



Girl Scouts.  
of Connecticut

### Helpful Hints

Late Spring 2010

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

#### 2010 Regional Kick-Offs:

Don't miss out! Join the fun! Get energized! See what's new, pick-up your Program and Training books, ask questions, and begin to construct your plan for the upcoming year! These events are an open-house format & pre-registration is not required. Arrive and leave at your convenience. Plan on at least 1 hour to see the displays. The first 300 arrivals at each site receive a free string backpack. Light refreshments served. All Adult volunteers, and Girl Scout Cadettes, Seniors, and Ambassadors are invited.

#### When and Where:

- Tuesday, August 24th 5:30 – 8:30 p.m.  
Westside Middle School, 483 Chase Parkway, Waterbury
- Thursday, August 26th 5:30 – 8:30 p.m.  
Connecticut Historical Society, 1 Elizabeth St., Hartford
- Saturday, August 28th 8:30 – 11:30 a.m.  
Maria Pratt Program Center, 1145 Brandy Hill Rd., Torrington
- Saturday, August 28th 3:30 – 6:30 p.m.  
Crown Corporate Campus, 472 Wheelers Farm Rd., Milford
- Sunday, August 29th 2:00 – 5:00 p.m.  
Laurel Program Center, 147 Clubhouse Rd., Lebanon

Come out and learn about new resources & ask questions! See new Product Sales incentives and learn how to build the Girl Scout 100th Anniversary into your 2011-12 plans. Don't forget to pick-up the 2010 -11 Program & Training Books (1 per troop or individually registered girl), and other give-aways! Try-out a fun & easy craft or activity while checking out what construction is going on at our camps, try healthy snack tips & tastes. This is a great time to match a face to the voice you've heard over the phone.



#### Go Green with the Magic of Vinegar

White distilled vinegar naturally kills mold, germs and bacteria due to its acidity. *Remove odors from a lunch box overnight* by placing a slice of bread that has been soaked in white distilled vinegar. Kill weeds and grass growing in unwanted places by pouring full-strength white distilled vinegar on them. This works especially well in crevices and cracks of walkways and driveways. Attack spaghetti, barbecue, or ketchup stains with a white distilled vinegar and water solution. How is white distilled vinegar made? Visit [www.vinegartips.com](http://www.vinegartips.com) for the answer to that and for 1001 tips on using vinegar to help you and your family go green.

#### Flat Juliette Project Plan for the 100th Anniversary

If you've heard of Flat Stanley or Stacie, Flat Juliette is a similar activity. The Program Department will assemble activity packets for each Service Unit. They will be distributed to the Service Unit Managers at the August Kick-offs. These packets will include: Juliette, a few outfits to start with for the girls to color and cut out, and suggestions for more outfits for them to make for Juliette and ideas of how to photograph Juliette in her various outfits in different locations. Have your troop think about where they might take Flat Juliette next year. We would love to hear about where Juliette has been and will provide you with directions on how to enter Juliette's adventures into our website and how to keep a journal about her travels. At our 100th Anniversary celebration in the summer of 2012, we will have maps (CT, USA and the World) showing where Juliette has visited. Everyone can bring their Juliette to show at this culminating event.

## Denim Pocket Locker Magnets

Those sturdy jean pockets live on long after the jeans have died, when you recycle them into practical and pretty denim pocket magnets. Stick one inside your locker to store scraps of note paper and a pencil for jotting those quick reminders! Reduce Re-Use Recycle!

### Supplies:

denim jean pockets cut from old jeans  
fabric paint  
lace trim  
ribbon flowers (optional)  
fridge magnet  
hot glue or craft glue

### Instructions:

1. Carefully cut the pockets from the jeans.
2. Beginning and ending at the back, glue lace trim around the top of the pocket.
3. If desired, glue a small ribbon rose to each to corner.
4. Write "Pencils" or "Notes" or whatever you wish on the front in fabric paint.
5. Glue a magnet to the back of each denim pocket and stick the Locker. Enjoy!

## Fun Healthy Spring Snack

### Not So Chunky Monkey Non-Ice Cream

Cut your calories and fat intake by more than half by changing up the ingredients!

#### Ingredients:

1 large banana  
1 teaspoon peanut butter  
1 teaspoon honey  
Peel and cut the bananas into small chunks and freeze them placing them into a ziplock bag.  
Combine all ingredients and puree in a blender.

### Compare the nutritional content:

#### *Chunky Monkey Ice Cream*

300 Calories  
300 grams fat  
1 gram fiber

#### *Not So Chunky Monkey Non-Ice Cream*

173 calories  
3 grams fat  
4 grams fiber



## Ants on a Log

Ingredients: Celery bunch, Peanut Butter, and Raisins  
Assemble: Wash and cut celery into 4 inch pieces.  
Fill the inside groove with peanut butter. Peanut allergies?  
Replace with yogurt.  
Place raisins in a line on the top. Yum!

