



Hello! I'm Bonnie Keller.

This fall, I am going to be a sophomore in high school in Sioux City, IA. Some of my favorite Girl Scout memories have been made while I attended camp or went on trips. I'm 15 years old this year and I am a Girl Board Member for Girl Scouts of Greater Iowa.

Being in Girl Scouts has given me a chance to express myself. Girl Scouts has given me various opportunities, that I probably won't have a chance to do again. Girl Scouts has given me self-confidence, self-esteem, and great leadership qualities.

I want to make a difference

I wanted to be on the board of directors because I want to continue to give older girl scouts a loud voice within our council. I want older girls to have expanding opportunities in regards to participating in events. It seems to me that our current events don't satisfy all age groups, and I want to help change that. In our council, I want to make sure that the older

girls are able to be involved in events that they like, in doing so, those events will attract more girls to attend so they won't be cancelled or postponed. I want to make a difference.

I am looking forward to continuing on in Girl Scouts all the way through high school. I also have my eyes on earning my Gold Award!

Connect with us to...

...make this newsletter your own! We are excited that this newsletter can continue to reach all girls in our council sixth grade and older. We are also going "green" with this newsletter as well, as this is the first edition that is mainly published online!

In order to ensure that this publication contains all the things that interest you, we are putting out a call to anyone who is interested in contributing to this newsletter on a volunteer basis.

Here is a list of some of the things that we are interested in:

- Column writers
- Interviewers
- Fact Finders
- Idea Contributors
- Project Managers
- Editors
- Advisory Panel
- Story contributors

This newsletter can be what you want it to be. If you are looking for some experience in writing, editing, or just want to have some say in what appears in this newsletter, contact us today! If you want to sign up, please contact Manda Van Kalsbeek at mvankalsbeek@gsiowa.org. We want to hear from you!

The Fall Product Sale is coming up October 9 - 25! Don't



miss out on this great opportunity earn some start-up funds for the year! The Fall Product program is a combination of high quality nut and chocolate products from Trophy Nut Company and magazine, book, software and music selections from QSP. Mark your calendar - talk to your leader/parent and get involved!

Girl Scouts - Let Me Know! (LMK)

Have you heard about this great new website?

LMK (Let Me Know), is the newest interactive website for teens from Girl Scouts and Windows. It was created with help from teens like you. With industry experts, LMK will provide you with the know-how to safely navigate your online life and even help your parents to understand it. We know how important this is to you! You can log on to: www.lmk.girlscouts.org and find out what this is all about! Here are some samples of what you will find:



From privacy settings to passwords, we'll show you how to keep your private info private.

Social Networking Risks: Social networking involves a lot of people and a whole lot of technology. And with all that, comes a lot of different ways to communicate and (email, IMs, PMs, video, poking, friending ... you know the drill). As cool as computers, cell phones, and social networking sites are, they each come with some sort of risk. Probably more than you ever would have expected.

Risk, shmisk, you say? Don't knock it. There are actually FOUR -- yes, 4-- different types of risks from social networking. Click on Social Networking on the home page to find more!

Cyberbullying: Do you know what it is? Have you dealt with it? We'll tell you about a few situations. You tell us if they qualify as cyberbullying. You may be surprised! Click on Cyberbullying on the home page to take this quiz.


All this and more at www.lmk.girlscouts.org

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Discover Events: Program and Activity Book will be hitting your mailboxes soon! Check out all the great opportunities that are in that book! You're not going to want to miss it!

