

Girl Scouts of Greater Iowa, November 2008

# Girl Scout Awards



DISCOVER. CONNECT. TAKE ACTION.

**Bronze Award:** Earned by Juniors (4th-5th grade)

The Girl Scout Bronze Award is the highest award a Junior Girl Scout can earn. It shows you have made a promise to help others, improve your community and world, and become the best you can be.

**Silver Award:** Earned by Cadettes (6th-8th grade)

The Girl Scout Silver Award symbolizes an 11-14 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. It is the second highest award in Girl Scouting.

**Gold Award:** Earned by Seniors or Ambassadors (9th-12th grade)

The Girl Scout Gold Award, the highest award in Girl Scouts, focuses on a 14-17 year old Girl Scout's interests and personal journey through leadership skills, career explorations, self-improvement, and service. Girls are not required to earn the Silver Award in order to earn the Gold Award.

"This [gold] award shows America at its best!" - Madeleine Albright, former U.S. Secretary of State

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# FIRST (For Inspiration and Recognition of Science and Technology)

(www.usfirst.org)

FIRST is an organization dedicated to "inspiring young people to be science and technology leaders by engaging them in exciting mentor-based programs that build science, engineering and technology skills." FIRST recognizes the importance of developing girls' courage, confidence and character to make this world a better place through engagement in hands-on engineering and science programs.



**What is it?**  
 FIRST gives opportunities for children age 6-18 a chance to discover science and technology in a fun and exciting way. There is an age appropriate level for all young scientists.

A robotics competition, a unique varsity sport of the mind, is designed to help high-school-aged young people discover how interesting and rewarding the life of engineers and scientists can be.

## What is unique?

- It is a sport where the participants play with the pros and learn from them
- Designing and building a robot is a fascinating real-world professional experience
- Competing on stage brings participants as much excitement and adrenaline rush as conventional varsity tournaments
- The game rules are a surprise every year

## How it works...

The FIRST Robotics Competition stages short games played by autonomous and remote-controlled robots. The robots are designed and built in 6 weeks (from of a common set of parts) by a team of 15 to 25 high-school-aged young people and a handful of engineers-mentors. The students remotely control the robots in competition rounds on the field. Each school year, teams are formed in the fall. The FIRST Robotics Competition Kickoff in early January starts the six-week "build" season. Competitions take place in March and April.

The FIRST Robotics Competition Regional events are typically held in university arenas. They involve 40 to 70 teams cheered by thousands of fans over two and a half days. A championship event caps the season. Referees oversee the competition. Judges evaluate teams and present awards for design, technology, sportsmanship and commitment to FIRST. The Chairman's Award is FIRST's highest honor and recognizes a team that exemplifies the values of FIRST.

Interested in starting a team of Girl Scout Robotic Engineers? If so, please contact Sally Frotscher in the Fort Dodge Service Center! Look for more information in the upcoming Program Discovery Events Book.

## WHAT DO YOU THINK?

The annual meeting task group has set up an online survey for anyone who would like to give feedback about the previous 2008 GSGI Annual Meeting and/or input into future meetings. Please log onto the following site to take our short survey:  
**Girls, log on\* to: [www.surveymonkey.com/GSGIgirls](http://www.surveymonkey.com/GSGIgirls)**  
 The surveys will close November 30 for a final tally, so, please submit your feedback today! \*If you don't have internet capabilities, please contact your local Service Center for a paper copy of this survey. Thank you - we appreciate your feedback! The next annual meeting is scheduled for May 2<sup>nd</sup> in Ames, IA.

Wanna' take a cool trip? It's time to make some lifelong memories!

Savannah Trip 2009

We are Savannah Bound July 23 - 31, 2009! Girls entering 7th grade, or older, in the fall of 2008, may attend this trip!

We will travel to Branson, MO, Memphis, TN and Atlanta, GA. We will also visit and tour Juliette Gordon Low's historical home in Savannah, GA. We'll spend time on the riverfront of Savannah and swim in the Atlantic Ocean at Tybee Island. This is a trip of a lifetime, one that you won't soon forget!

