

Avenues To Program

Hunger 101 Workshops Juniors - Ambassadors

**Spend a few hours in someone else's shoes.
Learn just how close hunger might be to you.**

**A one-of-a-kind experience for girls to discover and connect with
the issue of hunger in their community.**

(Workshops will be held the first two weekends in November.
Check the Program Calendar for a date and location in your area.)

Be a part of ending hunger and prepare for GSGLA's December 4th



To learn more, go to

www.girlscoutsla.org/pages/events/service_saturday.html

Save-The-Dates

**Feed Your Neighbor
December 4, 2010**

**Cookie Kickoff
January 15, 2011**

**Volunteer Conference
February 12, 2011**

**Check out the exciting
program opportunities
across GSGLA
in our new
Program Calendar!!**

**Don't miss what's
happening in other areas.**

**Go to www.girlscoutsla.org
and download a copy
of the guide.**

GSGLA Rose Parade Programs

Council's Own Badge

The Float Decorating Council's Own Badge is designed for Junior Girl Scouts to experience Pasadena Tournament of Roses float design and floral arrangement.

Council's Own Interest Project Award

The Float Decoration Council's Own Interest Project Award is designed for Cadette, Senior and Ambassador Girl Scouts to learn about float design, building and decorating, floral arranging and to explore the career possibilities within the float industry.

(click on the titles for more information.)

2011 Tournament of Roses Patch Program

The Tournament of Roses Patch Program is designed to teach girls about the Tournament of Roses Parade and the preparations required to make it happen, the role of volunteers in the parade, and related places of interest in Pasadena. At **Funtastic Floats**, girls will meet most of the requirements for the Tournament of Roses Patch Program or the Float Builders Badge or IPA, courtesy of the Tournament of Roses! Come find out

about the mechanics and building of floats, meet a float judge and find out about the decorating materials used on floats. Sessions will include a scavenger hunt, hands on activities and a special guest. Please note that this event does not include float decorating! Two sessions will be offered, one at 5:00 p.m. and the second at 7:00 p.m. December 28, 2010.

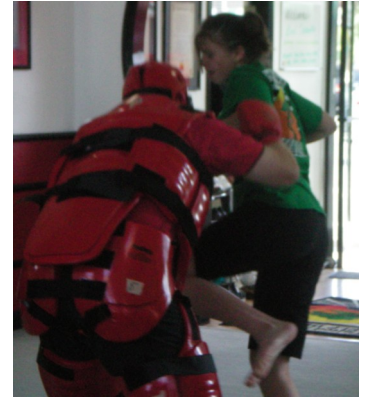
(For more information, contact Terese Miller at: tmiller@girlscoutsla.org)

It's Your Life - Protect It!

As Girl Scouts we are taught many things that are meant to open our minds as well as our eyes. We are taught the importance of what it means to have courage, confidence, and character and how those three attributes help make the world a better place. The world, however, can be intimidating and it is important to learn how to spot dangers and more importantly how to use your voice and inner strength to respond to them. In collaboration with **Z-Ultimate Self Defense Studios** we have combined their practical and tactical self defense system with our Girl Scout mis-

sion. We have created workshops that focus not only on badges or IPs, but on techniques that can keep you safe. Z-Ultimate Self Defense Studios has worked hard to make your first experience with the Martial Arts safe, productive and one you won't forget. We are offering workshops for juniors and older girls as early as October.

If you have questions, contact Mayra Cordero at mcordero@girlscoutsla.org. Visit the website at www.girlscoutsla.org to register.



No Bullying...

From Zink the Zebra:

We remember the old saying "Sticks and stones may break my bones, but words will never hurt me;" however, the truth is words CAN hurt. Bullying does hurt inside and out. Bullying erodes self confidence creates emotional scars that can last a life time.

www.bullyingstatistics.blogspot.com

- 23% of elementary students reported being bullied one to three times in the last month
- Half of all bullying incidents go unreported
- 90% of 4th through 8th graders reported being victims of bullying
- Playground statistics- every 7 minutes a child is bullied
- Adult Intervention-4%

- Peer Intervention- 11%
- No intervention-85%
(According to the National Institutes of Health)

Excerpts from an article at kidshealth.org

Every day thousands of teens wake up afraid to go to school. Bullying is a problem that affects millions of students, and it has everyone worried, not just the kids on its receiving end. Yet because parents, teachers, and other adults don't always see it, they may not understand how extreme bullying can get.

Bullying is when a person is picked on over and over again by an individual or group with more power, either in terms of physical strength or social standing. Two of the main reasons

people are bullied are because of appearance and social status. Bullies pick on the people they think don't fit in, maybe because of how they look, how they act (for example, kids who are shy and withdrawn), their race or religion, or because the bullies think their target may be gay or lesbian.

One of the most painful aspects of bullying is that it is relentless. Most people can take one episode of teasing or name calling or being shunned at the mall. However, when it goes on and on, bullying can put a person in a state of constant fear. Both guys and girls can be bullies. Bullies may be outgoing and aggressive. Or a bully can appear reserved on the surface, but may try to manipulate people in subtle, deceptive ways, like anonymously starting a damaging rumor just to see what

happens.

Bullies like to dominate others and are generally focused on themselves.

Although most bullies think they're hot stuff and have the right to push people around, others are actually insecure. They put other people down to make themselves feel more interesting or powerful.

Bullying Survival Tips

- Ignore the bully and walk away
- Hold the anger
- Don't get physical
- Practice confidence
- Take charge of your life
- Talk about it
- Find your (true) friends

For more details and information go to: www.kidshealth.org/teen/your_mind/problems/bullies.html

It's Your Story—Tell It! Journey Series

Introducing the Newest Journey Series

Available in December 2010, the "It's Your Story—Tell It!" leadership journey series uses a storytelling theme in a fun and grade-level relevant way for girls to better understand themselves and their potential. Building a strong sense of self is an underlying goal of the series, which was made possible in part by a generous grant from the [Dove Self-Esteem Fund](#).