CONGRATULATIONS SENIORS! - Class of 2009



Emily Abbott, Altoona, IA 
 12 years in GS, Troop #612
Future Plans: University of Iowa College of Nursing with a minor in Spanish
Favorite GS Moment: Mall of America trips
Gold Award: Toddler Tuesday: inventoried educational material and researched playrooms

Alexis Armstrong, Shenandoah, IA
 Jamie Baker, Des Moines, IA
 Brittany Bedford, Garner, IA
 Amanda Bernemann, Mason City, IA



Katie Betsworth, Indianola, IA
 9 years in GS, Troop #804 (now independent)
Future Plans: Des Moines Area Community College for Nursing
Favorite GS Moment: Going to camp with my troop while my mom was the leader


 Katlin Bidne, Story City, IA, Gold Award Recipient
 Krista Blum, Spirit Lake, IA



Kaity Brien, Ames, IA
 13 years in GS, Troop #1808 (now Juliette)
Future Plans: Iowa State for Biology
Favorite GS Moment: Going to Camp Tanglefoot in the summers - then working there... it's my favorite place to be.




Jessica Brooks, Melcher, IA
 Christine Burnett, Glenwood, IA





Rebecca Byrne, Mason City, IA 
 13 years in GS, Troop #20048
Future Plans: UNI for Theatre
Favorite GS Moment: All the wonderful travel opportunities I have had. I am lucky enough to have attended sessions at all four world centers.

Brittany Cheney, Council Bluffs, IA





Anna Coffin, Spirit Lake, IA   
 12 years in GS, Troop #104
Future Plans: Iowa Lakes Community College, considering paralegal
Favorite GS Moment: Our trips to Des Moines
Gold Award: "Earn While You Learn" helps young moms learn parenting skills and earn necessary baby items while working with adult mentors

Sarah Crank, Grimes, IA
 Heather Curry, Des Moines, IA
 Jenna Custard, Des Moines, IA
 Amie Davis, Mapleton, IA, Gold Award Recipient
 Allysha Davis, Independence, MO, Gold Award Recipient





Kayla Deutsch, Nashua, IA
 12 years in GS, Troop #20234
Future Plans: La James International College for cosmetology and message therapy, also business classes
Other Activities: Cheerleading, FFA, 4H



Celeste Durant, South Sioux City, NE  
 12 years in GS, Troop #322
Future Plans: Northeast Community College, Associates degree in pre-physical therapy, then transfer to a bigger school
Favorite GS Moment: Trip to Savannah, GA




Kristina Egger, State Center, IA
 Renee Ficken, Melbourne, IA
 Miranda Follmuth, Manly, IA
 Lynnea Fredrickson, Forest City, IA
 Devon Groen, Algona, IA
 Kelsi Guinn, Moulton, IA
 Shana Hauschild, Sigourney, IA
 Julia Hernandez, Sioux City, IA



Emily Holoch, Vermillion, SD  
 11 years in GS, Troop #119
Future Plans: St. Cloud State University in Minnesota, undecided major (possibly Studio Photography)
Favorite GS Moment: I have so many memories in GS and I love all of them. I don't know where I'd be without them. Savannah trip, camp counselor, National Delegate... and many more!


Michelle Hooper, Des Moines, IA



Shelbie Hurdle, Spirit Lake, IA   
 13 years, Troop #104
Future Plans: Iowa Lakes Community College then UNI for Early Childhood Ed. Teaching
Favorite GS Moment: Going to camp, making memories and new friends!
Gold Award: "Earn While You Learn" helps young moms learn parenting skills and earn necessary baby items while working with adult mentors

Bailey Jackson, Sioux City, IA



Maria Jorgensen, Sioux City, IA 
 13 years in GS, Troop #30272
Gold award: Backpacks to benefit children: provide backpacks full of school supplies to domestic abuse shelters for children who arrive with nothing

Amy Jutting, Garner, IA
 Katy Kenney, Garner, IA



Jenny Kinzey, Sergeant Bluff, IA  
 13 years in GS, Troop #149
Future Plans: University of Iowa for Political Science and Theater with plans to attend law school specializing in international law
Favorite GS Moment: Primitive camping at Joy Hollow and CIT at Camp Tanglefoot