The bus will leave from Sioux City, IA, but, will also make a few stops across Iowa to pick up GSGL girls who are traveling South. Cost for girls to attend the trip is \$1,200 and includes food, travel, attraction fees and hotel stay. Financial Assistance is available for girls.

If you are interested in traveling with us, or finding out more information, please contact the Sioux City Girl Scout Service Center. Deadline for sign up is November 28, 2008.

Mayo Clinic Medical Career Seminar

For girls in grades 10, 11, or 12. Mayo Clinic Career Awareness Education Seminar is an opportunity for girls to confirm a career interest in medicine, not explore an interest. Requirements for girls who participate in this experience are: 1) take a career interest inventory, 2) have an interest in medicine as a career and 3) submit a short essay regarding their interest in medicine as a career.

As a group you will choose from available seminar dates, which are provided by Mayo Clinic. We will travel to Rochester the night before to be ready for our visit the next day. Following our visit we will shop and return to the Girl Scout Service Center in Mason City. One parent from those attending needs to chaperone. Price is based on four people per hotel room. Fuel surcharge may apply. Deadline for this has been extended until November 14, 2008. Call Crystal in the Mason City Girl Scout Service Center for more information.

Whad'ya Know?

Cadettes/Seniors/Ambassadors: Ever been to a live radio spot? Join us as we travel to the live broadcast of Public Radio's "Whad'ya Know?" hosted by Michael Feldman. This interactive live broadcast is heard on KUNI Saturday mornings.

We will travel to Madison, WI stopping at the House on the Rock. We'll stay the night to be ready for the side splitting show. Following the show we will tour the Madison Zoo and then head for home. Fuel surcharge may apply. Deadline for this has been extended until November 14, 2008. A time for a group meeting will be arranged after the registration deadline. Call Crystal in the Mason City Girl Scout Service Center for more information.

One of the best parts of traveling on Girl Scout trips is the people that you meet. Even though when we left for this trip we didn't know each other, we all came home with nine new best friends. - Becca, Iowa Girl Scout



Are you going on a destination trip (in-state, national or international)? Did you know that there are scholarships available? An application for any destination trip can be found by putting this link into your web browser (contact your leader or Area Manager if you do not have internet access):

http://www.studio2b.org/escape/destinations/destinations\_girl\_application\_2009.doc

All completed applications must be submitted to the Council Bluffs Girl Scout Service Center no later than November 15.

For more information, or if you have questions, contact Jean Barnes at 800-422-2093. (see above for information on some great trips!) To find out more about destinations, log on to: http://www.studio2b.org/escape/destinations/default\_02.asp

DESIGN IT!

Are you interested in designing our 2008 GSGL Holiday greeting card? Use the area to the right for black and white art work. Please submit the completed entries to your local Area Manager or mail to Megan Murphy at the Mason City Service Center by November 14!

Name: \_\_\_\_\_

\_\_\_\_\_

Troop #: \_\_\_\_\_

Age: \_\_\_\_\_





We are looking for exceptional young ladies to join our Board of Directors as a girl member and are encouraging all Girl Scouts between the ages of 14-17 (Junior in high school or younger) to apply for a one year commitment (spring to spring). This is a great opportunity for leadership and growth! Applications (below) should be sent by December 15, 2008 to:

Girl Scouts of Greater Iowa, 10715 Hickman Road, Des Moines, IA 50322 (Attention: Pat Wyatt)

**Girl Scouts of Greater Iowa - Volunteer Information Sheet**

The purpose of the volunteer information sheet is for Development Committee use and to assure information is available to help build a board representative of the council jurisdiction. The information requested may also be used for press releases and publicity. **Please place a star next to any information you would not want publicized.**

\_\_\_\_\_

Date \_\_\_\_\_

\_\_\_\_\_

Name (last) \_\_\_\_\_ (middle) \_\_\_\_\_ (first) \_\_\_\_\_

\_\_\_\_\_

Home Address \_\_\_\_\_ City/State/Zip \_\_\_\_\_ Area Code & Phone \_\_\_\_\_

\_\_\_\_\_

Email Address \_\_\_\_\_ Fax Number \_\_\_\_\_

The Girl Scout National Policy on Selection of Adults states, "Members of boards of directors should be selected so that the group can reflect the spread of points of view of various community resources... such as ethnic, racial, educational, civic, religious, and socio-economic." To help the Development Committee fulfill this obligation, please check the appropriate designations.

