventure you have had in Girl Scouts?

So far, my greatest Girl Scout adventure was on the tight rope at Camp Wood Haven. When I first climbed up onto platform, I froze from fear. A sister Girl Scout (who is now my best friend) noticed and cheered me on. I took my first step out onto that wire and loved it! Since then, I have gone on to become a rock climber, boulderer, and ropes course junkie. The support of my team gave me the courage to try something new and I loved it. What I did that day may not be the most daring feat I have accomplished but it is the one that means the most to who I am today.



Millicent C.

Daisy • Troop 902
Philadelphia County

What does adventure mean to you?

Adventure means trying new things.

What is the most fun adventure you have had in Girl Scouts?

Going to camp at Camp Laughing Waters and Camp Mosey Wood.

What's the next adventure you're dreaming of with Girl Scouts?

I can't wait until I'm old enough to do the ropes courses at camp.



Emily G.

Senior • Troop 329
Carbon County

What does adventure mean to you?

Adventure to me is something that makes you feel so alive, you can't think about yesterday or tomorrow. You are completely within this one moment. Completely present. And that moment is happiness.

What's the next adventure you're dreaming of with Girl Scouts?

Hopefully, be a Girl Scout camp counselor and be an inspiration to younger girls.

Abbie M.

Brownie • Troop 20586
Bucks County

What does adventure mean to you?

To me, adventure means "Excitement"! The feeling of trying something new!

What is the most fun adventure you have had in Girl Scouts?

Camporee! I got to do zip-lining and it was the greatest!

What did you learn?

I learned how to encourage my Girl Scout sisters to try new things and how to overcome fear!



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GROUP EVENTS

Donor Spotlight

Debbie Hassan

Debbie Hassan's mother, also a Deborah, never had the opportunity to be a Girl Scout growing up, which is one of the reasons it was important for her daughter to be one. Deborah Sr. volunteered as an Assistant Troop Leader and Cookie Chair for the troops, and Debbie completed her First Class Award—today's Gold Award. Debbie's Girl Scouting journey continues today, as she begins her sixth year as Chair of the Board of Directors for the Girl Scouts of Eastern Pennsylvania and continues to support Girl Scouts in honor of her mother.

"I give to honor my mother's legacy of giving. She didn't have a lot of money, but she gave a great deal of her time and talent to benefit the girls."

Debbie gives her time, talent, and dollars to girls because she knows they need to have a safe, welcoming place. Debbie also knows that without financial support girls won't be able to enjoy and take advantage of camps and programs. "Many girls and their families need assistance to afford camp and program opportunities. I give to help those girls participate and learn that they can earn their own way through selling cookies—which is what I did. Selling cookies helps empower girls to earn money for themselves so they can take charge of their Girl Scout experience."

A longstanding and generous donor, Debbie contributes in multiple ways. When she was working for Deloitte, she gave through the firm's United Way campaign and influenced her organization to send its own contributions to support Girl Scouting. Debbie has donated through the Board Annual Fund and supported GSEP's signature fundraiser Take the Lead by securing sponsorships, bringing guests with her to the event, and participating in the live Campership campaigns. She even attends Adult Camping Weekend (and sleeps in a platform

tent) to raise funds for older girl scholarships; and she buys lots of cookies, donating them to the military, and to residents and healthcare workers at the senior home where her mother Deborah lives!

Debbie is also a major supporter of the Girl Adventure Place Capital Campaign, which helps to fund much needed improvements and additions to GSEP's camps. Debbie attended Camp Laughing Waters in the summer despite her father's trepidation at her going "so far away." Getting away from home and her five younger siblings to camp in a tent and do all the activities was life changing—"I made friends from all different areas and learned new skills like canoeing, s'mores, and telling ghost stories around the fire." Debbie knows that, like Girl Scouting, the outdoors is critical to mental health. Being outside, and off their phones and screens, ensures that girls learn to be in the moment, connect with nature, and learn how to steward a planet in trouble.

And in the end, perhaps Debbie's giving will inspire the next generation to give their money, and their time, and their talents, just like Debbie and her mom have done.



My Girl Scout Kit



Free bag with purchase of uniforms and printed Girl Scout materials!

Or purchase the bag for \$10 with any uniform purchase over \$25!

Purchase must include at least one book or badge requirement*, uniform components (vest, sash, and insignia) and equal \$60 to earn the free bag.



*Earned Awards and Badges are not included in My Girl Scout Kit. Kit bag valued at \$15.

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!

September

Family Camp

FRIDAY, SEPTEMBER 2, 5PM–
MONDAY, SEPTEMBER 5, 10AM
Camp Mosey Wood
White Haven, PA 18661

Grades: ALL
Cost*: \$100/girl
\$100/adult

Enjoy a weekend of fun and relaxation for you and your entire family! Parents, sisters, brothers, grandparents, and other relatives are all invited to Camp Mosey Wood to participate in organized activities such as swimming, boating, hiking, games, and crafts. Attendees can also enjoy other activities independently. Activity specialists will be on hand to guide you through archery (2nd grade and above) and the high-ropes challenge course (6th grade and above), with lifeguards overseeing swimming and boating. Adults must supervise children during the event; one adult must register for every three children

GSEP Loves State Parks

SATURDAY, SEPTEMBER 10 OR
SUNDAY, SEPTEMBER 11
Various State Parks within
the GSEP footprint

Family Event
Cost: Varies

Hiking trails, lakes, streams, wildlife, and more, Pennsylvania is home to many beautiful state parks. Head out to one of our local state parks to enjoy some Girl Scout fun with your family. Come for just a few activities or plan to spend the day, when you are out in nature, the possibilities are endless! Also, bring your non-Girl Scout friends to show them what we are all about! Check out the GSEP Homepage for exciting State Parks program updates!

October

Autumn Adventure

SATURDAY, OCTOBER 29, 1–4PM
Camp Laughing Waters
Gilbertsville, PA 19525

Family Event
Cost: \$15/girl
\$8/adult

Parents, sisters, brothers, cousins, and friends, join your Girl Scout for a captivating Autumn Adventure. Be your own tour guide as you travel around camp to various autumn activities that celebrate the changing seasons and Halloween at Camp Laughing Waters. Create fall crafts, play Halloween games, and sparkle with a glittering tattoo. See how far apples can fly when you go "apple chunking." Enjoy a thrilling game of GaGa and gobble on a S'more Snack! Choose what you want to do when you want to do it. Event is rain or shine, warm or cold. Coming as a troop: all troops must meet girl/adult ratio. Coming as a family: adults must supervise their children during the event; one adult must register for every three children. Cadettes, Seniors, and Ambassadors interested in helping to plan and run Autumn Adventures must register for and attend Sundae Sunday, September 25.

Fright Fest

SATURDAY, OCTOBER 29, 6–9:30PM
Camp Laughing Waters
Gilbertsville, PA 19525

Family Event
Cost: \$25.00/vehicle

Spend a fright-filled night at Laughing Waters as we transform camp into a Drive-In with a 26 ft. outdoor screen! Settle in for our feature film: *Hotel Transylvania*! Load up the car and bring the whole family (but please leave pets at home), each vehicle will have a designated space. It is sure to be a thrilling evening! Girl Scouts will receive an Event Patch.

November

Older Girl Retreat: #Choose Your Own Adventure!

SATURDAY, NOVEMBER 5, 10AM–
SUNDAY, NOVEMBER 6, 10AM
Camp Laughing Waters
Gilbertsville, PA 19525

Grades: 6–12
Cost*: \$75/girl

The Older Girls are taking over Camp Laughing Waters! Come together with your sister Girl Scouts to explore the opportunities that await you as you continue your Girl Scout journey. Highest Awards, Governance, Scholarships, Leadership roles, Travel and more is all in your path. Challenge yourself as you take to the climbing wall and stay up late to continue the fun! Girls will be supervised by GSEP Staff.

*Includes indoor lodging, Saturday lunch through Sunday breakfast and activities.

December

Winter Lights Carnival

SATURDAY, DECEMBER 17, 5–8PM
Camp Laughing Waters
Gilbertsville, PA 19525

Family Event
Cost: \$15/girl
\$8/adult

Come one, come all to the Winter Lights Carnival! Girl Scouts can bring their family and friends to Camp Laughing Waters to enjoy activities, food, and festive lights. See camp transformed for the winter and warm up with a rousing game of Glow Gaga and some yummy hot chocolate. Choose what you want to do when you want to do it. Event is rain or shine, warm or cold. Coming as a troop: all troops must meet girl/adult ratio. Coming as a family: adults must supervise their children during the event; one adult must register for every

three children. Cadettes, Seniors, and Ambassadors interested in helping to plan and run the Winter Lights Carnival must register for and attend Winter Carnival Creators on November 6.

Winter Camp

**TUESDAY, DECEMBER 27, 1PM–
FRIDAY, DECEMBER 30, 6PM**
Camp Mosey Wood
White Haven, PA 18661

Grades: 1–12
Cost: \$140/girl

Do you remember how fun summer camp was? Do you need your camp fix for the winter? Leave your parents and leaders behind and come to Mosey Wood to make new friends and meet up with your summer camp buddies! GSEP Summer Camp Staff will treat you to traditional camp activities with a winter twist! Activities include crafts, campfires, hiking, and weather permitting—ice skating and snowshoeing! While at camp all girls will work on an age-level appropriate badge. Stay in heated buildings and enjoy your meals in the Dining Hall.

January

Cookie Camp-In

**SATURDAY, JANUARY 14, 3PM–
JANUARY 15, 10AM**
Camp Laughing Waters
Gilbertsville, PA 19525

Grades: 4–8
Cost*: \$55/girl

Cookies are coming! Kick off the 2023 Girl Scout Cookie season as you brush up on your entrepreneurship skills. Set your goals as you take a sneak peek at the cookie recognitions and make a plan to become a GSEP Cookie Boss! All troops must meet girl-adult ratios for their group. Cheer each other on as you take to the climbing wall to kick off the sale! All troops must meet girl-adult ratios for their group. Individual girls must be accompanied by a registered adult. All adults must have a satisfactory background check to participate in the program.

*Includes indoor lodging, Saturday dinner, Sunday breakfast, activities and event patch.

GSEP Mega-Cookie Rally

SATURDAY, JANUARY 14, 9AM–12PM
Camp Laughing Waters
Gilbertsville, PA 19525

Grades: K–3
Cost*: \$15/girl
Free for adults

Cookie Season is almost here! Join with Girl Scouts from all over our council to 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, taste the cookie lineup, and get a sneak peek at the cookie recognitions. Whether this is your first cookie program, or you are a seasoned pro, you will leave ready to go with the skills needed to reach your cookie goals! All troops must meet girl-adult ratios for their group. Individual girls must be accompanied by a registered adult.

*Includes snack and event patch.

MLK Day of Service 2023

MONDAY, JANUARY 16, 9AM–12PM
OR 1–4PM
Camp Shelly Ridge
Miquon, PA 19444

Grades: K–12
Cost: Free

Each year on the third Monday of January we observe Martin Luther King, Jr. Day and reflect on the continued work of his dream. This January 16, make the holiday more than just a day off and take time to reflect and take action with your Girl Scout Community. Participate in our Community Service focused activities. All troops must meet girl-adult ratios for their group. Individual girls must be accompanied by a registered adult. All adults must have a satisfactory background check to participate in the program.

*Includes an event patch.