## Spring Into Healthy Habits That Can Last A Lifetime

Spring is a great time to encourage girls to enjoy outdoor physical activities. Girls will feel great, strengthen their muscles, reduce stress, and have more energy by including the healthy habit of physical activity into their daily routine. Brainstorm some fun activities to try. Here are a few suggestions: a day hike in a forest, park, Girl Scout camp, nature preserve or a new walking location. Consider including a theme such as an alphabet or color walk/hike or tree identification. Plan on outdoor fun and games event or explore a variety of sports. Some activity links include: Girl Scout Daisy Petals: *Daisies Move and Dance* or *Move With Me* (Red Petal); Try-Its for Girl Scout Brownies: *Dancercise*, *GirlSports*, *My Body or Sports and Games*; Girl Scout Junior Badges: *Adventure Sports*, *Fun and Fit*, *Sports Sampler*, *Stress Less*, *Walking for Fitness and Dance*; Interest Projects for Girl Scout Cadettes, Seniors and Ambassadors: *From Stress to Success*, *Women's Health*, *On the Court*, *On the Playing Field*, *Paddle, Pole, and Role*, *Rolling Along or Sports for Life*.

## Bouquet of Photo Flowers

### What you'll need:

- Construction paper, various colors
- Glue stick
- Photos
- Scissors
- Tape
- Green chenille stems, one for each flower
- Optional: patterned paper



### How to make it:

1. Cut photos into circles to be used as the center of the flower.
2. Cut simple flower shapes out of construction paper.
3. Glue photo circle to the center of the flower.
4. This step is optional: Glue construction paper flower to a piece of patterned paper. Cut around the flower giving your construction paper about a half-inch border of patterned paper.
5. Tape chenille stem to the back of your flower. Make sure the tape is secure by pressing onto the tape with your fingernail.
6. Trim ends of chenille to the length you desire, depending on what you are using as a vase. If making a handheld bouquet, don't trim the chenille; simply tie a ribbon bow around them all.

<http://crafts.kaboose.com/bouquet-of-photo-flowers.html>

## A Service Project Idea for May and June:

After your troop marches in the Memorial Day Parade, and all are done marching and watching, do a reverse route to pick up litter left along sidewalks, follow Safety-wise. Ask if you can borrow reflective vests from your Police Station or Public Works Department and try to get a local grocery store to donate trash bags.

## Capture the flag

### How to Play

Players are divided into two teams. Each team has its own territory with a boundary designated between the two. Each team must also designate a spot to serve as a jail. This need not be anything more than a particular rock or tree that a prisoner has to touch. Another decision that must be made is how large the designated safety zone around the flag should be. When the game begins, each team must decide where to place its flag. Once placed, it cannot be moved, although it can be guarded. Those guarding their own flag may not enter the safety zone around the flag unless in pursuit of an opposing team member. Once the flag is placed, team members are assigned to guard their own flag or to enter enemy territory to try to capture the other team's flag. Any player in enemy territory can be caught and put in jail. The classic Boy Scout rules say that the capture is made by holding the other player long enough to say "Caught" three times. Some play that tagging the other player is sufficient. Prisoners can be released by being tagged by a teammate, but only one prisoner can be rescued at a time.

A team wins the game by capturing the other team's flag and bearing it back to their home territory. If a flag is seized but is recaptured before reaching the opponents' territory, the flag is set up where it was recaptured. If a game must be ended before a flag is captured, the team with the most prisoners wins.

[http://grandparents.about.com/od/projectsactivities/qt/Flag\\_Capture.htm](http://grandparents.about.com/od/projectsactivities/qt/Flag_Capture.htm)

## Lots of Boxes

Here's a great but simple game to get your girls thinking about math with rectangles. All you need is a die, ¼ inch graph paper and crayons or pencils. The girls can do this individually or in groups.

The first throw of the die determines the length of the rectangle. Roll a four, and draw a line four boxes long. The second throw of the die determines the height of the rectangle. Roll a two and draw a line two boxes high. You now have enough information to finish off the rectangle. Count the boxes. This rectangle consists of 8 little boxes. Your score for this round of Lots of Boxes is 8. Write the score under the rectangle. How many different ways can the girls write and say their scores? Write and say 8; write  $2+2+2+2=8$  and say 2 boxes add 2 boxes add 2 boxes add 2 boxes equals 8 boxes; write  $4 \times 2=8$  and say 4 sets of 2 boxes equals 8 boxes; write  $4+4=8$  and say 4 boxes add 4 boxes equals 8 boxes. Decide how many rounds of boxes to create, and the girl/group with the highest number of boxes "wins".

## Simulation Activity

Here's a simulation activity for use in your troop/group. Through this learning experience, girls will gain a greater understanding of the reactions of a person with a varying ability to barriers in common activities.

### Hearing Impairment

Supplies needed- clean cotton balls and a scarf or tie

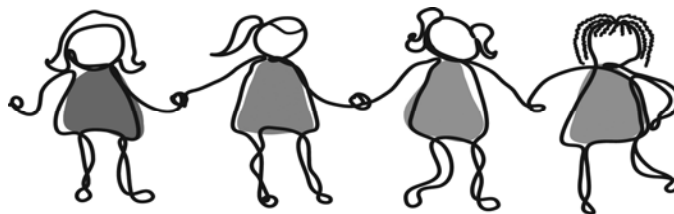
Directions: Have several girls gently place a cotton ball in the outer part of each ear and tie a scarf around their heads to hold the cotton balls in place. Conduct part of the meeting. When one of the girls requests that something be repeated, just say what she didn't hear and remind her to listen carefully. Following this activity, lead a discussion on the girls' feelings during the activity. Together have the girls develop a list of helpful hints for working with someone with a hearing loss.

