

# Avenues To Program

## GSGLA Cookie Kick-Off

January 15, 2011

11:00 am - 4:00 pm

Industry Hills Expo Center  
City of Industry

A fun festival open to all Girl Scouts featuring cool activity booths, exhibits, games, great food and new friends!

### DON'T MISS OUT!

\$12.00 per girl - \$6.00 per adult  
(fee goes up \$2.00 after December 22nd)

### Register now!

## Horse Sense IP Workshop

January 8th & 9th, 2011

11:00 am - 3:00 pm

Antelope Valley

## Breathe Journey Information Night

January 11, 2011

7:00 - 8:30 pm

Woodland Hills

contact Sonja Epstein at:

[sepstein@girlscoutsla.org](mailto:sepstein@girlscoutsla.org)

## Building Art Try-It Workshop

January 22, 2011

3:00 - 5:00 pm

Montrose

## Program Aide Core Training

January 22, 2011

10:00 am - 4:00 pm

Antelope Valley

## Build a Better Future IP Workshop

January 22, 2011

11:30 am - 5:30 pm

Montrose

## Girl Scout Night Cal State Long Beach vs. UC Irvine women's basketball game

January 22, 2011

4:00 pm

Cal State Long Beach campus

Girls will participate in a pre-game talk with a CSULB coach, tour the Walker Pyramid, have a movie night after the game and much more!

\$6.00 for kids under 14

\$8.00 for adults

## Drawing & Painting Badge Workshop

January 29, 2011

9:00 am - 1:30 pm

Antelope Valley

## Paperworks IP Workshop

January 29, 2011

9:00 am - 2:00 pm

San Dimas

## Daisy Flower Garden Journey Workshop

January 29 & February 5, 2011

8:45 - 11:30 am

Santa Clarita

## Brownie Quest Journey Workshop

January 29 & February 5, 2011

12:00 - 4:00 pm

Santa Clarita

## Songs & Ceremonies Program Aide Specialty Training

January 30, 2011

1:00 - 5:00 pm

Woodland Hills

(\*must have completed  
Program Aide Core Training)

To register for any of these programs go to: [www.girlscoutsla.org](http://www.girlscoutsla.org)

## Volunteer Conference

February 12, 2011

Adults will not want to miss this conference! There is a wide

variety of workshops to choose from! The presenters are experienced facilitators or professionals in their field.

Check out the workshop list:

[www.girlscoutsla.org](http://www.girlscoutsla.org)

## CONTEST!!

The service unit with the greatest percentage of volunteers signed up for the conference wins the **grand prize** of \$150.00 GSGLA store credit!

### 2nd place

A set of the newest Journeys

"It's Your Story - Tell It"

### 3rd place

## 2011 GSGLA Tournament Troop

Fifty-two Gold Awardees will be walking down Colorado Blvd. on January 1st for the 2011 Tournament of Roses Parade carrying banners in front of the award winning floats. Congratulations to this outstanding group of girls!



## Earth Hour 2011 - What Will You Do When The Lights Go Out?

**Saturday, March 26, 2011**

**8:30 - 9:30 pm**

***Pledge an hour  
to help the earth!***



On **one day**, in **one hour** people all over the world will turn off lights & power down electronics to reduce energy consumption. **Girl Scouts are taking the lead!!**

Many natural resources are non-renewable, once used up, they're gone... and they create waste that is harmful to the environment. By reducing the energy we consume, we can help protect our planet; imagine if every GSGLA Girl Scout asked 3 friends to join her; we'd really be making the world a better place!



To learn more & commit to **Earth Hour** go to the link: [www.girlscoutsla.org](http://www.girlscoutsla.org)

## "Live Well" - Girl Summit

On **March 26, 2011**, Cadette, Senior and Ambassador Girl Scouts from across GSGLA will have the opportunity to gather and focus on topics of interest for teenage girls. This will be a day for girls to have real discussions about what matters to them most and to focus on ways they can "Live Well" in the world today. Leaders won't be left out! There will be sessions available for you to network and discuss relevant teen issues and get ideas. This event will be held from 10:00 am - 4:00 pm and lunch will be included.