CONGRATULATIONS SENIORS! - Class of 2009



Heidi Kistenmacher, Holstein, IA
 13 years in GS, Troop #282 **B S G**
Future Plans: Luther College for Biology and Spanish
Favorite GS Moment: Day camps and going to Savannah, GA
Gold Award: Flags for Holstein: installed free flags for residents of Holstein and flag retirement ceremony

Jennifer Koester, Altoona, IA
 Danelle Kohlmeyer, Garner, IA
 Roseanna Lake, Marshalltown, IA
 Kristen Lawler, Altoona, IA



Olivia Leuschen, Holstein, IA **B S G**
 12 years in GS, Troop #282
Future Plans: Iowa State University for Computer Science and Journalism
Favorite GS Moment: Overnight at Henry Doorly Zoo and touring at night
Gold Award: Flags for Holstein: installed free flags for residents of Holstein and flag retirement ceremony

Sara Lipcamon, Council Bluffs, IA
 Brittany Livengood, Eagle Grove, IA
 Allyson Lloyd, Rodney, IA, Gold Award Recipient



Rachel Long, Perry, IA
 13 years in GS, Troop #021
Future Plans: Des Moines Area Community College, undecided
Favorite GS Moment: So many to pick from! Going to camp and then eventually working at Camp Sacajawea as a counselor and lifeguard.

Kayla Marlin, Melcher, IA
 Ashley Mattson, New Virginia, IA
 Felicia Maule, Sigourney, IA
 Kaci Mc Cleary, Newton, IA
 Andrea Metzger, Ames, IA
 Samantha Miller, Marcus, IA



Jessica Moffitt, Spirit Lake, IA **B S G**
 8 years in GS, Troop #104
Future Plans: Iowa Lakes Community College, for Teaching
Favorite GS Moment: Christmas parties, going out to eat and traveling to Sioux Falls
Gold Award: "Earn While You Learn" helps young moms learn parenting skills and earn necessary baby items while working with adult mentors

NO PICTURE AVAILABLE

Megan Monroe, Des Moines, IA **B S**
 13 years in GS, Troop #917
Favorite GS Moment: Earning the Car sense Interest Project Patch and my dad came to our meeting to show our troop how to change a tire.
 Gold Award is in progress: decorating three rooms at a clinic to be more kid-friendly



Haylee Moore, Mason City, IA
 13 years in GS, Troop #20046
Future Plans: North Iowa Area Community College for Nursing
Favorite GS Moment: Ten day trip to England staying at Pax Lodge



Megan Moore, Milford, IA **B S G**
 11 years in GS, Troop #104
Future Plans: Beauty School and someday own my own salon
Favorite GS Moment: Going on road trips with my troop
Gold Award: "Earn While You Learn" helps young moms learn parenting skills and earn necessary baby items while working with adult mentors

Heather Morgan, Mapleton, IA, Gold Award Recipient
 Allison Mortvedt, Radcliffe, IA
 Sarah Munson, South Sioux City, NE
 Amaris Myers, Meservey, IA



Jennifer Noiva, Vermillion, SD **B S**
 13 years in GS, Troop #119
Future Plans: University of South Dakota, Business major
Favorite GS Moment: Playing ghost in the graveyard at Joy Hollow

Leslie Noty, Garner, IA



Kirstin Oliver, Des Moines, IA
 11 years in GS (independent the last 6 years)
Future Plans: Grandview University for Nursing
Favorite GS Moment: Going to the Ronald McDonald house and making comfort caps for cancer patients

Alicia Olson, Des Moines, IA
 Kristen Opfar, Gruver, IA
 Cassandra Ostrem, Garner, IA
 Michele Paar, Marshalltown, IA
 Gabrielle Parks, Goodell, IA
 Jessica Paul, Swaledale, IA
 Nicole Paulson, Council Bluffs, IA
 Sapphire Perrin, Sioux City, IA
 Katelyn Peterson, Sioux City, IA
 Courtney Pettinger, Altoona, IA