February

GSEP Presents: Maple Sugaring

SATURDAY, FEBRUARY 18,
STAGGERED ARRIVAL TIMES
Camp Laughing Waters
Gilbertsville, PA 19525

Family Event
Cost*: \$15/girl
\$10/adult

Step back in time as Older Girl Scouts lead you on a sweet three-hour tour of the history of maple syrup! 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, learn the science behind collecting sap and the process to make it into syrup. This program runs three hours and has staggered start times. You will be prompted to select your start time during the registration process. Coming as a troop: all troops must meet girl/adult ratio. Coming as a family: adults must supervise their children during the event; one adult must register for every three children.

*Includes snack, drink, and event patch, earn part of your Girl Scout Ways badge. While this is open to all ages, programming is best suited for our Daisy through Junior Girl Scout age levels.

World Thinking Day 2023

SATURDAY, FEBRUARY 25, 10AM–3PM
Camp Shelly Ridge
Miquon, PA 19444

Grades: K–12
Cost: \$45/girl
Free for adults

Collaborative minds bring about greater ideas! Girl Scouts will gather together to learn about other people's cultures, backgrounds and more! Play games, engage in discussions, participate in a service project and create a craft that focuses on this year's World Thinking Day topics. Program will include a break, please bring a bagged lunch to enjoy. Girl Scouts will earn their 2023 World Thinking Day badge. All troops must meet girl-adult ratios for their group. Individual girls must be accompanied by a registered adult.

ICON GUIDE



Girl Event



Family Event



G.A.P.

Girl Adventure Place

Calling all girls to leadership and life in the outdoors.

Girl Scouts of all ages will enjoy new improvements to Camp Shelly Ridge thanks to the Girl Adventure Place Capital Campaign. The 115+ acre day and resident camp situated in the Wissahickon Valley recently debuted a brand-new commercial kitchen, an outdoor deck and a reconstructed Trombe wall for the Smith Lodge (which collects and stores the sun's energy), in addition to eight platform tents!

These camp enhancements would not have been possible without the amazing forward-thinking of GSEP's Board of Directors who designated more than \$1M of the Land, Buildings, and Equipment Fund to invest in these projects.



Additionally, GSEP had many generous donors who raised their hands with their offer to contribute financially to the project:

Bank of America	The Estate of Gertrude Murphy
Dianne and Jeffrey Rotwitt	Catherine A. Pullen
Breidegam Family Foundation	Emily Turner
Dona File and Jeanne Morris	Kathryn Nordick
Kim E. Fraites-Dow and Kevin Dow	Jennifer and Brian Allebach
Judith Durkin Freyer	Ann Donley and George Grasic
Deborah Hassan	Ann Thornton Field
Susan Mucciarone	Joann Gonzalez-Generals
Cindy and Gregg Feinberg	Deborah E. O'Brien
Barbara Dunlop Hauptfuhrer	Deb Walters
	Debra L. Zvanut
	Alison Snyder

“The outdoor experience is such an important part of the GSEP program and mission. I am proud to contribute to capital improvements that enhance the camping and outdoor experience for the girls.”

Cathy Pullen, former GSEP Board Member and current Property Committee Member



Dona File and her wife, Jeanne, provided critical support for the commercial kitchen. “Eating is communal, and cooking is an essential life skill. Campers learn about serving others, kitchen safety, food preparation, kitchen cleanliness, and organization. Cooking and baking have brought Jeanne and I hours of joy in food preparation. We wanted to provide that opportunity to girls to learn to enjoy cooking.”

Girls will also enjoy a half-moon deck to complete the circle with the unique sundial room, one of Smith Lodge’s most unique and beautiful features, renamed the Dianne and Jeffrey Rotwitt Sundial Room and Deck in recognition of their generous donation.

And for the first time ever, girls can sleep outdoors with the newly constructed platform tents generously supported in part by Barbara Hauptfuhrer. This feature brings a very important level of the progressive camping experience to Shelly Ridge. After girls have stayed indoors in the Shawnee Lodge, they can expand their connection to nature with an overnight outdoor camping experience.

There are many future improvements in the works for this camp and others in the council. GSEP is planning a pitch-your-own tent area and a high ropes high adventure course at Shelly Ridge in the coming months and an indoor year-round program center at Camp Mountain House in Lehigh Valley.

For more information about supporting capital projects for Girl Scouts, please contact Lori Franzke at lf Franzke@gsep.org or 267-332-7039.



Self-Care Tips for Teens

What is self-care?

The World Health Organization defines self-care as “the ability of individuals, families and communities to promote health, prevent disease, maintain health, and cope with illness and disability with or without the support of a health-care provider.” Self-care looks different for everyone because we are all unique!

That means the ways we manage our stress, energize our bodies, and find ways to rest look different too!

We can suggest some ways to take care of yourself, but always remember that this looks different for everyone, and you can alter and change the ideas to best fit your personal self-care needs.

Here are some ideas to consider when making an action plan to take care of your physical, emotional, social, and spiritual wellbeing:

Physical Wellbeing

Rest your body

Create a bedtime routine to allow yourself at least 8 hours of sleep per night. It is recommended that teenagers get up to 10+ hours of sleep per night to rest your quickly changing bodies!

Eat nutritious foods

Every food is good in moderation! Find the foods that make you feel your best and balance your meals with fresh fruits and vegetables, proteins, healthy fats, and carbohydrates.

Emotional Wellbeing

Practice mindfulness

Create ways to be more aware of how you use your time. Think about how you can bring more joyful moments into your life.

Give forgiveness

When we forgive people, we start to let go of hurtful feelings to heal on our own. Remember that just because we forgive someone, does not mean we have to continue spending time with them.

Social Wellbeing

Interact with people who brighten your day

Your social circle has an influence on you whether you realize it or not. Be sure that the people you spend the most time with are creating positive and healthy relationships with you!

Set boundaries

It's okay to say “no” to optional activities if it means conserving your time and energy for other things that make you happy.

Spiritual Wellbeing

Spend time in nature

Spending time outside gives you the opportunity to connect with and nurture your inner self.

Practice self-reflection

Give yourself moments to think about what your passions and values are and how you will align them with your day-to-day actions.

Debunking Self-Care Myths



Self-care is just about pampering yourself.

MYTH!

While self-care can sometimes look like a spa day, it's more about making mindful changes in your everyday life that contribute to you feeling like your best self.

Self-care is time-consuming.

MYTH!

Self-care can be quick and easy, like taking a moment to breathe before responding to a friend in an argument or it can be a full day of rest. You get to decide what this looks like for you and your schedule. It is not one size fits all!

Self-care needs to be earned.

MYTH!

You do not need to overwork yourself in order to feel like you deserve self-care time. Everyone deserves time to take care of themselves, even if you feel like you have not "done enough to earn it."

Mindfulness Journaling Activity

Use the journaling prompts below to guide you in creating an action plan for self-care.

- What are three qualities that you love about yourself?
- What experiences or situations make you feel the happiest? Why?
- What are your favorite foods to eat? How do you feel when you eat them?
- What are some ways you enjoy moving your body? How can you incorporate more movement in your daily schedule?
- What friendship characteristics do you appreciate the most?
- How do you feel when you are spending time outside? What are your favorite things to do surrounded by nature?

Fall Product Program

Get excited to create your own avatar and sell all your favorite nuts, candies, and magazines to your family, friends, and neighbors as part of Fall Product Program 2022.

GSEP is once again partnering with M2 Media and Trophy Nut for the Fall Product Program. Troops can opt-in to participate in this high proceed opportunity.

Starting October 13, your Girl Scout can design their very own avatar—would you believe there are enough features to create over 3 billion avatars? This is a fun way for Girl Scouts to add their own personal flare! They will use the avatar when they set up their digital program, allowing them to sell the popular products from their own computer or smartphone, with the help of a grownup, of course.

Oct. 13 – Nov. 13

Look out for more information coming your way about our exciting Fall Product Program.

Girl Scouts will also be able to record a personalized video or audio message to send to potential customers and will have a personalized ordering link to help reach their goals.

Customers can easily shop for magazines, nuts, chocolates or donate to help their favorite Girl Scout!

This year's M2 and Trophy mascot is the Hawaiian Monk Seal. Girl Scouts who participate can earn a personalized patch featuring their avatar and the Hawaiian Monk Seal.





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**Be your brightest, boldest
self with Girl Scouts.**

Become an Advocate!



More than 110 years ago, Girl Scouts was founded on the belief that girls are smart, courageous, caring individuals who can make their communities better. That's actually what the Girl Scout Promise and Law are all about. In fact, the first two lines of the Promise state that we will "serve...[our] country [and] help people."

One way to do that is to be an advocate for others. Advocacy involves promoting the interests or cause of someone or a group of people. Advocacy is also about helping people find their voice. YOU have the power and capability to be an advocate for change.

A simple but authentic way to make a difference is to tell your story. Last year, Girl Scouts from around our council participated in a number of opportunities to speak about their experiences and views with local elected officials. For example, girls shared their perspectives on everything from mental health issues to school with Congresswoman Wild during a visit at Camp Mountain House. Girls also attended meetings of County Councils/Commissions

in March 2022 to celebrate Girl Scouts' 110th birthday and share our organization's history and current impact. And, two of our Girl Advisors traveled to Harrisburg last fall to talk with state senators and representatives about Girl Scouts.



Above: Girls, their troop leader, GSEP staff member Tiffany S. and Chester County Commissioners with the 110th birthday proclamation (March 2022)

Top of page: Girls and leaders at Northampton County Council, accepting the Council's proclamation celebrating the Girl Scouts' 110th birthday (March 2022)

Any girl or troop can contact the office of an elected official to set up a visit or speak about an issue that is of importance to them.

You can find their offices' contact information on their respective websites. Reaching out to elected officials is a terrific way to connect with people who are interested in how YOU are changing the world, too!



Right: Girl Advisors Devyn S. and Christian R. with State Rep. Joanna McClinton (191st District-Delaware County & Philadelphia) in Harrisburg (November 2021)

Below: U.S. Representative Susan Wild (PA-7th District) with girls at Camp Mountain House (August 2021)



How do you get started being an Advocate for Change?

There are lots of badges and Journeys for girls of all ages that can help you find an issue you care about, identify which individuals and organizations with whom you should talk, and learn how to encourage other people to join you in promoting change. Sometimes, you work with elected officials and government agencies; these adults appreciate youth bringing forward an issue that

community members can work on together. You may also find nonprofit organizations dedicated to an area that you feel strongly about and you can assist them in their efforts. Other times, it's up to you to start a movement...and you can do it! After all, Juliette Gordon Low started our national organization with just 18 girls.



Eco Advocate



Journey: Your Voice,
Your World



Finding Common
Ground



Journey: Justice



Journey:
Sow What?



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Inside
Government



Democracy
for Brownies

Girls Help Run the World... And GSEP, Too!

YOU can raise your voice, influence change, and speak up on behalf of girls!

Each year, three girls are selected as **Girl Advisors** to GSEP's Board of Directors. Girl Advisors hold seats at the table during meetings of the Board of Directors, where they provide girl insight and perspective on important matters. Plus, 30 girls are elected as **Girl Delegates** to represent the nearly 30,000 Girl Scouts in GSEP's nine-county footprint. Girl Delegates weigh-in on important issues at the two Delegate Council Meetings (September and March) and vote on new Board members and policies and procedures at GSEP's Annual Meeting in May.

There are many benefits to becoming a Girl Advisor or Girl Delegate. You'll get a pin for your vest or sash, opportunities to network with adult volunteers and Board Members, plus hands-on experience practicing parliamentary procedure and public speaking. Additionally, Girl Governance positions look great on a college application or resume.



Take it from the experts:

“My time as a Girl Advisor has been an integral part of my own personal journey to discover myself and my voice. As you help shape the future of Girl Scouts, you ultimately help shape the world as well.”