If you enjoyed this activity, consider having your Girl Scout Daisies, Brownies and Juniors and adults register for **Ability Awareness: Oakdale (Montville) PI10000**. Come to Fair Oaks School on Saturday, August 21, 2010 from 1-3:00 p.m. and discover awareness of varying abilities through simulation and interactive activities and a puppet program. To register visit <http://www.gsofct.org/eseries/Source/Events/Event.cfm?EVENT=PI10000>.

Contact Audrey Venanzio at [gsuncoakmont09@sbcglobal.net](mailto:gsuncoakmont09@sbcglobal.net) for further information.

## Safe Sun Fun

It's important to enjoy fun in the sun safely. Sun exposure is our primary source of vitamin D and allows us to absorb calcium to build stronger bones. Drink plenty of fluids before and during any activity on a hot, sunny day, wear light-colored, loose clothing and apply sunscreen before exposure to the sun which can harm the skin and eyes. Learn how to recognize and administer basic first aid for sunburn, heat stroke, heat cramps and heat exhaustion.





### Discover Camp

Experience a typical day of camp. Arts and crafts, games, nature exploration, outdoor cooking, outdoor skills are all part of this program. Core staff will provide all of the programming for this fun-filled camp day. Girls will need to pack their own lunches. This is a Troop event. The cost is \$20 per girl, which includes a patch, and \$5 per adult. For more information, please contact Elizabeth Lee at 203-239-2922, x3429, or [lee@gsofct.org](mailto:lee@gsofct.org).

- [Camp An-Se-Ox, PO10080](#); Saturday, June 5, 9:00 a.m. – 3:00 p.m.
- [Camp Aspetuck, PO10083](#); Saturday, June 19, 9:00 a.m. – 3:00 p.m.
- [Camp Carlson, PO10081](#); Saturday, June 12, 9:00 a.m. – 3:00 p.m.
- [Camp Pottagansett, PO10084](#); Saturday, June 26, 9:00 a.m. – 3:00 p.m.

### Save the date - June 5 and help your trails!

Connecticut Trails Day is one of the most extensive Trails Days in the nation, with a wide array of events: hikes, workshops, work parties, picnics, tours, trail rides, bike rides, bus tours, and children’s educational events. For more information about local events <http://www.ctwoodlands.org/>. In the meantime here are some ideas to help you brainstorm:

Nature Walks — Engage your troop on the trail through guided walks with a ranger or naturalist.

Incorporate a trail and children in an event that teaches them about the local area, trails, flora and fauna and local history.

Trail Maintenance Projects — Organize tasks that can be done by children, (picking up sticks, clipping brush, moving small stones) so all ages participate in protecting and creating beautiful trails.

Leave No Trace education — Teach children the seven Leave No Trace principles, and then go and practice them.

### Troop Tips

Has your troop been on a terrific trip, done a super service project, or did the girls plan an awesome activity? Share your tips with other troops! Send your tips to [program@gsofct.org](mailto:program@gsofct.org) with *Troop Tips* in the subject line. We’ll post a tip or two each newsletter!

### Bridging

Spring is here and it’s time to think about your bridging ceremonies! This ceremony marks an important moment in a girl’s progression through Girl Scouting and helps recognize what she has achieved. Are you planning a ceremony? Refer to the GSUSA website to find more information about bridging ceremonies and a worksheet to help you plan future events. Do you need a bit more help? Check out the Special Times and Ceremonies Program in a Box for ideas and assistance in planning your next ceremony.

<http://www.girlscouts.org/program/gscentral/ceremonies/bridging.asp>



### Shoot For the Stars Overnight

Sleep outside under the stars and airplane wings in the New England Air Museum's Outdoor exhibit. During this event, girls will meet women in various aerospace careers; get involved with hands-on activities such as making a hot air balloon. Individual girls with adult or Troops are welcome! Register online at [www.gsofct.org](http://www.gsofct.org) or with Troop Event Registration Form by July 12<sup>th</sup>! **Event #PE10178**, Fee \$52 per person, includes activities, snack, breakfast and lunch.

### Change the World

The 100<sup>th</sup> Anniversary of the Girl Scout movement is just two years away and the excitement is building! Girl Scouts of Connecticut has several statewide events planned including a Promise Circle Celebration of 100,000 hours of service on March 12, 2012 across every service unit, in every town across the state! Don’t miss out! Start planning what your troop will do to earn their anniversary patch or pin commemorating their participation in 100,000 hours of service.

### Let us know!

What did you think about this edition of Helpful Hints? We’d love to hear your feedback, requests, and any other comments you would like to share! Contact Angela Silva-Lee at [asilva-lee@gsofct.org](mailto:asilva-lee@gsofct.org)