Emily Putney, Forest City, IA, Gold Award Recipient
 Alesha Rayhons, Garner, IA
 Brianna Rayhons, Garner, IA
 Mckenzie Reece, Forest City, IA
 Araceli Rico, Newton, IA
 Amy Rieffer, Forest City, IA
 Logan Roberts, Woodward, IA
 Kaitlyn Savoy, Garner, IA
 Cassandra Schaffer, Vermillion, SD,
 Amanda Schultz, Forest City, IA



CONGRATULATIONS SENIORS! - Class of 2009



Raeann Shimak, Mason City, IA
12 years in GS, Troop #20048
Future Plans: Attend a University and major in Bio-Chemistry to work in medical research.
Favorite GS moment: Trip to Switzerland and London



Jessica Sink, Colfax, IA
Alyssa Smith, Grimes, IA
Abbie Smith, Belmond, IA
Amber Smith, Fort Dodge, IA



Brittany Sorenson, Brandon, SD
12 years in GS, Troop #104
Future Plans: South Dakota State University, Political Science/Pre-Law, then law school at the University of Iowa
Favorite GS Moment: Going to camp, meeting new friends, fun with GS sisters!
Gold Award: "Earn While You Learn" helps young moms learn parenting skills and earn necessary baby items while working with adult mentors



Chelsea Southwick, Algona, IA
Amy Stephan, Ankeny, IA
Sarah Stogsdill, Des Moines, IA



Emily Stover, Spirit Lake, IA
12 years in GS, Troop #104
Future Plans: Simpson College, History and either Secondary Education or Pre-Law with a Spanish minor
Favorite GS Moment: Trips with my troop and Savannah, GA trip with area Girl Scouts
Gold Award: "Earn While You Learn" helps young moms learn parenting skills and earn necessary baby items while working with adult mentors.



Alyssa Sulsburger, Mapleton, IA, Gold Award Recipient



Chelsea Sunken, Indianola, IA
12 years in GS
Future Plans: University of Northern Iowa for Nursing
Favorite GS Moment: Five summers spent at Camp Tanglefoot!

Sheena Warndorf, Baxter, IA



Courtney Watts, Marshalltown, IA
13 years in GS, Troop #615
Future Plans: Lipscomb University in Nashville, TN for International Business and Finance with a Spanish minor (also will run track and cross-country)
Favorite GS Moment: Bicycle trip in Minnesota through Camp Tanglefoot
Gold Award: Organized a free women's self-defense class.



Allison Webb, Woodward, IA

Shelby Wessling, Danbury, IA, Gold Award Recipient



Kirstin Wessling, Holstein, IA
13 years in GS, Troop #282
Future Plans: Morningside College for Religious Studies
Favorite GS Moment: Singing around the campfire at day camp and roller skating parties
Gold Award: Flags for Holstein: installed free flags for residents of Holstein and flag retirement ceremony



Lindsey Wheeler, Belmond, IA
Hilary Whitfield, Des Moines, IA
Abby Wilson, Spirit Lake, IA
Heaven Wray, Centerville, IA
Emily Wright, Woodward, IA
Haoyi Zhou, Norwalk, IA



Abby Zwanziger, Nashua, IA
12 years in GS, Troop #20234
Future Plans: North Iowa Community College for Nursing then a future Master's degree
Other Activities: Track, Softball, Basketball, FFA, and community service projects

This list of seniors was taken from the Girl Scouts of Greater Iowa membership listing for 2009. We apologize for any omissions. Seniors recognized by photo and description were acknowledged upon their own submission of information.

Curious about the awards that these seniors have earned? Check out the descriptions below:

In 1980, Girls Scouts introduced the Girl Scout Gold Award (for Girl Scouts 14-18) as its highest honor, along with the Girl Scout Silver Award (for Girl Scouts 11-14). To receive these awards, girls must meet requirements that help them prepare for, and complete, a special project benefiting their communities. Based on requests from Junior Girl Scouts (ages 8-11), the Girl Scout Bronze Award was introduced in 2001. Today these three awards are a highlight of the Girl Scout experience.