—Lizzy Q. (Girl Advisor, 2021-2022)

“Being a Girl Advisor comes with a lot of responsibility, but we also get to have so much fun! And, the Board members truly appreciate our input, and that has meant a lot to me.”

—Christian R. (Girl Advisor, 2021-2022)

“Serving as a Girl Advisor was one of my favorite Girl Scout experiences. Never be afraid to speak up! If you have a thought or an opinion, the Board (and all the adults at GSEP) will not only listen, but will also be ecstatic to hear from you!”

—Devyn S. (Girl Advisor, 2021-2022)

To be eligible for these governance positions, girls must be at least **14 years old by May 6, 2023** and must be registered as active members when they submit their application. Check out the Governance pages on GSEP's website later this fall for the link to the online application!

From L-R: Devyn S., GSEP CEO Kim Fraites-Dow, Christian R., and Lizzy Q.

56th National Council Session

July 18-20, 2023 at Walt Disney World Resort in Orlando

Interested in how Girl Scouts as a Movement evolves and changes? Register for the National Council Session (NCS) as a visitor and see how the NCS Delegates and National Board debate, discuss, and vote on issues and topics that impact all of us now and

in the future. Plus, visit with our NCS Delegation in Orlando and learn how they prepared and share GSEP's voices and perspectives on a national stage.

NCS will be immediately followed by the girl-centric event Phenom, also at Walt Disney World Resort, July 20-22, 2023. Early Bird Registration for both events is open now through October 31, and open registration will continue through early summer 2023 (depending on spaces available).

Check out girlscouts.org for more info!

Phenom

Ready to show the world just how **phenomenal** you are?

Join thousands of girls for a national gathering of changemakers from across the country July 20-22, 2023 at Walt Disney World Resort! Get ready to spark new ideas, make friends, have fun, and create something incredible. There will be activities and demos in the Expo Hall, special guests, live performances, and much more.

Early Bird Registration closes on October 31, but standard registration will remain open through summer 2023 (as of press time). This event is open to all, including Girl Scout members, non-members, alums, and families.

Phenom immediately follows the National Council Session.



WANTED: Girls Ready to Make Change!

Are you interested in a leadership role in determining the future of GSEP's girl experiences? Do you want to get involved in helping improve the Cookie Program, Spark programs, summer camp, and other events? Are you looking for ways to build your resume? We want to hear from you!

Cadettes, Seniors, and Ambassadors are eligible to apply to join Girl Scout Says, GSEP's Girl Advisory Committee.



Cadettes, Seniors,
and Ambassadors are
eligible to apply to join

Girl Scout Says
GSEP's Girl
Advisory Committee

Interested girls must be able to:

- Commit to one year of service through September 2023
- Attend a kick-off meeting on Sunday, November 6th 10:30-1pm at Camp Laughing Waters
- Attend five additional meetings (mix of in-person and virtual)
- Participate in conversations through email and Band app, our virtual platform

To Apply, visit <https://smr.to/p82048>

The application deadline is October 15, 2022

5

reasons every Girl Scout should be a #CookieBoss

1. Join the largest girl-led business IN THE WORLD

This 104-year-old program is a Girl Scout tradition. Who'd want to miss out on this?

2. Become your own boss

Learn the determination, confidence, and vision it takes to set goals and reach them.

3. Decide how to use your cookie recognition and troop's cookie proceeds

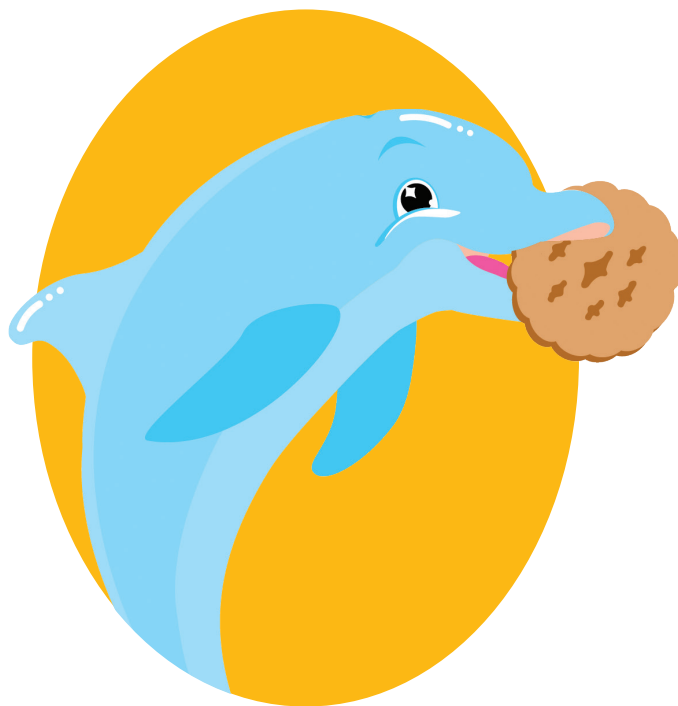
Travel the world, make your community better, help a charity or those in need, take on adventures at Girl Scout camp, or set your sights on some amazing prizes! It's up to YOU!

4. Hometown Hero

Help make your community a little sweeter by collecting donations to deliver cookies to your favorite hometown heroes!

5. Earn your Cookie Business and Financial Literacy badges while having fun and building your network!

Beyond all that, you'll gain skills like money management, how to talk to people, and business ethics. Don't forget, individually registered members and Girl Scouts of all ages can participate in the Cookie Program. Check out the Cookie Boss Class of 2022 on the next few pages.



Learn
more!

Visit the 'Cookies' section of our website for more info.

2022 COOKIE BOSS

On the following pages, you'll meet 789 Girl Scouts who raised the bar and reached their goals! These go-getters each sold 1,000+ packages of cookies, earning a spot into the prestigious Cookie Boss Class of 2022. From traveling the world to earning their Gold Award, these #CookieBosses deserve a shout-out!

Daisies (K-1)

Abigail S., Troop 21051	Grace M., Troop 7893
Addison D M., Troop 429	Gracie S., Troop 7639
Alessandra D., Troop 1544	Hazel K., Troop 937
Alicia D., Troop 1759	Isabella B., Troop 20585
Alyssa M., Troop 7268	Isabella H., Troop 212
Arya B., Troop 75	Jade S., Troop 8882
Ashton R., Troop 770	Jasmine S., Troop 2111
Aubree L., Troop 619	Jordan F., Troop 5408
Aubrey S., Troop 51251	Juliana M., Troop 212
Averey B., Troop 21453	Juliet O., Troop 7092
Avery H., Troop 51251	Jurnie J., Troop 9500
Brooklyn H., Troop 1694	Katelyn K., Troop 5708
Callie C., Troop 2549	Kayla K., Troop 8325
Charli J., Troop 91234	Kaylee T., Troop 2770
Charlotte B., Troop 7268	Kennedy J., Troop 9115
Edith H., Troop 7893	Khalie C., Troop 285
Eleanor G., Troop 57109	Kimber M., Troop 110
Emma B., Troop 513	Kyleigh P., Troop 920
Emmeline G., Troop 2178	Laila Marie K., Troop 9609
Emmy A., Troop 7893	Layla B., Troop 920
Fiona B., Troop 902	Lexi B., Troop 212
Francesca D., Troop 1544	Lily D., Troop 2531
Gianna I., Troop 471	Lilyanna L., Troop 7268



Top 5
Cookie
Seller

Gia P., Troop 9589

“My favorite thing about the Girl Scout Cookie Program is seeing all of the excited and happy faces of people when they get their cookies! Also, I get excited, too, because I feel like I’m running a business!”

Louisa W., Troop 93942	Olivia R., Troop 2046
Mackenzie M., Troop 7268	Paige Natalya L., Troop 7742
Madelyn C., Troop 4774	Paris F., Troop 4393
Madilyn R., Troop 584	Penelope D., Troop 4247
Madison S., Troop 7498	Peyton S., Troop 46
Madisyn M., Troop 8188	Presley L., Troop 24
Makayla W., Troop 281	Rabiya J., Troop 71159
McKenzie K., Troop 2111	Rebecca A., Troop 1052
Millicent C., Troop 902	Riley C., Troop 80
Natalie H., Troop 7010	Sophia C., Troop 584
Natalie H., Troop 8361	Summer L., Troop 8361
Nora L., Troop 281	Sylvia B., Troop 77
Nora S., Troop 2770	Taryn M., Troop 1052
Olive E., Troop 920	Vera M., Troop 9115
Olive F., Troop 4416	ZaNeesiah A., Troop 51522
Olivia F., Troop 93942	Zoey K., Troop 845

Brownies (2-3)

Abbie M., Troop 20586	Danica H., Troop 9552
Abbie M., Troop 5555	Danielle L., Troop 9241
Abigail R., Troop 928	Devyn S., Troop 7043
Abigail M., Troop 21374	Diana D., Troop 536
Addison N., Troop 9221	Elaina M., Troop 1438
Addison B., Troop 71515	Eleanor H., Troop 767
Adelynn K., Troop 6810	Elia H., Troop 93942
Adison C., Troop 960	Eliana A., Troop 9115
Aine L., Troop 281	Elizabeth B., Troop 7091
Akira D., Troop 21669	Ella R., Troop 9378
Alaina H., Troop 8019	Ellie B., Troop 11064
Alana F., Troop 5555	Emily P., Troop 2008
Alexandra Y., Troop 6051	Emily D., Troop 3241
Alexis B., Troop 6051	Emily C., Troop 41242
Allison Allie S., Troop 7043	Emily G., Troop 71140
Alyssa Z., Troop 72140	Emma C., Troop 1929
Amelia M., Troop 41979	Emma D., Troop 71512
Amelia K., Troop 1759	Emma P., Troop 71515
Anna P., Troop 6169	Emma H., Troop 8189
ANNA M., Troop 91528	Emma M., Troop 845
Annabelle W., Troop 6032	Emmeline C., Troop 902
Annalise S., Troop 71515	Erin B., Troop 513
Astrid E., Troop 72140	Evelyn C., Troop 4219
Aubree B., Troop 53233	Genevieve G., Troop 720
Aubrey B., Troop 8756	Gia W., Troop 9454
Ava M., Troop 71140	Giana Q., Troop 7043
Ava T., Troop 2553	Grace H., Troop 7879
Ava K., Troop 505	Grace M., Troop 8019
Aya M., Troop 41079	Hadley S., Troop 4260
Basia B., Troop 93942	Hailey B., Troop 6051
Belladonna L., Troop 6915	Harper B., Troop 902
Brighton M., Troop 71515	Helena A., Troop 281
Briana A., Troop 57095	Hope P., Troop 71140
Brianna T., Troop 91164	Jacqueline W., Troop 93942
Brooklea H., Troop 8756	Jaelynn W., Troop 281
Brooklyn K., Troop 773	Jalayah T., Troop 9403
Brooklynn P., Troop 7045	Jaylyn Z., Troop 7105
Caitlin H., Troop 7171	Jocelyn D., Troop 71512
Caitlin L., Troop 281	Jordyn J., Troop 295
Caitlin H., Troop 7108	Julia S., Troop 7767
Cali M., Troop 6647	Kailey F., Troop 51522
Calli S., Troop 7256	Kaiya A., Troop 7879
Charlotte D., Troop 57095	Kalynn J., Troop 919
Chloe E., Troop 57095	Kathryn H., Troop 71515
Cirya C., Troop 9210	Kayla D., Troop 6955
Claire B., Troop 12147	Kaylee L., Troop 3215
Cordelia S., Troop 2566	

Kaylee K., Troop 1373
 Keira B., Troop 5555
 Kendall M., Troop 53451
 Kendra F., Troop 9484
 Kenleigh P., Troop 9552
 Kiera W., Troop 41242
 Kinley S., Troop 4260
 Kinsley S., Troop 22022
 Krystal F., Troop 513
 Lacey A., Troop 9552
 Layla A., Troop 21374
 Layla D., Troop 71140
 Leighana B., Troop 409
 Lilah H., Troop 2018
 Liliana D., Troop 12147
 Lillian C., Troop 418
 Lillian B., Troop 71515
 Lilly W., Troop 212

Lilly S., Troop 3241
 Lorelei S., Troop 7138
 Luna T., Troop 5340
 Maci B., Troop 9161
 Mackenzy S., Troop 8756
 Macyn K., Troop 4466
 Madeleine W., Troop 6949
 Madilyn G., Troop 71140
 Malina W., Troop 7955
 Maura H., Troop 573
 McKenna F., Troop 3305
 Mia L., Troop 795
 Mia B., Troop 2782
 Mikayla L., Troop 2782
 Miriam D., Troop 41242
 Molly M., Troop 767
 Molly T., Troop 7171
 Morgan D., Troop 2531

Valentina L., Troop 9712

“The Cookie Program teaches me how to handle and budget money, explain the differences about all of the cookies and it allows me to meet and speak with people in my community.”





