



# GirlsWorld

The newsletter for Girl Scouts, families & volunteers of GSCM \* Fall 2004, Volume 2, Issue 1





# From the CEO

Welcome to the **GirlsWorld** Fall Issue , Girl Scouts of Central Maryland's newsletter designed especially for our girls and volunteers.

Mary Ann McClurg, President/Chair of the Board of Directors, and I would like to recognize all our dedicated volunteers for leaving their mark on the lives of the girls whom they have touched. We applaud their efforts...without them, our organization could not exist. I entreat each of our adults to remember your roots in Girl Scouting, and to continue to be involved in the program. You ensure the future of Girl Scouting. Your mark is evident in the extraordinary young women that are and have been Girl Scouts here in central Maryland. Our volunteers are the primary reason we are Girl Scouts. Where Girls Grow Strong. GSCM is moving forward in a positive direction at a time when girls need Girl Scouting the most.

I would also like to remind you of the enriching and innovative programs going on at GSCM. One of our most exciting initiatives is *STUDIO 2B<sup>sm</sup>* destinations travel opportunities. Please also see our other program features (starting on page 3 of this newsletter).

We are also excited to announce that Dr. Leigh Ann Curl, Baltimore Ravens Team Physician, will be speaking at the Girl Scouts of Central Maryland Dads & Daughters reception on Monday, November 22, 2004. (highlighted on page 9 of this newsletter).

As we transition out of summer into fall, I look forward to seeing you at the many upcoming GSCM events (listed on the back page of this newsletter). And remember we've got some great fall opportunities **JUST FOR GIRLS !**

Yours in Girl Scouting,  
Traci A. Barnett  
Chief Executive Officer

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# Way to go!



Community 40  
registers 15  
new girl members!



## Community 40 Hosts "Girl Scout FunDay"

*On Saturday, September 25th,* the Girl Scouts of Community 40 hosted a "Girl Scout Fun Day" on what turned out to be a very warm, sunny afternoon.

A grassy field was transformed into a campsite, with songs, games and friendship crafts. Girls that were already registered were encouraged to bring a friend so they could experience some of the fun Girl Scouts are known to have. Over 50 girls attended this event and they were amazed as they walked from several different stations that were set up around a camping theme.

In the crafting area girls made sit-upons, sleeping bag swaps, book marks, and friendship bracelets. In the games area, girls played "What

not to Bring to Camp", sit-upon relay games, Rattlesnake, Kim's Game (a memory game using camping and first-aid items), as well as other group games. Additionally, the girls had a great time playing with the parachute. In the campsite area the girls took turns putting up and taking down the tents and then it was time for a snack. Since it was warm out, the chocolate for the S'Mores melted quite easily. The girls had a chance to learn some new songs and make an edible campfire.

For anyone who was really hungry, they could buy hot dogs, sodas and chips to help our community raise money for our Savannah, Georgia trip in 2006!

It was a successful event as 15 new girls registered to join the Girl Scouts. If you are interested in joining Girl Scouts in the Maryland City or Russett area, please contact Sylvia Stverak-Pruden, Service Unit Registrar at 301-604-4125. We are also in great need of Troop Leaders and Assistant Leaders.

Photos provided by Sylvia Stverak-Pruden.





# G-N.O.W.

## GUIDANCE THRU NETWORKING OUR WOMEN

*"Girl Scouts is a place where sisters can grow, meaning working together and teaching us to do the right things in life."*

G-N.O.W. (Guidance thru Networking Our Women) Mentoring Program is an innovative, youth-savvy approach to providing positive role models for young girls. In this changing world, the unique challenges the youth face are often beyond the experiential understanding of the people, such as parents, teachers or religious leaders, to whom our girls look for advice. So, G-N.O.W. was formed to meet the growing need for role models with contemporary experiences by reaching out to the young adult population in our communities (women 19-29). Because they've overcome the challenges of a more recent era, these young mentors have a lot in common with the mentees, and have lots of relevant, timely advice.