G The Girl Scout Gold Award®, the highest award in Girl Scouts, focuses on a 14- to 18-year-old Girl Scout's interests and personal journey through leadership skills, career explorations, self-improvement, and service. The Girl Scout Gold Award was updated in 2004.

S The Girl Scout Silver Award symbolizes an 11- to 14-year-old Girl Scout's accomplishments in Girl Scouting and community activities as she matures and works to better her life and the lives of others.

B The Girl Scout Bronze Award recognizes that a Junior Girl Scout has gained the leadership and planning skills required to follow through with a project that makes a positive difference in her community.



Great spikes of black rock reach up to touch the crystal blue heavens... marred only by a few white puffs of cloud. The brilliant green of the valley below holds only sheep, no manmade structures in sight.

This is but one of the glorious sights I had the privilege of viewing on a Girl Scout trip to Switzerland. A sight I would never have seen if I were not still involved in Girl Scouting. Because of Girl Scouting, I have ridden the London Eye, looked out of the Sears Tower onto Chicago, watched Broadway shows in New York City, toured Smithsonians in Washington D.C., eaten at a Morrocan restaurant in Savannah, Georgia, and the list goes on.



SWITZERLAND/LONDON - SUMMER TOUR '08

Girl Scouting has provided me with countless learning opportunities

I have had the privilege to make friends with people from all corners of the world. These are wonderful people I never would have met if I were not in Girl Scouts. At the Chalet in Switzerland and Pax Lodge in London there were staff people from India, Sweden, and Canada, to name a few.



Girl Scouting has provided me with countless learning opportunities. Through Girl Scouting I, a girl living in a small town in rural Iowa, have learned everything from primitive camping to navigating the subways in New York City. Thanks to Girl Scouting I have climbed mountains.

- By Sephra Byrne, 10th grade, Clear Lake, IA, Troop #20090

Upcoming Girl Scout Trips!

Interested in going on a taking an amazing trip? Below is a brief synopsis of the trips/getaways that are being offered through Girl Scouts of Greater Iowa. Check out the full descriptions and information in the September-December 2009 edition of the Discover Events program book (coming to your mailbox soon!)

2009

Sept. 25-27: Train Without Tracks

2010

March 20-21: Weekend Getaway: Phoenix

March 20-21: Weekend Getaway: Houston

April 17-18: Weekend Getaway: Memphis

May 1-2: Weekend Getaway: Dubuque

June 15-17: Kansas City Here We Come

July 22-26: All Aboard to Chicago

July 22-30: Savannah Bound

Aug. 2-6: Missouri Cave Exploration

2011

June 11-25: Asian Adventure

July 15-31: Adventure Through Europe

Congratulations! Allison Waters, of Underwood, Iowa, has been accepted for the Girl Scout destination "Ultimate Challenge" from July 6 – 18 in Traverse City, Michigan. This destination will potentially have her scaling the 50-ft Tango Tower and flying down the 300-ft zip line. She'll spend 4-5 days encountering secret clues that will lead her to fascinating destinations all across Michigan. She might be rock climbing, geo-caching, log rolling or horseback riding.

Does that sound exciting? Want to learn more about Destinations? Check out the forums being held in September and October in our Leadership Centers (all information is listed in the upcoming Discover Events book).

- AIR
- ANIMALS
- CARE
- CLEAN
- CONSERVATION
- EARTH
- ECOSYSTEM
- ENERGY
- EXTINCT
- FUEL
- HABITAT
- HOME
- LANDFILLS
- LITTER
- OCEANS
- OXYGEN
- OZONE
- PEOPLE
- PLANTS
- POLLUTION
- PRESERVE
- RAINFOREST
- RECYCLE
- RESOURCE
- REUSE
- SOIL
- VOLUNTEER
- WATER
- WETLANDS
- WORLD

IT'S EARTH DAY EVERY DAY

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

GEAR UP FOR OUR
 2009-2010 JOURNEY...