Natalie C., Troop 6810
 Nora C., Troop 7044
 Olivia E., Troop 212
 Olivia R., Troop 41242
 Olivia K., Troop 902
 Olivia J., Troop 9210
 Olivia W., Troop 921
 Orla D., Troop 902
 Parker K., Troop 845
 Parker Nori L., Troop 9214
 Penelope C., Troop 2034
 Peyton B., Troop 9712
 Piper W., Troop 7108
 Radha T., Troop 2724
 Rayna G., Troop 463
 Rebecca W., Troop 2384
 Rosalee H., Troop 4466
 Ruth Z., Troop 8795
 Sabina B., Troop 5086
 SaMyya G., Troop 9484
 Sarah V., Troop 2782
 Savannah K., Troop 115
 Savannah V., Troop 409
 Savannah M., Troop 8412
 Sawyer J., Troop 21722
 Sayde S., Troop 71209
 Shayla S., Troop 928
 Shelby C., Troop 7044
 Shoshana C., Troop 21640
 Siani J., Troop 919
 Siena C., Troop 72140
 Skylar L., Troop 7131
 Sloan J., Troop 93942
 Sophia S., Troop 9161
 Sophia S., Troop 20006
 Sophia R., Troop 573
 Stella A., Troop 4382
 Stella S., Troop 7879
 Teagan L., Troop 7091
 Valentina L., Troop 9712
 Valerie B., Troop 212
 Vanessa D., Troop 7104
 Violet S., Troop 61128
 Vivienne G., Troop 20520
 Willow Z., Troop 8467
 Zoe D., Troop 9403
 Zoe D., Troop 7268
 Zoey C., Troop 8267

Juniors (4-5)

Abbykca D., Troop 1709
 Abigail G., Troop 71524
 Abigail R., Troop 91164
 Abigail T., Troop 8614
 Abigail D., Troop 701
 Adalynn P., Troop 73031
 Addison B., Troop 1080
 Addison M., Troop 5086
 Addison L., Troop 6169
 Addyson L., Troop 11165
 Addyson H., Troop 71524
 Adriana B., Troop 516
 Adrianna R., Troop 285
 Alaina M., Troop 2132
 Alaina C., Troop 6810
 Alena W., Troop 9785
 Alexa P., Troop 5077
 Alexis D., Troop 1709
 Alexis B., Troop 7098
 Alice D., Troop 94222
 Alivia R., Troop 7761
 Alyssa A., Troop 722
 Amanda Mae L., Troop 9315
 Amara D., Troop 544
 Amarri L., Troop 9689
 Amber H., Troop 8614
 Ameila S., Troop 2553
 Amelia H., Troop 767
 Amelia D., Troop 1111
 Amelia T., Troop 767
 Amy W., Troop 9012
 Anna M., Troop 53462
 Annabella B., Troop 5086
 Aubrey J., Troop 1879
 Audrey T., Troop 6051
 Autumn H., Troop 8162
 Ava K., Troop 115
 Avery E., Troop 9552
 Avery T., Troop 53462
 Avery J., Troop 70331
 Avery A., Troop 51518
 Bailey S., Troop 6169
 Beatrice W., Troop 93942
 Bella M., Troop 5801
 Bella Z., Troop 8467
 Bella S., Troop 9115
 Briella L., Troop 1709
 Brielle L., Troop 9454
 Brooklyn M., Troop 1727
 Brooklyn P., Troop 5086
 Cadence D., Troop 859
 Caitlyn S., Troop 7043
 Calianna S., Troop 3305
 Camilla A., Troop 21722
 Carina M., Troop 2876
 Carly D., Troop 9674
 Carmen J., Troop 1364
 Cassidy B., Troop 5374
 Charlotte D., Troop 6169
 Charlotte M., Troop 21722
 Chelsi N., Troop 2628
 Chloe L., Troop 4727
 Claire M., Troop 6169
 Claire T., Troop 6810
 Collette T., Troop 6244
 Courtney H., Troop 71947
 Dakota S., Troop 950
 Dakota B., Troop 5387
 Danielle S., Troop 21277
 Daphne S., Troop 2974
 Darcy L., Troop 2130
 Devyn G., Troop 795
 Deysjah B., Troop 9629
 Djazori A., Troop 7761
 Eden H., Troop 7511
 Eleanor D., Troop 279
 Elizabeth Virginia B., Troop 2692
 Ella D., Troop 544
 Ella W., Troop 1287
 Ella C., Troop 578
 Ella Marie H., Troop 7104
 Ellie H., Troop 6244
 Ellie S., Troop 6169
 Ellington S., Troop 7138
 Eloise O., Troop 7761
 Emily C., Troop 2034
 Emily G., Troop 71524
 Emma H., Troop 605

Emma W., Troop 285
 Erika T., Troop 5140
 Fiona M., Troop 7776
 Gabby C., Troop 701
 Gabriella M., Troop 212
 Gabriella T., Troop 6169
 Gabriella K., Troop 701
 Gabryella S., Troop 91297
 Gia P., Troop 9589
 Gianna C., Troop 21963
 Grace L., Troop 22035
 Grace B., Troop 1727
 Gwendolyn D., Troop 7715
 Hailee M., Troop 42024
 Hanna S., Troop 8467
 Hannah S., Troop 2692
 Hannah D., Troop 7776
 Harley H., Troop 2876
 Harper K., Troop 2810
 Haylee B., Troop 7776
 Hayley K., Troop 6142
 Iliana G., Troop 3506
 Imani C., Troop 7715
 Isabella M., Troop 7156
 Isabella G., Troop 71768
 Isabella R., Troop 2676
 Isabella M., Troop 53383
 Isabelle K., Troop 6810
 Issabella A., Troop 4129
 Jaelyn H., Troop 3305
 Jane C., Troop 77801
 Jasmine B., Troop 7296
 Jenny R., Troop 4171
 Jessica W., Troop 4245
 Jocelyn N., Troop 2876
 Jolene H., Troop 8060
 Julia W., Troop 7511
 Juliana H., Troop 573
 Juliana M., Troop 9315
 Julianna P., Troop 2296
 Kadence S., Troop 2566
 Kalani Y., Troop 2566
 Kayla J., Troop 9037
 Kellsey C., Troop 701
 Kennedy F., Troop 21793
 Kenzie P., Troop 21963
 Kira M., Troop 4040
 Kiran S., Troop 93942
 Kylee D., Troop 3506
 Leah H., Troop 3305
 Leanna S., Troop 2806
 Lila L., Troop 5374
 Lily M., Troop 5140
 Lola H., Troop 4466
 Lydia D., Troop 701
 Lydia N., Troop 94222
 Lyla D., Troop 91164
 Lylah M., Troop 9454
 Macayla B., Troop 7776
 Maci L., Troop 795
 Mackenzie L., Troop 578
 Mackenzie A., Troop 701
 Mackenzie W., Troop 4171
 Madeline V., Troop 5387
 Madison E., Troop 212
 Madison A., Troop 21820
 Magdalena B., Troop 72134
 Makensie J., Troop 9115
 Makenzie E., Troop 212
 Matilda B., Troop 7435
 Meghan Maggie S., Troop 7043
 Mikayla S., Troop 2553
 Miranda P., Troop 224
 Molly B., Troop 1080
 Molly F., Troop 9315
 Molly L., Troop 2064
 Morigan M., Troop 415
 Natalie J., Troop 77801
 Natalie H., Troop 51129
 Natalie R., Troop 91546
 Nia B., Troop 7142
 Nina O., Troop 71947
 Nora Z., Troop 8747
 Olivia M., Troop 8614
 Olivia M., Troop 8162
 Olivia H., Troop 21722
 Olivia E., Troop 578
 Olivia C., Troop 91164
 Paige P., Troop 6169
 Paige F., Troop 71165
 Paige B., Troop 6244
 Payton P., Troop 2130
 Payton Nicole L., Troop 9241
 Persephone D., Troop 1247

Raven V., Troop 4727
 Reese S., Troop 7511
 Rhyan M., Troop 212
 Riley V., Troop 8614
 Ryleigh K., Troop 4466
 Sadie F., Troop 7776
 Samantha S., Troop 21527
 Samantha T., Troop 701
 Sarah W., Troop 8276
 Sarah S., Troop 1727
 Sarah Jane W., Troop 71947
 Scarlett E., Troop 5140
 Scootaloo L., Troop 6169
 Shannon H., Troop 701
 Sheila M., Troop 7776
 Sibrea M., Troop 53095
 Siena P., Troop 4466
 Sienna W., Troop 7371
 Skylar F., Troop 7371
 Sofia F., Troop 93942
 Sofia G., Troop 21277
 Sophia G., Troop 224
 Sophia K., Troop 22035
 Sophia L., Troop 773
 Sydney K., Troop 578
 Sydney R., Troop 601
 Taegan Z., Troop 7389
 Taryn W., Troop 4538
 Taylee K., Troop 3862
 Tessa A., Troop 7776
 Tiffany D., Troop 7091
 Violet M., Troop 7761
 Ziva V., Troop 585
 Zoe Q., Troop 91164
 Zoey K., Troop 91206



“Each year it (the Cookie Program) teaches me about budgeting, profit, and how to run a business. This year we learned about supply and demand, and we focused a lot on marketing and how to reach our customers.”