Situated in Northwest Baltimore, G-N.O.W. reaches a diverse urban demographic of girls ages 11-16 years-old. In conjunction with its mentoring aspect, G-N.O.W. places great emphasis on overall health. The program has continued to promote the educational health of the mentees by sponsoring and/or attending science-fairs, trips to the aquarium and a "Healthy Study Habits" workshop. It is constantly advocating the emotional and physical health of the young girls with all sorts of workshops concerning self-esteem, self-awareness, nutrition and hygiene, and active lifestyles. Once, a group of freshman Hopkins Students invited G-N.O.W. to their workshop on topics like Gang Violence, Substance Abuse, Safe-Sex, and Higher Education. The girls enjoyed the skits they

performed; but found the following hours of pizza, games, and chit-chat with the students particularly memorable. The summer's biggest event was the three-night stay at Camp Whippoorwill. The girls loved playing games, watching movies, and swapping secrets. Most memorable was their spa treatment; they performed manicures, pedicures, facials, and a massage for one another. The night life consisted of midnight prank-wars and dance parties using flashlights and someone's flashing light slippers as strobe lights. G-N.O.W. continues to grow as mentees and their parents recruit new members and spread word of their experiences with the program. We continue to search for more mentors to meet the demands of this program's growing mentee base. Little is required of our mentors, just a couple of phone calls and a visitation, (in the form of attending our monthly meeting, a field-trip, or a personally planned date), between the mentor and her single mentee. The G-N.O.W. program presents a rewarding opportunity to positively influence a young girl's life.

**If you are an energetic,  
outgoing young woman  
between the ages of 19-29 and  
would like to make a cool new  
friend through G -N.O.W.  
Mentoring Program call Althea  
Houchins @ 410-358-9711.**

## EASTSIDE AFTER-SCHOOL PROGRAM



### Girl Scouts of Central Maryland reaches out to girls

The Eastside After-School Center is a safe haven for all girls ages 5-18. The Eastside Center follows a daily schedule that provides the girls with an evening of recreation, snacks, homework assistance, and creative learning activities. This program is moving towards responding to the needs of the community and ensuring that each girl's intellectual abilities are challenged.

Currently, the older girls are working on the world around them. They are focusing on other countries and cultures. The girls are responsible for researching information about the country given to them every Thursday at the library with their fellow Girl Scouts. At the end of each month they will role play their country by preparing food and dressing up in the appropriate garments. The younger girls are learning important information that all young

children should know, such as their address, phone numbers, emergency phone numbers the importance of staying away from strangers, and dangerous situations.

To ensure the safety of the girls attending the after school center, Girl Scouts staff "pick up" attendees by walking them from their school to the center.

This requires parental consent. During school pickup, staff will communicate with teachers to get insight on each girl's progress as well as her behavior in school.

This is just one example of how Girl Scouts of Central Maryland is working to reach Every Girl, Everywhere. Girl Scouts of Central Maryland also serves girls at the Westside After School Center and provides Girl Scout program during the school day at more than 18 Baltimore City schools.



### Attention Troop Leaders!



Looking for planned meetings to use during the sale? Check out our web site at <http://www.gscm.org/Program/20045cookiesale/cookiehome.htm> you'll find the latest information about the sale, great resources and lots of fun activities. Don't forget GSUSA has new patches and badges this year so be sure to check it all out on their web site, [www.girlscouts.org](http://www.girlscouts.org) or contact the GSCM Store for more information, [gscmstore@gscm.org](mailto:gscmstore@gscm.org) or call 410.358.9711, extension 202.

## It's Girl Scout Cookie Time!

Has your troop began selling? **If not, it isn't too late to sell this year. The direct sale runs from October 29th through November 30th. For more information on how your troop can sell this year contact Terry Mercer, Product Sales Manager, at 410.358.9711, extension 227 or via email at [tmercer@gscm.org](mailto:tmercer@gscm.org).**





# destinati

## Discover Wisconsin

### How destinations helped me become a Cheese Head this summer

By Diana Roman

My name is Diana Roman. I am from Community 66 in Carroll County. This summer I went on a destination called "Discover Wisconsin". I had decided to apply to go to a destination last fall. Unfortunately, my first choices were already full but the Council that was sponsoring one of my first choices, a trip to London, was also sponsoring a national destination to Wisconsin. I applied for this trip and was accepted. The application process takes a while so if you're thinking about applying for a destination for 2005, you should start now!

