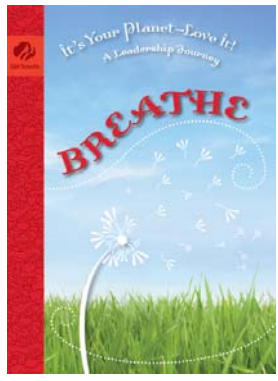




## CADETTES



### Have you begun your journey?

Cadettes engage all five senses as they clear the air—their own and Earth's.

Girls learn to assess air quality inside and out, getting an aerial view of everything from cigarette smoking to noise in the air to deforestation.

Along the way, they try some scientific experiments (that could even double as magic tricks to share with Brownies).

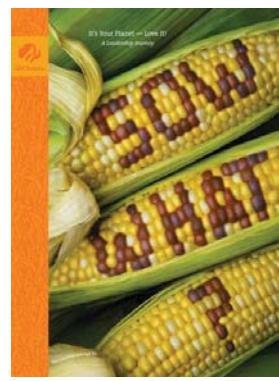
As they enjoy creating some "breathing room" in their lives, Cadettes may also find a new flair, think about "Hair," and perhaps even try making an éclair.

After becoming more Aware, the girls go on to Alert others to act for air, and then Affirm their impact on Earth, as they add these three uplifting leadership awards to their collection of Girl Scout honors.

*Inside:*

- Programs & Trips.....2
- Join the Board Form .....3
- Cyberbullying .....4

## SENIORS



### Have you begun your journey?

Seniors investigate the food network (no not cable TV—the real one that gets each piece of food to the table).

As they ponder the dirt on land use around the world (corn's a big issue!), girls get down to the science and roots of complex and global food issues.

Girls plan and conduct a local "food forage" to scope out their "food print" choices, and talk to scientists, local growers, and business owners—and even global hunger experts.

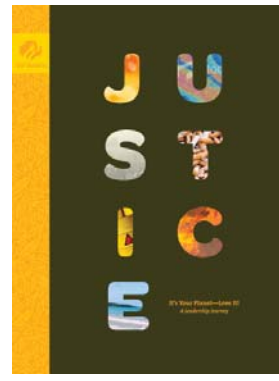
Using what they learn, girls consider their "leader prints" as they decide who and what they can cultivate en route to a Take Action Project that positively impacts their food network.

Along the way, Seniors take time to enjoy a "truly happy meal" together, experiment with new recipes, and try out being "locavores" who know how to savor local bounty.

So what about career choices and networking? Sew what about sewing? Seniors have a chance to try these on, too!

When they add Harvest, a prestigious new leadership award to their collection, Girl Scout Seniors will truly be proud of what they have sown on Earth!

## AMBASSADORS



### Have you begun your journey?

Justice—for Earth and all its inhabitants—we all know what it is. Why is it so hard to achieve?

Ambassadors realize that maybe justice needs a brand-new equation—their equation.

By "Doing the Math" with even the simplest of acts, deciphering how decisions get made, and exploring how to use scientific evidence, Ambassadors will create and then present their own unique equation for what justice asks of us.

Along the way, they will find they are also networking and gathering new ideas for college and careers.

Ambassadors can also take some time out to Nest and Soar as they ponder new inspirations from birds around the world.

When they add the Sage Award to their list of accomplishments, Ambassadors will be confident that they are the wise and healing leaders Earth yearns for!

## Cookies Anyone?

We just wanted to briefly mention of the upcoming Cookie Sale to let you know that the dates of the sale are January 8-31.

Ever thought about creating your own business? Do you want to work on your speaking skills? Do you want to learn how to "turn a profit" or become a better salesperson? These (in addition to leadership, teamwork, self-reliance, responsibility and "money in your pocket" to do all the cool Girl Scout things you can think of) are just some of the benefits of participating in the sale. It's time to take it to the next level! Start planning now!





Have you signed up for any of these events yet? Don't wait! Get your name in today!

DATE ('09)	AGE	EVENT NAME	LOCATION (Iowa unless otherwise noted)	CLOSING DATE
11/21	6-10	Babysitter's Training	Albia	Fri., Nov. 6
11/21	6-12	Program Aide Training	Fort Dodge	Fri., Nov. 6
11/21	6-12	Tail Waggin' Friends	Webster City	Fri., Nov. 6
12/5	K-12	Girl Power	Carroll	Fri., Nov. 20
12/5	6-8	Painting with Pastels	Des Moines	Fri., Nov. 20
12/11-12/12	9-12	Outdoor Adventure Weekend (Camp/Outdoor)	Camp Sacajawea	Fri., Dec. 4
12/11-12/12	2-12	Sports Galore Overnight	Waukee	Fri., Nov. 20
12/12	6-12	Program Aide Training	Sioux City	Fri., Nov. 20
12/19	6-10	Babysitter's Training	Rockwell City	Fri., Dec. 4
12/19	6-8	Painting with Pastels	Council Bluffs	Fri., Dec. 4
DATE ('10)				
1/16	6-8	Painting with Pastels	Mason City	Fri., Dec. 18
1/16	6-12	Sew What	Estherville	Fri., Dec. 18
1/16	6-12	Sew What	Ottumwa	Fri., Dec. 18
1/23	6-8	Painting with Pastels	Sioux City	Fri., Jan. 8
1/30	6-8	Painting with Pastels	Fort Dodge	Fri., Jan. 15

Interested in more than just a one day gig? Check out all these fabulous trips we're planning! Get ready to travel!!!