Scootaloo L., Troop 6169

Cadettes (6-8)

Aaliyah Y., Troop, 9785	Cecelia Z., Troop, 713
Aaralyn F., Troop, 9663	Charlotte F., Troop, 282
Abby S., Troop, 854	Charlotte C., Troop, 7275
Abigail S., Troop, 71790	Ciana B., Troop, 9785
Abigail C., Troop, 9943	Ciani S., Troop, 9934
Addyson M., Troop, 406	Cyneathia R., Troop, 5357
Adriana S., Troop, 8373	DaMayah P., Troop, 715
Aeryn H., Troop, 51686	Danae O., Troop, 98327
Alaina B., Troop, 5944	Darya B., Troop, 7157
Alessandra Z., Troop, 1263	Diahna S., Troop, 91326
Alexandria C., Troop, 7021	Elizabeth M., Troop, 1331
Alexis P., Troop, 53086	Elizabeth B., Troop, 513
Allysse K., Troop, 8587	Ella E., Troop, 9744
Alyssa F., Troop, 7275	Emilie E., Troop, 2395
Amanda F., Troop, 7275	Emily I., Troop, 7124
Amanda P., Troop, 5944	Emily R., Troop, 5047
Amaya G., Troop, 91326	Emma K., Troop, 9744
Anais P., Troop, 5047	Emma K., Troop, 7063
Angelina D., Troop, 1516	Emma P., Troop, 91531
Angelina R., Troop, 51129	Emyrson S., Troop, 8468
Aniah J., Troop, 9744	Fiona O., Troop, 71273
Anna Grace H., Troop, 406	Gabriella P., Troop, 247
Annabella B., Troop, 573	Gabrielle C., Troop, 9115
Anjelique C., Troop, 71975	Gabrielle T., Troop, 7124
Arial M., Troop, 122	Gisele A., Troop, 7157
Arianna J., Troop, 2786	Grace B., Troop, 2974
Arianna T., Troop, 91297	Grace M., Troop, 6851
Arya C., Troop, 73448	Hailey K., Troop, 7063
Ashley S., Troop, 22035	Hailey C., Troop, 5944
Ashley E., Troop, 6931	Hannah S., Troop, 6401
Ashley G., Troop, 9120	Hannah W., Troop, 9744
Asiya B., Troop, 71159	Isabel A., Troop, 7275
Audrey W., Troop, 640	Isabella D., Troop, 163
Ava K., Troop, 21041	Isabella G., Troop, 7123
Avery M., Troop, 4514	Izabella C., Troop, 566
Brianna C., Troop, 5047	Jaelyn W., Troop, 1263
Brianna T., Troop, 7130	Janice H., Troop, 21240
Brielle B., Troop, 7208	Jennah J., Troop, 91053
Brinley B., Troop, 216	Jessica B., Troop, 71975
Brooke F., Troop, 51686	Jessica S., Troop, 5407
Brooke G., Troop, 9744	Jessica T., Troop, 7157
Cadence G., Troop, 784	Jocelyn B., Troop, 51129
CaeLyn L., Troop, 7104	Jordan H., Troop, 5407
Caralyn G., Troop, 51129	Jordan W., Troop, 446
Carolena G., Troop, 42123	Kaila T., Troop, 5340



Top 5
Cookie
Seller

Diahna S., Troop 91326

“The Girl Scout Cookie Program teaches me that you have to find creative ways for someone to purchase your product. You also must get to know the customer a bit, to help with the sale of the cookies.”

Kamryn T., Troop, 53462	Kiara L., Troop, 61
Kara M., Troop, 1818	Kileigh H., Troop, 247
Kara O., Troop, 7275	Kinsley J., Troop, 9997
Kassidy G., Troop, 2065	Kori Ann R., Troop, 71975
Katelyn C., Troop, 8373	Korpo K., Troop, 9997
Katelyn M., Troop, 21422	Lauren M., Troop, 81078
Kathryn I., Troop, 471	Lauren K., Troop, 9129
Kayla M., Troop, 5801	Leah S., Troop, 5393
Kayla W., Troop, 91326	Lena C., Troop, 3801
Kayla D., Troop, 91	Liana S., Troop, 7100
Kayley C., Troop, 2339	Lillian C., Troop, 4082
Kenadie L., Troop, 7715	Lilliana B., Troop, 573
Kennedy M., Troop, 1263	Lilyian E., Troop, 2049
Khloe P., Troop, 9744	Lucia G., Troop, 41028
Khloe L., Troop, 91297	Lydia B., Troop, 4362

Mackenzie G., Troop, 51686	Penelope H., Troop, 730
Madeline K., Troop, 7357	Peyton M., Troop, 2153
Madison K., Troop, 643	Peyton J., Troop, 77138
Madison B., Troop, 4321	Rachel F., Troop, 2055
Madison V., Troop, 7275	Rachita J., Troop, 7157
Maia L., Troop, 4029	Rozaria K., Troop, 795
Makenna D., Troop, 8433	Rylee U., Troop, 7295
Malia P., Troop, 9135	Ryleigh T., Troop, 844
Mallory W., Troop, 4243	Sabrya B., Troop, 9158
Mandy R., Troop, 2074	Samantha R., Troop, 163
Margaret M., Troop, 2309	Samantha B., Troop, 883
Martha B., Troop, 2811	Samantha M., Troop, 21422
Maya K., Troop, 21041	Sara S., Troop, 71471
McKayla G., Troop, 219	Sarah S., Troop, 471
McKenna F., Troop, 247	Savannah R., Troop, 2074
Melody B., Troop, 5393	Savannah B., Troop, 7275
Mena C., Troop, 1065	Shaina A., Troop, 51129
Micaela B., Troop, 93	Shalese R., Troop, 7028
Michaela G., Troop, 219	Sierra J., Troop, 2065
Micheala C., Troop, 5575	Simra S., Troop, 70827
Miranda R., Troop, 41140	Skye S., Troop, 9997
Molly S., Troop, 6741	Skye S., Troop, 9785
Molly R., Troop, 5006	Sofia B., Troop, 7753
Morgan L., Troop, 690	Sophia A., Troop, 61
Morgan Z., Troop, 7157	Sophia R., Troop, 7157
Mykayla Y., Troop, 53086	Sophie J., Troop, 50220
Natalia M., Troop, 8133	Stella P., Troop, 9934
Natalia Z., Troop, 1818	Stella T., Troop, 1263
Neeve B., Troop, 5163	Stella F., Troop, 51231
Nikylah B., Troop, 93070	Sydney S., Troop, 41926
Norah W., Troop, 91504	Sydney B., Troop, 768
Nylah E., Troop, 91053	Sydney H., Troop, 2786
Olivia M., Troop, 21005	Taylor H., Troop, 1473
Olivia W., Troop, 2049	Temperance S., Troop, 2566
Olivia G., Troop, 91326	Victoria M., Troop, 247
Paige F., Troop, 513	Violet S., Troop, 566
Paige F., Troop, 301	Vivian J., Troop, 830
Paloma C., Troop, 7686	Wynter L., Troop, 7104
Parker M., Troop, 2786	Zameena A., Troop, 7275
Payton W., Troop, 3248	



Stella P., Troop 9934

“The Cookie Program taught me to advertise my product (cookies) on social media. It taught me about how important it is to work hard (it’s a lot of work for us and the parents!), be patient, and stay focused to meet my goal, which was to be a Cookie Boss! I want to work hard to achieve my goals and try to be a better person by selling cookies so we can get donations and give them to charity.”

Seniors (9–10)

Abigail M., Troop 7063	Katherine D., Troop 4215
Ashley S., Troop 301	Kayla E., Troop 9629
Ashley L., Troop 9629	Keirstyn S., Troop 44123
Auloni H., Troop 9629	Kenda F., Troop 7063
Aurie B., Troop 91053	Kennedi P., Troop 8587
Autumn H., Troop 8133	Kennis J., Troop 5357
Autumn S., Troop 122	Kiera M., Troop 5913
Avery D., Troop 8472	Kyleigh M., Troop 53086
Breanna F., Troop 8133	Lauren H., Troop 7242
Briana C., Troop 9696	Lillian K., Troop 7151
Brianna L., Troop 81107	Mabel B., Troop 2812
Brianna B., Troop 7369	Mackenzie S., Troop 2866
Brianna W., Troop 8472	Madison J., Troop 9629
Bridget H., Troop 71182	Marenda R., Troop 93
Caitlyn D., Troop 1797	Marisa M., Troop 97234
Caroline W., Troop 442	Mary Ashlyn W., Troop 2812
Charli Ann R., Troop 63486	Meghan M., Troop 44123
Christine M., Troop 7360	Mia F., Troop 7063
Dakotah M., Troop 9629	Morgan M., Troop 21638
Daniela W., Troop 81107	Natalie D., Troop 21603
Dannica Y., Troop 71790	Nevaeh B., Troop 9629
Donaita K., Troop 795	Nicole S., Troop 2779
Ella Lily K., Troop 44123	Olivia R., Troop 1516
Emily M., Troop 41783	Olivia D., Troop 1797
Emma G., Troop 2065	Olivia S., Troop 41536
Emma C., Troop 97234	Paige S., Troop 8847
Erica K., Troop 9517	Priscilla F., Troop 1994
Faith G., Troop 6037	Rennie L., Troop 9744
Grace J., Troop 2535	Samantha B., Troop 4063
Hailey H., Troop 5426	Shelby K., Troop 44123
Haley R., Troop 53086	Sierra A., Troop 122
Hannah I., Troop 7210	Sophia B., Troop 2974
Isabelle K., Troop 5320	Sophia O., Troop 71113
Izabella H., Troop 72055	Sophie W., Troop 81107
Jada M., Troop 7753	Susan M., Troop 2717
Jenna T., Troop 81107	Taniyah D., Troop 7063
Julianne R., Troop 7063	Vashti V., Troop 91
Kaitlynne J., Troop 7287	Zohra F., Troop 51129
Karena W., Troop 4291	

Ambassadors (11–12)

Alessandra H., Troop 81075	Lydia E., Troop 21105
Amani P., Troop 9663	Madison L., Troop 1724
Chyra D., Troop 9020	Madison D., Troop 63486
Cora M., Troop 8472	Mary B., Troop 2812
Cydney B., Troop 91504	Melanie T., Troop 9020
Elizabeth S., Troop 6851	Molly N., Troop 81107
Elizabeth H., Troop 1227	Myah Y., Troop 91
Emily L., Troop 9934	Nicole W., Troop 9517
Emily F., Troop 21105	Paris G., Troop 9020
Erin W., Troop 91402	Rachel H., Troop 712
Grace H., Troop 9129	RebeccaLynn B., Troop 1994
Haley N., Troop 4079	Riley B., Troop 7819
Jade K., Troop 9020	Rosemary J., Troop 8225
Kailyn N., Troop 4079	Sally M., Troop 8472
Katherine R., Troop 1400	Shanir F., Troop 9069
Kayla K., Troop 4079	Simone J., Troop 9020
Kayla P., Troop 91552	Tara H., Troop 1359
Keryn S., Troop 4746	Tatiana D., Troop 9020
Khatira H., Troop 9020	Victoria M., Troop 91504
Kourtney K., Troop 682	
Kylie P., Troop 9744	



Opportunities for Older Girls!

What's your favorite thing about being a Girl Scout?

Whether it's the leadership opportunities, commitment to community service, having a blast at camp, spending time with your sister Girl Scouts, participating in unique events and programs, or all of the above, we have the thing for you! Learn all about the incredible ways you can stay involved and, of course, continue to fill that sash with shiny pins and special patches. Check off the opportunities that you're interested in to create your roadmap to success!

Cadette

- ☐ **Girl Scout Silver Award**
The Silver Award is the highest achievement for a Girl Scout Cadette. To earn the award, a girl must identify a community issue, then plan and execute a 50-hour project that addresses a root cause of that community issue.
- ☐ **Leader in Action (LIA)**
Cadettes can earn a Leader in Action award by assisting a Brownie group on any of their National Leadership Journeys.
- ☐ **Service Bars**
These awards are earned when a Girl Scout provides 20+ hours of service to one organization, either in the Girl Scout community for a Service to Girl Scouting Bar, or beyond for a Community Service Bar.
- ☐ **Silver Torch Award**
This award recognizes Cadettes who act as leaders in their communities by serving for one full term in a leadership position.