Before I went to Wisconsin, I had to raise some money to go on the trip. Our council, Girl Scouts of Central Maryland, also provided funds when I wrote to them asking for financial aid. My parents helped too. After I got the confirmation packet and raised all my money I needed to book a flight. It was hard finding a low price flight that went to Lacrosse, Wisconsin, but with my family's help I found one. The destination sent me a list of the other Girl Scouts attending this trip. My parents and I contacted two girls that were going from Virginia and I flew out to Wisconsin on the plane with two other girls. My parents thought it would be safer. I loved flying!

When I got to Wisconsin I met some other participants there and some very nice counselors. After we got our luggage, we got on a short bus and went to Camp Ehawee. Camp Ehawee is the council camp that was our home base for the destination. When we got to camp we checked in and had a small

health check, then we had a big banquet and got to know all the counselors. Next we unpacked our stuff in our platform tents, played some camp games, and went to sleep.

The rest of the week we got up early and did all day activities like riding horses, canoeing, seeing the cheese factory, going on a Mississippi paddleboat ride and other great things. Then two days out of the week we stayed at a really nice hotel in Madison, the state capital. We went on many day long side trips during the destination: the Wisconsin State Fair, touring the state capital, Mall of America, and Noah's Ark water park.

The week seemed to pass by so fast that all of a sudden we had to go home. After we got back to Camp Ehawee from visiting Madison, we had a Camp Ehawee fair, a big party and said our goodbyes. After we packed up and left camp we got on the bus and went to the airport. There we said goodbye to the counselors and got on our planes for our hometowns.

I would really recommend going on a destination. You can meet many different and great people. I even met a girl from Italy. While I was in Wisconsin my favorite things were Mall of America, riding horses, Noah's Ark, meeting all the great people and going on the steamboat paddleboat ride. Don't be afraid to apply to a destination because you might not get in or it's too expensive. Your council can help you with financial aid because they want teen Girl Scouts to get involved. So, go on a destination - they're great fun and you do all sorts of exciting things.



**“I would really recommend going on a destination. You can meet many different and great people. I even met a girl from Italy.”**

Where do you want to go?



## The Program

### STUDIO 2B<sup>SM</sup> destinations - What's all the Hype?

A destination is your chance to go somewhere new, do something different, and from everywhere around the globe. Destinations offers variety. See what life is really like for an M.D. or camp in the green depths of the Costa Rican rainforest.

You can travel around the corner or around the globe. Visit [www.studio2b.org](http://www.studio2b.org) to find out everything there is to know about destinations. There are details about current trips being offered, information on how to apply, polls, stories from girls who went on destinations, and so much more! New destinations are constantly being added so check the site often to see if your dream trip has been added yet!

Don't be intimidated by the price. Many of the events are offered at reduced prices from what the public would be charged. Plus, Girl Scout of Central Maryland may be able to help support the cost of the trip and Girl Scouts of the USA can help you with ideas for raising money for your trip. What Next??

When you find a destinations that is perfect for you and you have discussed with your parents, download the application form from [www.studio2b.org](http://www.studio2b.org) and com-

plete it. Print out two copies of the reference form and ask two people who know how awesome you are to fill them out. Send your application to GSCM. Make sure it is postmarked by November 15, 2004.

If you have questions about anything, call Dilana Pickett at 410-358-9711 ext. 241 or email [dpickett@gscm.org](mailto:dpickett@gscm.org). You'll know whether you've been accepted to go on your destination between January 10, 2005, and April 8, 2005.

There are six categories of destinations. Which one is right for you?  
**International**-events outside of the U.S.  
**Outdoors**-events ranging from learning outdoor skills to Outward Bound challenges on land or sea.

**Science**-events that take science to a new level. Learn animal behavior or what a doctor's life is like.

**People**-events that visit cities and countryside so you can experience the culture of new places.

**Apprenticeships**-events that give you hands-on, real-life experience in a potential career field.

**Getaways**-Two- to four-day events all over the country, that don't require the 2004 STUDIO 2B destinations application.

*"The world is a book, and those who do not travel read only a page"*

St. Augustine



Maryland girls are stepping into the STUDIO! Real teens have already named GSCM's new "By Girls, For Girls" website [GSteens.org](http://GSteens.org), and there's still time to put YOUR stamp on the site. Just visit [www.gscm.org](http://www.gscm.org) and complete an interest sheet in the Program section. PLUS- older teens can become peer driver safety educators with SafeSmart Women and a cool new girl group! Just check out the web or contact Girl Scouts' Teen Program Specialist Shane Bennett at [sbennet@gscm.org](mailto:sbennet@gscm.org) or 410-358-9711.