How far you go in life depends on your being tender with the young, compassionate with the aged, sympathetic with the striving, and tolerant of the weak and strong. Because some day in life you will have been all of these. - George Washington Carver



Girl Scouts of Greater Iowa
 10715 Hickman Rd.
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Service Center Locations:
 Council Bluffs, IA
 Des Moines, IA
 Fort Dodge, IA
 Mason City, IA
 Sioux City, IA

www.girlscoutsiowa.org

*It's easy to
 "GO GREEN"*

Join in and make a smaller "carbon footprint" because it's your planet - LOVE IT!

Here are some suggestions to get started.

1. When You're Done Surfing and IMing, Turn Your Computer Off. If you shut your machine off before bedtime, you'll save an average of \$90 worth of electricity a year! If you must leave your computer on, tell it to go into "sleep" or "hibernate" mode, which saves power.
2. Put Together a Cool Vintage Outfit. Impress your friends with your fab style sense when you show up to a party in a vintage Betsey Johnson number (you can find gently used clothing for a steal at thrift stores and garage sales). Go glam by raiding your parents' closet for 1970s and '80s pants, vests and jackets.
3. Instead of Insisting on Driving, Catch the School Bus. No, it may not be as cool as driving yourself, but it is a lot safer, according to the National Academies of Science and Engineering. Buses are also much more fuel efficient than cars, saving gas and lowering emissions that cause global warming.
4. Get Involved! Enough said.
5. Lose the litter. Don't make your mess someone else's problem.
6. Go Veggie Once Per Week. In a world where water, land and energy are premiums, making a small cutback in the meat you eat is healthy for the planet, as well as your body.
7. Instead of Buying Bottled Water, Get a Refill and save waste and energy.
8. Get a New Shampoo — and Make It Natural!
9. Download (Legally!) the latest album from an Eco-friendly Star. John Mayer. KT Tunstall. Dave Matthews Band. Kanye West. Do your part by buying music online, which cuts out waste from shipping and all those CDs and cases.
10. Ask Potential Colleges About Their Eco-Practices and/or Check Out a "Green Collar Career."
11. Buy a Comfy Organic Cotton T-Shirt. Cotton is one of the most pesticide-intensive crops, and millions of gallons of toxic residue runs off cotton fields into rivers and lakes, poisoning wildlife.
12. Earn Great Grades (Mother Nature Needs Smart People to Help Protect Her). Humankind can right a lot of our wrongs and invent new technology to live lighter on the Earth, but it will take a lot of smarts.
13. Green Your Boyfriend or Girlfriend. Everyone knows that a significant other can influence our behavior in major ways.
14. Use both sides of your plain paper, and recycle.
15. Buy a quality razor with refillable blades.
16. You can minimize waste by buying eyeliner pencils encased in wood instead of pencils or liquids contained within plastic. Wood shavings have the potential to biodegrade, whereas plastics do not. If one in 20 eyeliner users switched from using plastic-encased pencils to wooden ones, nearly 10,000 pounds of plastic could be saved.
17. Use bars of soap versus liquid wash. It's less expensive, and it saves packaging waste.

Read more: <http://www.thedailygreen.com/going-green/6334#ixzz0MOQ4liQN>

Connect is a publication for Girl Scouts in grades 6-12. It is published four times annually as a service to the girls of Girl Scouts of Greater Iowa.

Chair: **Ann Hanes**
 CEO: **Karen Grode**

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Girl Scout Mission: Girl Scouting builds girls of courage, confidence, and character, who make the world a better place.

*Girl Scouting builds girls of courage, confidence and character who make the world a better place.
 Girl Scouts advance diversity and pluralism in our Movement and in the communities in which we live.*