- White (not Hispanic origin)
- Hispanic
- Black (not Hispanic origin)
- Asian or Pacific Islander
- American Indian or Alaskan Native
- Other: \_\_\_\_\_

Age:  14  15  16  17

Religious Preference:  Catholic  Protestant  Jewish  Other: \_\_\_\_\_

Grade: \_\_\_\_\_ How long have you been a Girl Scout? \_\_\_\_\_

What is your favorite part of Girl Scouting? \_\_\_\_\_

**Volunteer Experience - Girl Scouts:** (list present or most recent first)

Local Position	Council Name/Location	Approximate Dates
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

**Volunteer Experience - Other Organizations:** (list present or most recent first)

Position	Organization Name/Location	Approximate Dates
_____	_____	_____
_____	_____	_____
_____	_____	_____

**Employment:** (list present or most recent first)

Position	Organization Name/Location	Approximate Dates
_____	_____	_____
_____	_____	_____
_____	_____	_____

How did you become involved in Girl Scouting? \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_



Girl Scouts of Greater Iowa  
 10715 Hickman Rd.  
 Des Moines, IA 50322

Non-Profit  
 US Postage  
 PAID  
 Mason City, IA  
 Permit No. 518

Service Center Locations:

- Council Bluffs, IA  
(800) 422-2093
- Des Moines, IA  
(800) 342-8389
- Fort Dodge, IA  
(800) 798-8141
- Mason City, IA  
(800) 657-5853
- Sioux City, IA  
(800) 746-8947

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

## Motivation and the Power of Not Giving Up!

Have you ever set a goal for yourself, like getting fit, making the honor roll, or being picked for a team? Like lots of people, maybe you started out doing great, but then lost some of that drive and had trouble getting motivated again. You're not alone! Everyone struggles with staying motivated and reaching their goals.

The reality is that refocusing, changing, or making a new start on something, no matter how small, is a big deal. But it's not impossible. With the right approach, you can definitely do it.

- **Know your goal.** Start by writing down your major goal. Your major goal is the ultimate thing you'd like to see happen. It's OK to dream big. That's how people accomplish stuff. You just have to remember that the bigger the goal, the more work it takes to get there.
- **Make it specific.** It's easier to plan for and master a specific goal than a vague one. Let's say your goal is to get fit. That's pretty vague. Make it specific by defining what you want to achieve (such as muscle tone and definition or endurance), why you want to get fit, and by when. This helps you make a plan to reach your goal.
- **Make it realistic.** People often abandon their goals because their expectations are unreasonable.
- **Write it down.** Put your specific goal in writing. Research shows that writing down a goal is part of the mental process of committing to it.
- **Break it down.** Break a big goal into small steps. Then

set specific daily tasks. Reaching frequent, smaller goals is something to celebrate.

- **Check in with your goal.** Now that you've broken your goal down into a series of mini-goals and daily tasks, check in every day.
- **Recommit to your goal if you slip up.** If you slip up, don't give up. Forgive yourself and make a plan for getting back on track - and pat yourself on the back for everything you did right!
- **Keep a stick-to-it attitude.** Visualize yourself achieving your goal: a toned you in your prom dress or a successful you scoring the winning soccer goal. Self-visualization helps you keep what you're trying to accomplish in mind. It helps you believe it's possible. You can also call up your mental picture when willpower and motivation are low. Positive self-talk also boosts your attitude and motivation. Tell yourself, "I deserve to make the honor roll because I've really been working hard" or "I feel great when I swim — I'm doing well on my exercise plan!"
- **Share with a friend.** Another boost is having supportive people around you. Find a friend that will support you.
- **Don't Give Up!** Ending an unhealthy behavior or creating a new, exciting one is all about taking responsibility for our lives. Finding the motivation to do it isn't necessarily easy, but it is always possible. Change is exciting — we'd all be very bored without it.

Good luck in reaching your goals!

Reviewed by: Steven Dowshen, MD; [www.kidshealth.org](http://www.kidshealth.org)