Senior

- ☐ **Girl Scout Gold Award**
The Gold Award is the highest achievement in Girl Scouting, earned by Seniors and Ambassadors. To earn the award, a girl must identify a community issue, then plan and execute an 80-hour project that addresses a root cause of that community issue.
- ☐ **Counselor in Training (CIT I & II)**
Seniors and Ambassadors with an interest in becoming a camp counselor should start with CIT I and CIT II.
- ☐ **GSEP Scholarships**
Seniors and Ambassadors can apply for GSEP scholarships to help cover the cost of things like Destinations and higher education expenses.
- ☐ **Service Bars**
These awards are earned when a Girl Scout provides 20+ hours of service to one organization, either in the Girl Scout community for a Service to Girl Scouting Bar, or beyond for a Community Service Bar.
- ☐ **Silver & Gold Torch Award**
This award recognizes Seniors who act as leaders in their communities by serving for one full term in a leadership position.
- ☐ **Volunteer in Training (VIT)**
This award is for Seniors or Ambassadors who mentor a Girl Scout Daisy, Brownie, Junior, or Cadette troop.

Want to learn more about opportunities for Older Girl Scouts? Sign up for our Older Girl Retreat at Camp Laughing Waters! More information can be found on page 10 of the Program Guide.

Ambassador

- ☐ **Girl Scout Gold Award**
The Gold Award is the highest achievement in Girl Scouting, earned by Seniors and Ambassadors. To earn the award, a girl must identify a community issue, then plan and execute an 80-hour project that addresses a root cause of that community issue.
- ☐ **Counselor in Training (CIT I & II)**
Senior and Ambassadors with an interest in becoming a camp counselor should start with CIT and CIT II.
- ☐ **Gold Torch Award**
This award recognizes Ambassadors who act as leaders in their communities by serving for one full term in a leadership position.
- ☐ **GSEP Scholarships**
Seniors and Ambassadors can apply for GSEP scholarships to help cover the cost of things like Destinations and higher education expenses.
- ☐ **Service Bars**
These awards are earned when a Girl Scout provides 20+ hours of service to one organization, either in the Girl Scout community for a Service to Girl Scouting Bar, or beyond for a Community Service Bar.
- ☐ **Volunteer in Training (VIT)**
This award is for Seniors or Ambassadors who'd like to mentor a Girl Scout Daisy, Brownie, Junior, or Cadette troop.

All Older Girls

- ☐ **Girl Advisors to the Board***
Girl Advisors hold seats at the table during meetings of the Board of Directors, where they provide girl insight and perspective on important matters. The opportunity to network with business leaders and hands-on experience practicing parliamentary procedure and public speaking is unique!
- ☐ **Girl Delegates and Service Unit Delegates***
Girls can influence the direction of the Council by representing their Service Unit or sharing their perspectives on important issues at Delegate Meetings and voting on new policies and procedures at GSEP's Annual Meeting.

- ☐ **Girl Scout Destinations**
Girl Scout Destinations are the ultimate adventure for individual Cadette, Senior, and Ambassador Girl Scouts! Make friends from all over the country as you travel with Girl Scouts from different states.
- ☐ **GS Says**
GSEP's Girl Advisory Committee, GS Says, gives girls the chance to have their voices heard to make GSEP an even better place for all Girl Scouts. Learn more on page 43!
- ☐ **National Council Session Delegates***
Girls can influence the direction of the entire Girl Scout movement by serving a 3-year term as an NCS Delegate, by providing guidance to the National Board. They vote on national Board Members and national Board Development Committee Members. NCS Delegates discuss, debate, and vote on proposals impacting the entire Movement.
- ☐ **Program Leadership**
Older girls can participate in special programs throughout the year designed to teach them new skills and give them the opportunity to grow as leaders. Help with some of GSEP's signature programs such as Sundae Sunday, Cookie Captains, and Maple Sugaring.
- ☐ **Take the Lead (TTL)**
GSEP's signature fundraising event, Take the Lead is an event for the girls, by the girls. The event honors incredible women leaders from our community who are the positive role models our girls need today. Help with the flag ceremony, chorus, raffles, or more as a Cadette. Senior Girl Scouts are perfect for the role of Emcee. As an Ambassador, you can set your sights on the Presenter role which provides amazing mentorship from honorees and once in a lifetime creative writing and public speaking opportunities!

After

- ☐ **Young Alum**
Stay involved with Girl Scouts even after high school graduation by joining the Young Alum group!

*Girls must be 14 or older to apply for Girl Advisors to the Board, Girl Delegates and Service Unit Delegates, and National Council Session Delegates at the time of Election.

Troop Life Not Your Life?

There's another way to be a Girl Scout!

If you're looking to reap the rewards, recognition, and skills of being a Girl Scout, but being part of a troop isn't for you, become an individually registered girl (IRG), also known as a “**Juliette**”, and make your Girl Scout experience work for you!

As a Girl Scout IRG, you can customize your Girl Scout experience around your interests, goals, and schedule. We have so much to offer! Whether you have a few hours, a few weeks, or a few months, Girl Scouts is flexible and fun.

There are no limits to what you can do as an IRG. Participate in everything that is open to your grade level.

You can:

- Attend in-person or virtual GSEP-sponsored programs, events, series opportunities, year-round camp experiences, and travel opportunities.
- Work on Journey awards and badges with a parent or another adult mentor.
- Earn the Bronze, Silver, and Gold Awards.
- Apply for governance and committee opportunities to be a change-maker and have your voice heard!
- Be a part of your Service Unit.

And, of course:

Participate in the Girl Scout Cookie Program to develop your entrepreneurial skills, give back to Girl Scouting, earn cool recognitions and |credits towards GSEP camps, Spark programs and travel opportunities!

The future is yours, and your journey starts here. Begin your new adventure by completing your Girl Scout membership registration at gsep.org/join and emailing Member Services (memberservices@gsep.org) with the Subject Line: IRG, and someone from our team will reach out to welcome you and help plan your year.

As an IRG family, you can also access the Volunteer Toolkit, an amazing resource to enhance your Girl Scout Experience. Log in to MyGS, click on My Account at the top and select Volunteer Toolkit on the left. Contact Member Services at 215-564-2030 or memberservices@gsep.org if you need help or want to talk about joining a troop in your area!



Katerina D.

“Juliette” AKA Individually Registered Girl Scout

Katerina D. is an 11th grade student at Downingtown High School East. She is an individually registered member with twelve years in Girl Scouting. Katerina earned her Girl Scout Bronze and Silver Awards, as well as a Community Service Bar and a religious award. She is currently pursuing her Gold Award. After high school she would like to attend college to major in Real Estate Business.

Q&A with Katerina

What Girl Scout activities have you participated in this year?

Some of the Girl Scout activities that I have participated in this year include Amazing Women of the Month, Take the Lead Philadelphia, Writing Workshops, the Earth Day Challenge, the 2022 Global Action Award, a Digital Photographer Workshop, and the Girl Scout Cookie Program.

Since you are not part of a Troop, how do you stay connected with other Girl Scouts?

I join groups online and participate in virtual events offered by councils throughout the country, as well as in-person community and GSEP events.

What are your Girl Scout goals for the upcoming year?

My major goal is to complete my Girl Scout Gold Award, as well as finish all my Ambassador Journeys, and collaborate with more Juliettes within Girl Scouts of Eastern Pennsylvania.



Good News Stories



Girl Scouts from **Troop 650** from SU736 Four Meadows in Lehigh Valley **delivered more than 120 pounds of pop tabs to the Ronald McDonald House of Central Pennsylvania** as part of its Aluminum Tab Collection Program fundraising initiative. This was the troop's 5th year collecting donations.



Girl Scouts from **Troops 59 and 5139** from SU520 Friendship Hollow in Landsdowne **helped clean out the thrift shop at the Lansdowne Presbyterian Church** as they prepared to reopen amid the pandemic. They organized hangers, swept the floor, and cleaned out unwanted books and other items from the shelves. Lending a helping hand is what Girl Scouts is all about!



In honor of World Kindness Day, **Troop 71273** from SU558 Ginder in Glenside completed their Bronze Award by **brightening up a garage at Briar Bush Nature Center to use as an outdoor classroom space**. They turned a grey cinderblock room into a bright yellow meeting space complete with bees and flowers.



Girl Scout **Olivia W. from Troop 41126** from SU608 Huntfield in West Chester **collected items for children in Ukraine** including 65 cases of diapers and 500 new Match Box cars.

Send us your stories!

✉ communications@gsep.org | [f](#) [i](#) [t](#) [@GirlScoutsEPenn](#)



Bronze Award Spotlight

Troop 91546 Bee-utiful Gardens

Troop 91546 explored several different paths to earn our Bronze Award. A simple conversation about our favorite fruits led to talking about bees and how important bees are to the growing of our favorite fruits. We learned that more than 70% of the world's flowering plants rely on pollination, which is crucial for producing fruits and seeds.

We noticed a need for a pollinator garden within our community that would provide pollinators with a place for food, water, and shelter. With the help of Pauline Nadar's Bee Sanctuary, we learned about flowers that are native to our area, which flowers bees prefer, and the best ways to start the flowers from seeds. We also learned how to choose a location for our garden: away from heavy vehicle traffic, open to plenty of sunlight, with trees or bushes around for protection from rain and wind.

We educated our community with posters showing do's and don'ts during late fall and early spring gardening. We partnered with a community development corporation to use unlandscaped space for our garden. In addition to flowers, we will have a watering station and bee hotels in the garden.

We're currently growing sunflower seeds that we'll plant in the garden in June. Sunflowers were chosen since they are self-seeding and will allow the garden to be sustainable. Plus bees LOVE them!

Discover how to
earn the Bronze Award at
gsep.org/highest-awards



Ally W., Mila M., Aria B., Natalie R., Izzy C.



Silver Award Spotlight

Taylor D. Sun Safety Program for the Bucks Believers

My name is Taylor and I'm a fair-skinned Senior Girl Scout who has always loved the sun more than it has loved me. As a result, I have had to learn a lot about sun protection and decided for my Silver Award project to share what I've learned with others. I have been volunteering with the Bucks Believers since I was seven years old. The Bucks Believers are a long distance running and walking team of special athletes who practiced and competed outdoors with little to no shade. So, when I started to outline a plan for my project, I knew immediately that I wanted to include the Bucks Believers.

My Silver Award project included teaching Sun Safety to the Bucks Believers, their families, and coaches, and providing the team with a tent that would shelter them from the sun. I introduced material in my Sun Safety lesson that highlighted the importance of sun safety, including UV protection and cancer prevention. I researched sun safety products and also reached out to one of my favorite sunscreen brands, Sun Bum, who graciously donated sun care items for each athlete. Due to COVID-19, I conducted two lessons, one virtual and one in-person, socially distanced in a local park. Each athlete was given a Sun Safety Kit complete with water to remind them to stay hydrated, sunscreen, a hat, SPF lip balm, and an outline of sun safety practices. Each coach was given a laminated Sun Safety sign with best practices to help the athletes remember what they learned.

I wanted to also donate a Sun Shelter that the Bucks Believers could take with them to their practices and Special Olympics competitions. To accomplish this goal, I had to get creative and think of a way to fundraise. I successfully tie-dyed and sold both sweatshirts and cloth face



masks (to protect people from COVID-19). Next, I worked with the coaches and a tent company to design a custom team tent. It turned out amazing, and I was able to purchase and deliver it to the team. The athletes and coaches were thrilled and assured me that it would get much use!

In addition to the smiles and hugs I received, I also know my effort to educate the athletes and their families was appreciated by the positive feedback I received from the survey I distributed, and from the letters that several of the athletes voluntarily sent to me in which they promised to always be safe in the sun!