The journeys give girls opportunities to develop leadership skills through fun and engaging multid-

disciplinary content and activities. On this journey, an emphasis is also placed on media literacy and creative expression. All along the journey, girls have opportunities to engage in a variety of arts, including performing, visual, culinary, and new media, to tell their stories and take action to make the world a better place.

For more information go to:

www.girlscouts.org/program/journeys/your_story

Be Prepared for an Emergency!

Take a First Aid/CPR class! Locations throughout GSGLA

Southwest - Oct. 17
 Santa Clarita - Oct. 22
 Woodland Hills - Oct. 23
 Santa Clarita - Nov. 6
 Chino Program Ctr. - Nov. 13
 Woodland Hills - Nov. 20
 Santa Clarita - Nov. 20
 Long Beach - Dec. 11
 You can also check with the American Red Cross and the American Heart Association. Register online at: www.girlscoutsla.org

Living the Promise and Law...

Excerpts from *What Makes Kids Care? Teaching Gentleness in a Violent World*

American Psychological Association's APA Online.

Researchers used to believe that a sense of real caring about others only came as people grow into adulthood....now studies are finding that children can show signs of empathy and concern from a very early age. They react with concern when they see unhappiness, wanting to help or fix the problem.

And one study found that teenagers who were involved in helping others felt

very positive about their lives and had high hopes for their own futures.

Let children know how much it means to you that they behave with kindness and responsibility. If a child is doing something thoughtless or cruel, let them know right away that you don't want them doing that. Speak firmly and honestly, and keep your focus on the act, not on the child personally; i.e., 'What you did is not very nice' rather than 'YOU are not very nice.'

Keep in mind that if you say one thing and do an-

other, your children will pay a lot more attention to what you do. The old warning 'Do as I say, not as I do' simply does not work, particularly when it comes to teaching about caring.

Role modeling kindness to others and kindness to the child help teach children to be caring. Treating children with respect for their dignity, concern, and regard for their achievements helps them understand that all living creatures should be treated with dignity and concern.

Parents worry that their effort at home could be undermined by outside influences such as their children's friends, daily violence in their own neighborhoods, television shows and movies, or a culture that exalts 'heroes' who are selfish.

Check out the website article for suggestions on how to help counteract these influences: www.apa.org/helpcenter/kids-care.aspx

Save-The-Date for the First GSGLA Volunteer Conference

February 12, 2011 in Industry Hills

Some of the topics include:

- ⇒ Age level discussions
- ⇒ Travel
- ⇒ Stress Management

- ⇒ Multicultural Cinderella Relationship Building
- ⇒ Songs
- ⇒ Adventures in Greater Los Angeles

ACTIVITY ZONE!

For younger girls...and for older girls helping with younger girl program.

Native American Drum

Remove both ends of an empty coffee can. Paint the can if desired. Cut circles of leather or vinyl with a diameter one inch larger than the openings of the canister. Use a leather or paper hole punch—depending on the fabric you are using—to make holes along the outside of the fabric. Cover each end of the coffee can with the leather or vinyl. Lace leather string through the holes, alternating between the two pieces of fabric. Secure the string in a knot. Attach feathers or beads to the drum for added decoration.

2 large marshmallows
Lollipop stick (available at Michael's, Wal-Mart or candy making supply store)
1 lb melting chocolate
Crushed graham crackers

- ⇒ Place 2 marshmallows on lollipop stick
- ⇒ Melt chocolate (see How-To Tip #1)
- ⇒ Coat marshmallows in chocolate
- ⇒ Roll in crushed graham crackers
- ⇒ Place on waxed paper lined cookie sheet in refrigerator for 15 minutes to cool

S'Mores on a StickHow-To Tip #1

Melting - Put one cup of chocolate into a microwave-safe bowl. Microwave on high for one minute. Remove from microwave and stir. Place bowl back into microwave and cook for 20 more seconds. Remove from the microwave and stir. Continue with this process until the chocolate is completely melted. If you get impatient and leave the chocolate in the microwave for longer intervals...it will scorch! Once you begin making your candies, if your chocolate begins to cool and harden, place it back in the microwave for a brief time to re-melt.

"You can discover more about a person in an hour of play than in a year of conversation." ~Plato~

Continuum - A Fun Cooperative Ice Breaker Game

The ideal group size is about 6-10 people. If there are more people, divide them into two or more groups.

Pick a theme and have the group arrange themselves in order creating a continuum. Give them enough time to sort themselves out before moving to the next continuum. Always remember that the purpose is to get them talking and learning things about each other. The goal isn't to create as many continuums as possible.

Start with something simple like age, hair color or height. Then move on to more inter-

esting topics like east-west by location of birth. Or try some of these ideas:

- ⇒ According to the rainbow, by their favorite color
- ⇒ Months of the year by birthday
- ⇒ Time they woke up this morning
- ⇒ Number of hours since they last watched TV
- ⇒ Number of books they read this month

Create your own ideas based on the reason the group has gotten together. At a summer camp with a drama theme, ask the kids how many plays they've been to

in the last six months.

Try to choose continuums where being at either end is not about accomplishment. Ask players on a new hockey team how many years they've played hockey; not how many goals they scored last season; i.e., in a school classroom, you wouldn't ask the kids to arrange themselves by how many 'A' grades they got last year.

At the end of the game, everyone should be having fun and learning something about the other people in their group.