Keep an eye on the website for more details!!

[www.girlscoutsla.org](http://www.girlscoutsla.org)

The *Leader With A Heart* award is given to a leader or co-leader by parents and girls in the troop who believe the nominee to be outstanding in program delivery and troop leadership. Go to [www.girlscoutsla.org](http://www.girlscoutsla.org) to download the forms.



Examples of possible candidates would be a leader who.....

- ◆ has consistently progressed the troop and achieved a milestone.
- ◆ looks for every opportunity to expose the troop to new experiences.
- ◆ has provided assistance and reassurance to the troop or individual girl or family through a time of adversity.

## Raising a Powerful Girl

*Excerpts from an article at pbs.org.*

Powerful girls grow up feeling secure in themselves. They learn to take action, make positive choices about their lives and do positive things for others. They are critical thinkers and express their feelings and acknowledge other's feelings in caring ways. They grow up with a "can-do" attitude.

### Ideas on how to raise a powerful daughter:

#### *Encourage daughters to pursue a passion.*

Full engagement in an activity gives girls the opportunity to master challenges and boost self-esteem.

#### *Let her have a voice in making decisions.*

When possible, let her make constructive choices about her life; i.e., what after-school activities she wants to do and how many (as long as it works for the family)

#### *Identify important family values.*

Consider the ways values are conveyed.

#### *Encourage her to solve issues on her own rather than fixing things for her.*

When parents take over, girls don't develop the coping skills they need to handle situations on their own. Ask your daughter to consider three strategies she might use to deal with a situation, and then ask her about the possible outcomes. Let her decide what she wants to do (within reason). Even if you disagree with her choice, you give your daughter a sense of control over her life and show her that she is responsible for her decision.

#### *Encourage her to take physical risks.*

Girls who avoid risks have poorer self esteem than girls who can and do face challenges.

#### *Allow her to disagree with you and get angry.*

Raising a powerful girl means living with one. She must be able to stand up to you and be heard, so she can learn to do the same with classmates, teachers, a boyfriend or future bosses.

#### *Make regular time to listen to your girl.*

Let her use you as a sounding board to sort out what she is going through, without solving problems for her.

#### *Acknowledge her struggles but keep a sense of perspective.*

Acknowledge the pain our daughters are experiencing; however, put it into perspective. Stay calm and listen without projecting our own experiences onto theirs.

**For more details go to:**

[www.pbs.org/parents/raisinggirls/powerful](http://www.pbs.org/parents/raisinggirls/powerful)

## New Journey Series - *It's Your Story - Tell It!*



### Titles and Themes

#### Daisy

*5 Flowers, 4 Stories, 3 Cheers for Animals!*

Daisies learn just how much they can care for animals and for themselves—and just how good that makes them feel.

#### Brownie

*A World of Girls*

Stories teach Brownies clues about how they can

create positive change in the world—change that affects girls.

#### Junior

*aMUSE*

Juniors learn just how many roles are open to them in the world and the possibilities those roles open for them.

#### Cadette

*MEDIA*

Cadettes look for the ME

in media and learn how they can shape media—for themselves, their community and the world.

#### Senior

*MISSION: SISTERHOOD!*

Seniors learn how widening their network broadens their world, and benefits the world as well.

#### Ambassador

*BLISS: Live It! Give It!*

Ambassadors learn to

dream big, now and for their future, and

begin their legacy as leaders who help others achieve their dreams too.

Download a PDF of a sample activity for each level:

[www.girlscouts.org/program/journeys](http://www.girlscouts.org/program/journeys) and click on *It's Your Story-Tell It!*

## Tips For Leading A Campfire



1. Share the leadership; however designate one person to be in charge.
2. Determine who will lead each part. These girls should be completely familiar with their individual part.
3. Have a copy of the Campfire Program for each leader.
4. Ask the troop leaders to scatter around the circle with the girls instead of sitting together in the back in a group.
5. Be enthusiastic in announcing the next part. Do not ask the group IF they would like to sing a certain song, tell them what song they will be singing next.
6. When singing, give a strong starting note, so everyone can begin together in the same key.
7. Give clear instructions for singing rounds or playing games.
8. Avoid song sheets, interruptions, announcements, eating, requests, flashlights and other things that may distract from the mood the girls are trying to create.
9. Remain seated, except for a game, skit or yell.
10. Musical instruments; i.e., guitar, ukulele or recorder add variety. Make sure the musician has practiced the song.
11. Keep the pace moving; if a song is dragging, either speed it up or end it.
12. Keep skits to 3 minutes or less. They may need to be cut off if they are too long or in poor taste. Try to preview skits before campfire.