Gold Award Spotlight

MaryAnn L. Save the Bees: Don't be a Hater, Save the Pollinators

Bees are one of the many essential pollinators that are in danger because of things humans do. For my Gold Award, I wanted to publicize the importance of pollinators to encourage other people to take part in saving them.

The main issue that my Gold Award project addressed is the lack of information that people have—community members aren't aware of the issues bees (and other pollinators) are suffering from: stress, pesticides, disease, and poor nutrition. Beekeepers, researchers, scientists, and farmers are learning new information, but the community doesn't know how or why to help the pollinators.

I taught over 300 people from all over my community about the endangered pollinators, at events such as “Coming Out of Hibernation” in Boyertown and Green Lane Park’s “Birds & Wildlife Festival.” I also created and hosted “Save the Bees, Please,” at Green Lane Park. This workshop for kids was well attended and provided hands-on projects to teach them about pollinators. I taught attendees about the importance of pollinators in our world, and how



our food supply would perish if the pollinators all vanished. The kids in attendance created a pollinator habitat and seedballs that they could plant in their own gardens.

I also researched, designed, fundraised, planted, and maintained a pollinator garden at Green Lane Park to inspire people and show them what they can do to help. This garden will be maintained by educators at the park who will use it to continue teaching about the importance of pollinators.

I learned so much about myself while working on my Gold Award. For one, I learned that I could use power tools and I am not afraid to do hard manual labor. I also learned how to budget my donated funds wisely to make the garden look as good as it could with the resources I had. I had to make tons of decisions about things that were happening, and before this project I was super indecisive. During my project, I was able to learn how to make smart decisions independently. I also got to practice my public speaking skills during all the community programs!

All in all, becoming Gold Award Girl Scout was worth all of the hard work!



Meet the 2021 Gold Award Girl Scouts!

GSEP proudly presents the Gold Award Girl Scouts who earned this prestigious award during the 2021 calendar year.

The Gold Award is the highest achievement in Girl Scouting. Ask any of these Girl Scouts about their journey to the Gold Award and you'll hear tales of project management, team building, public speaking, and resource development.

These 63 Gold Award Girl Scouts tackled issues that are dear to them and drove lasting change in their communities and beyond—that's the power of Girl Scouts!

Ready to Go Gold?

Visit gsep.org for more information and requirements.



Ariel A.*



Sabrina A.*



Chakrika B.*



Anna A.*



Sidney B.*



Jennifer B.



Lexi C.



Julia C.*



Sarah D.*



Olivia D.*



Madeline D.*



Chase D.



Mia D.*



Grace D.



Teagan D.*



Genevieve E.*



Amelia F.*



Jenna F.*



Elayna F.*



Malia G.*



Larisa G.*



Mary G.



Katherine H.*



Mason H.



Sarah H.



Kaitlyn H.*



Julia H.*



Hannah H.



Lauren H.*



Grace J.*



Madison K.



Kelsea K.*



Zoe K.*



Kayla K.



Samantha L.*



Natalie L.*



MaryAnn L.*



Julie L.*



Jane M.



Juliana M.



Lilah M.*



Chloe M.*



Abigail M.*



Calista M.



Meaghan M.*



Jessica O.*



Maura O.*



Emmerson P.



Abby P.*



Autumn R.*



Isabella R.*



Mandie S.*



Kelly S.*



Tara S.*



Ashley S.



Emma S.*



Taylor S.*



Alexis S.*



Rachael T.*



Sarah V.



Reagan W.*



Elizabeth W.



Elizabeth W.*



Trifecta Award



Bronze. Silver. Gold. These represent the highest awards a Girl Scout can earn.

The Trifecta Award honors girls who have earned all three of these awards.

Girl Scouts of Eastern Pennsylvania celebrates 47 Girl Scouts who earned the Trifecta Award in membership year 2021. Talk about remarkable!

Earn your very own Trifecta Award!
Visit gsep.org/highest-awards to learn more!



Congratulations Girl Scout Scholarship Recipients!

Being a Girl Scout literally pays off!

GSEP awards over 25 scholarships to Girl Scouts like you each year! What's more? You also eligible for scholarships from Girl Scouts of the USA (GSUSA), local colleges/universities, and other organizations that Girl Scouts partners with—just for being the amazing Girl Scout that you've always been! Whether you've earned your Girl Scout Gold Award, hope to attend a GSUSA destination, have found awesome ways to be a leader in your community, or are even just a graduating senior, we've got something for you!

Applications for GSEP scholarships open on November 1, 2022, and close on January 31, 2023. See the full list of GSEP scholarships, plus additional opportunities, on our website: gsep.org

Congratulations to this year's Girl Scout Scholarship recipients!

Jessica M.	Amanda N.
Tatiana D.	Jaleah B.
Melanie T.	Nicole D.
Abby P.	Sarah H.
Shaiyan F.	Nicole R.
Skye S.	Christian R.
Cydney B.	Elayna F.
Ariel A.	Sanai A.
Hailey G.	Erin K.
Lydia M.	Martina K.
Jessica H.	

Girl Scouts Love the Outdoors Challenge

There is still time to complete the national Girl Scouts Love the Outdoors Challenge! Based on your grade level, complete a select number of fun outdoor activities provided on the activity sheet to earn a national patch available at the retail shops. The challenge ends with Girl Scouts Love State Parks weekend September 10-11, 2022.









GIRL SCOUTS LOVE THE OUTDOORS CHALLENGE



Take the national outdoor challenge! Check out the activities below to choose which you'd like to do to earn yourself a brand-new patch. Summer is the perfect time to celebrate our love of the great outdoors. You have so many options for how to explore—from your window, a campsite, the sidewalk, or an open trail. Use #gsoutdoors to share your adventures and see how other girls are completing this challenge.

The challenge begins in May and ends with Girl Scouts Love State Parks Weekend, September 10 and 11, 2022. Based on your grade level, complete the required number of activities to earn an awesome new Girl Scouts Love the Outdoors Challenge patch.

1. Attend Girl Scouts Love State Parks on Sept 10 and/or 11
2. Sing "Happy Birthday" to Girl Scouts, we are 110 
3. Take a selfie in a national park
4. Paint an underwater scene
5. Meditate for five minutes in nature
6. Visit a state park virtually on www.girlscouts.org/stateparks
7. Write a poem about a tree
8. Make a nature-inspired gift for a family member
9. Earn a Math in Nature badge
10. Draw a map of your neighborhood & mark a star on your favorite place
11. Visit a zoo or botanical garden
12. Practice yoga outside at sunset
13. Pledge to clean up public lands on pickupamerica.com/girlscouts
14. Imagine you are a wild animal and go on an adventure—where will you end up?
15. Dance in a puddle
16. List ten mental wellness benefits to the outdoors
17. Plant a tree and track it for the Girl Scout Tree Promise
18. Complete the Girl Scouts 110th Anniversary Challenge
19. Catch and release a fish 
20. Tie a clove hitch
21. Make a watershed model
22. Identify three examples of finding nature in an unusual place
23. Sit silently for two minutes in nature. What did you hear?
24. Become a citizen scientist
25. Create or replenish your own first aid kit 
26. Practice tai chi outdoors
27. Sing a song about the sunshine
28. Float on your back in water
29. Write a "thank you" note to nature
30. Create a dance about the seasons
31. Learn about the history of the original Indigenous stewards of the land where you live
32. Draw your favorite constellation
33. Learn how recycling works in your community
34. Cook over a campfire 
35. Read a book outside
36. Watch the sun rise and set in the same day
37. Hike at least one mile
38. Use a compass on a neighborhood walk
39. Identify five different bird species
40. Sketch the phases of the moon for ten nights
41. Create a sign or social media post about how to identify poison ivy/oak/sumac
42. Invite a friend to join Girl Scouts
43. Observe the Delta Aquariids (July 12 to Aug 23, 2022) or Perseids (Aug 12-13, 2022) meteor showers 
44. Teach a principle of Leave No Trace to a friend
45. Identify a tree by its bark 
46. Count the number of trees in your yard, street, or block
47. Squish sand between your toes
48. Observe a butterfly in flight
49. Interview an adult in your life about their outdoor memories
50. Plan and take a night hike with your troop or family 

Number of Activities Required to Earn the Girl Scouts Love the Outdoors Challenge Patch



Daisy	20
Brownie	25
Junior	30
Cadette	35
Senior & Ambassador	40

[Get the patch!](#)



Girl Scouts Love State Parks

Girl Scouts love the outdoors, including state parks. Join GSEP in celebrating Girl Scouts Love State Parks weekend September 10–11, 2022. Girl Scout councils across the country have partnered with their local state parks to plan a weekend full of fun activities. Participate at a park near you and purchase the official GSLSP 2022 patch at a GSEP retail shop to celebrate the weekend's events.

GSEP Girl Scouts and their families and friends are all welcome to join in on the fun at several state parks within our GSEP footprint, and there's more! Girls can virtually tour parks nationwide using GSUSA's interactive map. You can use the included activity passport to guide your adventures and learn how to pledge to clean up the parks through Pick Up America.

All fun.

No filter.



Be a Girl Scout.



CUT THIS PAGE OUT TO TAKE WITH YOU ON YOUR OUTDOOR CHALLENGES

Take a minute to observe your surroundings. Sketch something you want to remember from today's state park visit.

FOLD, THEN STAPLE HERE

Before-You-Go Checklist

Girl Scouts are always prepared! Before heading outdoors, remember to plan ahead. Here's a simple checklist of items to consider packing for your adventure.

- ☐ Snacks
- ☐ Sunscreen
- ☐ Water
- ☐ Bug repellent
- ☐ Field guides
- ☐ Antibacterial gel
- ☐ Sun hat
- ☐ Phone or camera
- ☐ Pencil
- ☐ This activity passport

OUTSIDE

FOLD AND STAPLE BEFORE CUTTING



Girl Scouts of the USA is proud to host this annual event with the National Association of State Park Directors to celebrate a love of the outdoors in state parks across all 50 states and internationally! Share your adventure and love of the outdoors by tagging relevant social media posts with #gsOutdoors.

Pick Up America	Stewardship	Trefoil	Senior	Vista	Daisy	Birds
Adventure	Trefoil	Senior	Vista	Daisy	Birds	Trails
Hiking	Senior	Vista	Daisy	Birds	Trails	Trails
Girl Scout	Cadet	Junior	Ambassador	Park		

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

WORD SEARCH

1. Know before you go
 2. Stick to trails and camp overnight right
 3. Trash your trash and pick up dog poop
 4. Leave it as you find it
 5. Be careful with fire
 6. Keep wildlife wild
 7. Share our trails and manage your pet
- Check them out:

To show their respect for nature, Girl Scouts always practice the seven principles of Leave No Trace.

INSIDE

Help this Girl Scout Pick Up America!
Help her collect trash on the trail and
dispose of it properly. Good luck!



This weekend is all about showing how much we love state parks! Girl Scouts have always been dedicated protectors of the environment, and that tradition continues today. One easy way to help parks is to (safely) pick up trash when you see it.

Make a pledge to pick up trash at www.pickupamerica.com/girlscouts.

How many bags of trash did you pledge to pick up? _____

Share your pledge using the hashtag #pickupamerica.



Kimmel Cultural Campus

GIRL SCOUTS SAVE MORE!*

ASK ABOUT SPECIAL MEET AND GREET
OPPORTUNITIES AND GIRL SCOUT PATCHES!

Annie

OCT 11-16, 2022

Disney Junior Live: Costume Palooza

OCT 28, 2022

Philadanco

OCT 28-30, 2022

Premiere African American
modern dance company

Blue Man Group

DEC 27-31, 2022

Divi Roxx Kids

FEB 25, 2023



KODO

MAR 7, 2023

CATS

MAR 14-19, 2023

Step Afrika!