Where we're going	When we're going	Grade
Weekend Getaway: Phoenix:	Mar. 20 - Mar. 21, 2010	9-12
Weekend Getaway: Houston:	Mar. 20 - Mar. 21, 2010	9-12
Weekend Getaway: Memphis:	Apr. 17 - 18, 2010	6-8
Weekend Getaway: Dubuque:	May 1 - 2, 2010	6-10
Kansas City Here We Come:	June 15 - 17, 2010	6-10
All Aboard For Chicago:	July 22 - 26, 2010	8-12
Savannah Bound:	July 22 - 30, 2010	6-12
Missouri Cave Exploration:	Aug. 2 - 6, 2010	9-12
Asian Adventure:	June 11 - 25, 2011	9-12
Adventure Through Europe:	July 15 - 31, 2011	9-12

You can call the Leadership Center listed...  
 or sign up online!  
 Grab a friend and join us!

Getting this newsletter online?  
 Just click here to sign up -  
 with parent permission, of course!

## Dubuque, Dubuque

(Notes from the Junior Dubuque trip - May 2-3, 2009)

After we got the events book last fall, our troop decided to go on the Junior Dubuque Bus Trip. We saved our nut and cookie money and cookie dough to pay for the trip. We got up at 4:30 A.M. to meet the girls at 6:00 A.M., then we drove to Mason City by 9:00 A.M. to catch the charter bus - there were two! It was a fun ride to Dubuque on the charter bus. When we got to Dubuque they dropped us off downtown. We went on the Fenelon Place cable car, it was fun and scary at the same time. The view of the Mississippi from the platform at the top was amazing. Then we did a little shopping and went to the River Museum. My two favorite parts of the museum were the river otters and learning about the barges. We stayed overnight at the Grand Harbor Resort and Water Park where we went swimming, had pizza and then went swimming again. There were climbing ropes to get up to the water slides. The next day we went to the Crystal Lake Cave where we saw little brown bats in the cave. Then we went to eat at McDonald's on our way home. The trip was really fun!



Hope Pearson & Lizzi DeNoble on the top platform of the Fenelon Place cable car



Troop 10204 at the Cave

LIZZI DENOBLE,  
 Spirit Lake, Troop 10204



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 11, 2009 to:**

*Girl Scouts of Greater Iowa, 10715 Hickman Road, Des Moines, IA 50322 (Attn: Development Committee)*

**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

**Age:**  14  15  16  17

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

**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?**  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**What leadership qualities have you developed through your participation in Girl Scouting?**  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**What is a favorite memory from being an active Girl Scout?**  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**What are your plans after High School?**  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_



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

Service Center Locations:  
Council Bluffs, IA  
Des Moines, IA  
Fort Dodge, IA  
Mason City, IA  
Sioux City, IA

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

# justine

A R.E.A.L. Girl Contest is being held for all Girl Scouts age 13-19 through Justine Magazine. This contest is OPEN ONLY TO GIRL SCOUTS!

The winner will be featured in an article telling all about her activities as the R.E.A.L. Girl, and she will win a trip to the Justine offices in Memphis, Tennessee, for a professional photo shoot, as well as other fun prizes and Justine subscriptions for her troop and her school library.

Submissions will be accepted until mid-January 2010. The finalists and winner will be selected in February. For more information and contest rules, check out: [www.justinemagazine.com](http://www.justinemagazine.com).

(Aren't you glad to be a Girl Scout right about now?) The publisher of Justine magazine was a former Girl Scout! Cool, huh?



## Cyberbullying...



<http://Imk.girlscouts.org>

The Internet is a wonderful source of information. It is also a place to be very cautious. Have you heard of cyber-bullying? Chances are that even if you haven't heard that word, you've witnessed cyberbullying in some way.

### What it is:

Cyberbullying is any communication or content posted or sent by a minor online by instant messenger, email, website, profile page, interactive game, handheld device, cell phone, or any other interactive device that is intended to frighten, embarrass, harass or otherwise hurt another minor. A person who supports any of these activities is also a participant in cyberbullying.

### What It's Not:

- It's not cyberbullying if...
- It's sent from adults to adults, adults to kids, or kids to adults. If it's not a minor sending the communications and receiving them, it's considered cyberharassment, not cyberbullying.
  - It's a one-time message that isn't a threat, or public posting designed to humiliate someone.
  - In order for something to be cyberbullying, it has to happen a bunch of times or be a serious threat, or public action or posting. A one-time rude or insulting message sent to a minor by another minor is generally not considered cyberbullying, but a one time threat or posting would be.

**If someone is cyberbullying you, they are looking for a reaction. Don't give them one. Instead, block them and then tell someone. Here are some real life examples to learn about - then avoid or STOP!**

1. Instant Messaging/Text Messaging Harassment (texting wars/text attacks)
2. Warning wars; "telling on" a user just to get someone banned from a legitimate site
3. Posting a screen name similar to another in order to pretend to be someone else
4. Stealing someone's password in order to use it in a harmful way
5. Viewed or created a "fake" blog to impersonate someone
6. Viewed or created a fake website targeting someone in particular
7. Sending inappropriate pictures to others via email or cell phones
8. Using Internet Polling that might be offensive to someone else
9. Misusing Interactive Gaming to harass or use threats against someone
10. Sending Malicious Code or viruses to others
11. Sending someone else Junk Email or IMs from inappropriate sites
10. Impersonation of someone else for any reason



**Volunteer News** is published four times annually as a service to the volunteers of Girl Scouts of Greater Iowa. Articles, photos, and suggested topics are welcome.

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

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

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