A well-organized and enthusiastic campfire is what girls will remember.

## Stress and Kids

*An excerpt from an article at Kidshealth.org*

Pressures often come from outside sources (such as family, friends, or school), but they can also come from within. The pressure we place on ourselves can be most significant because there is often a discrepancy between what we think we ought to be doing and what

we are actually doing in our lives. Stress can affect anyone who feels overwhelmed—even kids. In preschoolers, separation from parents can cause anxiety. As kids get older, academic and social pressures (especially the quest to fit in) create stress.

Many kids are too busy to have time to play creatively

or relax after school. Kids who complain about the number of activities they're involved in or refuse to go to them may be signaling that they're overscheduled.

Talk with your kids about how they feel about extracurricular activities. If they com-

plain, discuss the pros and cons of quitting one activity. If quitting isn't an option, explore ways to help manage your child's time and responsibilities so that they don't create so much anxiety.

For more information, go to: [www.kidshealth.org/parent/emotions/](http://www.kidshealth.org/parent/emotions/)

# ACTIVITY ZONE!

## Materials:

1. 6 sheets of square paper (8 1/2" x 8 1/2" is a good size)
1. Clear tape
2. Scissors
3. Stapler and staples

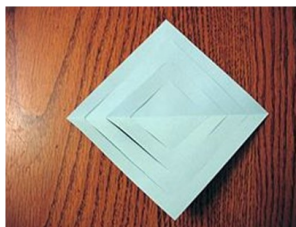
## Directions:

1. Fold each of the 6 pieces of paper in half, diagonally. If the paper you're using doesn't make a perfect triangle, cut off the edge that sticks out (rectangular edge) and make it align perfectly.

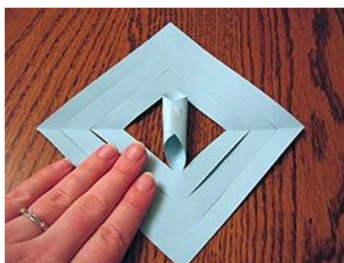
2. Cut 3 lines each side of the triangle from the folded edge (as per illustration), making sure not to cut through the unfolded paper edges. The cut lines should be parallel to one another each side and come close to meeting in the middle but not touch; leave a small space between them. To make this easier, you can fold the triangle in half. This way you'll cut both sides at once, making a very symmetrical snowflake. This might not be suitable for thicker paper, since the number of layers makes it difficult to cut through.



3. Unfold your paper and turn it so that the diamond shape is facing you for working with.



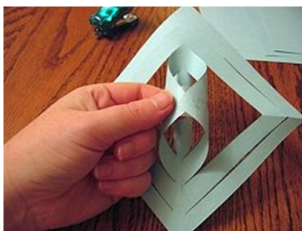
4. Still keeping your paper diamond side-up, roll the first two innermost paper lines together to form a tube. Tape these two pieces together. You should see triangle shapes on each side of the roll.



5. Turn the diamond over to the other side. Take the next two paper lines and pull them together on the opposite side of the tube and tape together as before. This will be a more rounded shape and wider than the first tube.



6. Keep turning the paper and joining the paper lines together on opposite side until all paper lines have been joined.



Repeat this process (steps 3 - 7) with the remaining 5 pieces of paper.

7. Join 3 of the completed rolled pieces together at one end draw together with your fingertips) and staple together using the other hand. Do the other 3 pieces the same way. Now you will have 2 pieces consisting of 3 strands or "arms" each.



8. Staple the two new pieces together in the middle. You will almost have the snowflake shape by now.



9. Staple where each of the 6 arms meet. This ensures that the snowflake shape is pulled into place.