APR 28, 2023

Dance company dedicated to the
art and tradition of stepping

The Lion King

AUG 16-SEP 10, 2023

... and more!

Experience
extraordinary
performances
while developing
girl's leadership!

Annie



The Lion King



Photo by Joan Marcus

Contact Group Sales today to book your next outing!

215.790.5883 or groupsales@kimmelcenter.org

* Discounted rates may vary based on performances date and time. Group minimum may vary by performance.

Family Discovery
Series Sponsor



Take the Lead

Inspiring the Next Generation of Women Leaders

Take the Lead is GSEP's signature fundraising event series, held annually in Berks County, the Lehigh Valley, and Greater Philadelphia.

Unique to GSEP, Take the Lead is a girl-led event that enables girls and women from the community to forge long-lasting mentoring relationships designed to teach girls the skills they'll need to become the leaders of tomorrow. In conjunction with each event, four deserving high school Girl Scouts have the opportunity to shadow an honoree to understand her work and her impact in the community, and then reflect on their experience as they present their honorees with the Take the Lead award. As always, our

Girl Scouts are the stars of the show, serving in many capacities including hosts, emcees, chorus, and presenters.

In Spring 2022, we were thrilled to be back in-person at all three events across the Council footprint, where we applauded the achievements and accomplishments of our honorees and witnessed tomorrow's leaders in action! Guests enjoyed camp-theme Girl Scout activities during the networking and cocktail reception, including SWAPS, photobooth with camp props, and even soft archery.

Take the Lead supports GSEP's programs, which encourage girls to discover a strong sense of self, connect with others, and take action to improve their communities.



Greater Philadelphia Color Guard preparing for the Awards Program.



Singing camp favorite, The Moose Song, in Berks County.



Girl Presenters at Take the Lead Lehigh Valley.



Girl Scouts participating in soft archery on the Air Products Town Square at ArtsQuest Center at SteelStacks.



Greater Philadelphia Girl Presenters, Campership Lead, and Emcees take the stage at The Crystal Tea Room.

2022 Take the Lead Honorees and Girl Presenters: Mentorship in Action

Each year, Honorees have the pleasure of providing Girl Presenters with a special mentorship opportunity. Girls spend the day “shadowing” an assigned Honoree, seeing first-hand how they spend their time, learning about their area of expertise, and gaining an understanding of how they lead. Many pairings go on to have longstanding mentor-mentee relationships.

Maryn S. and Dr. Rajika E. Reed
at St. Luke's University Health
Network's facilities.



Chekemma J. Fulmore-Townsend, President and CEO,
Philadelphia Youth Network
and Myah Y. spent the day
together at PYN's offices in
Center City Philadelphia.

Vicki Ebner, Senior Counsel,
East Penn Manufacturing,
Inc., and Amelia F., touring the
company's distribution center.





2022 Take the Lead

Committee Co-Chairs and Honorees

Berks County

Co-Chairs



Susan Fromm
Community
Advocate



Pat Giles
The Wyomissing
Foundation

Honorees



Michelle Dech
Executive Director
LGBT Center of
Greater Reading



Vicki Ebner
Senior Counsel
East Penn
Manufacturing



Mary H. Kargbo
President & CEO
Berks Community
Health Center



Sharon Mast
President & Founder
Spark Solutions
& Support

Greater Philadelphia

Co-Chairs



**Rev. Dr. Lorina
Marshall-Blake**
Independence
Blue Cross



Tiffany Tavarez
Wells Fargo
Advisors

Honorees



Julie Alleman
CEO
Children & Adult
Disability & Education
Services (CADES)



**Chekemma
J. Fulmore-Townsend**
President & CEO
Philadelphia Youth
Network



Leslie S. Richards
CEO & General Manager
SEPTA



**Antonia Villarruel,
PhD, RN, FAAN**
*Professor & Margaret Bond
Simon Dean of Nursing*
University of Pennsylvania
Nursing School

Lehigh Valley

Co-Chairs



Marlene Beers
PPL



Stephanie Sherry
Olympus
Corporation of
the Americas

Honorees



Sheila Berg
*National Chair for
Women Veterans
Jewish War Veterans
Retired United States
Air Force*



Mary E. Lisicky, CFP
*Vice President,
Wealth Management,
Financial Advisor*
Morgan Stanley
Wealth Management



Dr. Rajika E. Reed
*Vice President of
Community Health*
St. Luke's University
Health Network



AnnMarie Vigilante, PE
Principal/Vice President
Langan Engineering
and Environmental
Services, Inc.

Mark Your Calendar!

2023 Take the Lead

Greater
Philadelphia
March

Berks County
April

Lehigh Valley
April

GSEP is grateful to the many corporate sponsors and individuals who generously support Take the Lead, including this year's Presenting Sponsors:

Berks County

Breidegam
Family Foundation



Lehigh Valley



Greater Philadelphia



Alum Spotlight

Diane Nordmark

We are pleased to spotlight an exemplary Girl Scout alum and volunteer, Diane Nordmark. Diane Nordmark is a fourth-generation Girl Scout who has served as Service Unit Manager, Troop Leader, Council Learning Facilitator and has been a GSEP National Council Delegate for five national conventions. Volunteerism was highly valued in her family, and Diane came into Girl Scouting easily. Her grandmother helped with her mom's troop, so naturally, she became a leader for her daughter.

Diane was a leader for 25 years, branched out to the Service Unit event committee and team, became a Council Learning Facilitator, and helped on council events and other committees. She then served as a delegate or alternate to the National Convention. Diane said, "There are so many ways to help, and other people make it fun as we do things together." Diane continues to try new things—she joined GSEP's Volunteer Awards Committee just two years ago.

Her work has had a lasting impact, which she likens volunteering to a small stone dropping into a pond.

"I love still being connected to many of these girls, being invited to graduations, weddings, baby showers, or just watching how their lives unfolded using some of the things they learned with our troop."



Diane reflects that "as a leader, each year I had an effect on a troop of girls and their families. I love still being connected to many of these girls, being invited to graduations, weddings, baby showers, or just watching how their lives unfolded using some of the things they learned with our troop. The DuPont Engineering Your Tomorrow program piqued the interest of several girls, and they went on to become scientists or engineers. Others may show the foil packs they made with friends on the backyard fire circle. As a trainer, I taught volunteers that then took those skills back to their troops, to their Service Units and to all those girls, rippling out to hundreds more. Each one of them in turn passes on those skills, and that makes for quite a ripple effect in the pond!"

Thank you, Diane, for creating so many ripples in our "Girl Scout pond."

2022 Volunteer Awards

GSEP is always proud of and grateful for its amazing volunteers! In November, we were back in-person at Camp Laughing Waters for our annual Volunteer Recognition Ceremony. 76 volunteers, seven Service Units and one community organization were recognized for going above and beyond.

Awardee Spotlight

The Gertrude K. McGonigle Award recognizes one individual a year who has been a registered Girl Scout for a minimum of ten years, has proven to be a positive role model while working directly with girls, and has exemplified the values and traditions of Girl Scouting. This year, the award was presented to Beth Gutierrez. Beth's commitment to Girl Scouts was made especially clear during the pandemic, as she maintained close connections with girls and their families. An endorser spoke of her daughter's struggle with mental health and shared that Beth helped her daughter pull through this pandemic with ease and confidence. Beth was thanked for keeping her Girl Scouts engaged with each other, despite being virtual and for arranging activities like cookie decorating.

GSEP was honored to present a 90-year Numeral Guard to Berks County Girl Scout Ronnie Backenstoe. A Numeral Guard recognizes an individual's total years of registered membership, including years as a girl and as an adult member. Although she was not able to attend in person, a small ceremony was later held in Ronnie's honor. Now 100-years-old, Ronnie is the former director of Camp Mosey Wood and is proud to share that she has been selling Girl Scout Cookies since 1932. Ronnie continues to show us what "proud to be a Girl Scout" is all about.

For more information about the 2022 Volunteer Awards Celebration, please visit the Awards and Recognition page of gsep.org.



The Volunteer Toolkit



Are you excited to be a Girl Scout Leader, but wondering about the time commitment? The Volunteer Toolkit gives you meeting plans right at your fingertips! Need more info? Check out the training in gsLearn!

The Girl Scout Volunteer Toolkit (VTK) is a comprehensive digital tool accessible on your computer, smartphone, or tablet. For all age levels, the VTK has several years' worth of meeting plans already created. Once your troop picks its Journey or badges for the year, you can access all the content you will need for the entire year. Customize it to add your own activities or pull alternate activities from the Resource Tab.

To access, log into your MyGS account at gsep.org and select Volunteer Toolkit on the right side of the screen.

With the VTK, you can:

- Manage troop contacts, track awards and badges, track attendance, and communicate with parents/guardians.
- Help your troop (including older girls!) choose from many Journey Year Plans, a year plan for petals/badges, or a “Create Your Own” Year Plan. Multi-level troops will have a choice of all age levels to choose activities from.
- Use the meeting plans directly from the VTK or customize them by deleting activities your girls don’t want to do and replacing them with new ones.
- Search the Volunteer Toolkit for meeting aids and activities to customize your meeting plans.

Fall Leadership Weekend 2022

Network with other volunteers and head home with new friends in Girl Scouts and inspirational ideas to share with your troop. **This is a great event for new leaders!**

What can participants expect from this event? When you register, you'll select your workshop track from a wide range of badge, outdoor and craft skill-building. You can choose to attend on Saturday just for workshops and lunch or come for the whole weekend to enjoy camp traditions such as campfires, games, sing-alongs and much more.

Fall Leadership Weekend is open to all registered Girl Scout Adult (female and male) volunteers.

Registration is now open!
gsep.org/volunteerevents



When:
 October 7-9, 2022

Where:
 Camp Laughing Waters,
 Gilbertsville, PA

What:
 GSEP's annual event
 that offers workshops to
 encourage, enhance, and
 enthuse our adult volunteers.

All registrants will
 receive an event t-shirt
 and patch!

Girl Scout Women's Leadership Summit

Save the Date! Sunday, January 22, 2023

spark | connect

The Women's Leadership Summit is a personal development opportunity for adults and Girl Scouts in grades 9–12. The event will consist of lunch and a keynote speaker, followed by breakout sessions with choices for adults and choices for girls. We will be highlighting past and current Take the Lead honorees in exciting and inspiring sessions. More information will be available soon.



Making a difference.
It's better together.
Volunteer with Girl Scouts.

Adult Camping Weekend 2021

Each summer, a dedicated group of alums gather to reconnect with friends (new and old) and share memories of their time at Girl Scout Camp. Called “Adult Camping Weekend,” it’s also an important annual fundraiser which awards \$1,000 scholarships to 10–15 Girl Scouts who demonstrate leadership involvement in their community.

Last year, more than 100 campers participated—sleeping outdoors, eating delicious food, creating crafts, making new friends, floating in the pool, and enjoying competitive bidding on the Silent Auction both in person and online! We focus on “FUNraising.” The cooperative effort of those in attendance plus those who donated online helped to raise over \$18,000 toward Graduating Senior Girl Scout Scholarships.

Graduating Senior Girl Scouts can apply for this special scholarship opportunity. Visit gsep.org/scholarships.

To keep up to date with Adult Camping Weekend and join us next year, join the Facebook group ACW 2022 at GSEP.



**Eighteen
\$1,000
scholarships
were awarded in
spring 2022.**



Flip the magazine for our
2022-2023 program guide!