# volunteers the driving force in Girl Scouting

*“To the world you  
may be one person,  
But to one person you  
may be the world.”*

*Anonymous*



*In 1912*, Juliette Gordon Low, the founder of the Girl Scout movement in the United States, enlisted the help of family friends to form what we know today as the largest organization serving girls in the world. Today, 92 years later, there are more than 986,000 adult Girl Scout volunteers in the United States. Without dedicated volunteers, we would not be able to serve the more than 2.8 million Girl Scout members across the country.

## **Today's Volunteer**

Today's Girl Scout volunteers are women and men from all backgrounds - working parents, singles without children, college students and grandparents! They are people who appreciate the benefits and opportunities offered by our program. They are people who value the diversity and inclusiveness of our organization. They are people who are committed to the growth and development of girls and young women. If you are interested in volunteering for Girl Scouts, consider the following:

**Mentor:** mentor girls in skills related to your career or hobby, give instruction on anything from cosmetology to nutrition to baking.  
**Advisor:** work with a group of girls

who have formed to pursue a certain area of interest (photography for example). Teach them photography skills, expose them to new resources, help them experience photography in the community by visiting museums or going on excursions.

**Network:** use your experience and connections to give girls access to new resources, people and opportunities. For example, if you work at a law firm, invite a group of girls to learn more about careers in law, how to become an attorney, the different areas of law, etc...

There are also ample opportunities to get involved with at-risk populations in Baltimore City by volunteering time, skills, or services to girls in our Girl Scouting During the School Day program or after-school centers.

If you want to make a difference, and believe in the ideals and mission of the Girl Scouts, we need you. The time you volunteer can be as little or as much as your schedule permits.

If you are interested in learning more or are ready to jump on board, visit our website, [www.gscm.org](http://www.gscm.org) or call Membership Services 410-358-9711.

# Thank You

## Arnetta Jones

troops 1103 & 4049



*My name is Arnetta Jones and I'm proud to say that I've been involved with the Girl Scouts for over 17 years. I like telling people that my daughter was a Girl Scout before she was born. In that time I've served as a service unit manager, a troop cookie manager, a council trainer, training coordinator, a delegate and a troop leader. Being a leader has always given me the greatest joy. I have worked with Daisies, Brownies, Juniors, and at the moment, a troop of boy crazed 12 year olds, which makes life very interesting.*

*In 1995 at a Time for Me Event I asked, "How does one become a trainer?" Almost ten years later being a Council Trainer still gives me the unique opportunity to impact our girls. With knowledge and confidence, adult volunteers are empowered to help our girls grow strong. They do an incredibly important job as a role model for the girls by mentoring and motivating through encouragement. Central Maryland Trainers are a tremendous group of talented and dedicated volunteers who give of their time and talents in the various required courses and workshops. Courses include: Introduction to Troop Leadership, Level Training, First Aid/CPR, many outdoor courses and a myriad of other enrichment events.*

*Prior to becoming an Instructor of Trainers there is a five day training at the Edith Macy Conference Center, the GSUSA national training facility located in beautiful West Chester County, N.Y. Macy is a magical place because you could be having lunch with a CEO from*



***"Volunteering for me is just something I do. It is the way I stay in touch with my kids and what's happening in their lives. It is just important for me to be involved."***

*Black Diamond Council or a Girl Scout from Washington State. The most rewarding achievement was being presented with the Macy Lamp pin in the Great Hall - where Juliette Low participated in the first World Council of WAGGS. I felt privileged to walk where she walked.*

*--Arnetta A. Jones, Troops 1103 & 4049*



**Dr. Leigh Ann Curl from the Baltimore Ravens to address Girl Scout Dads & Daughters.** ★

We are excited to announce that Dr. Leigh Ann Curl, Baltimore Ravens Team Physician, will be speaking at the Girl Scouts of Central Maryland Dads & Daughters reception on Monday, November 22, 2004. Please join us for an evening of fun and learning as Dr. Curl shares her experiences as the first female team physician in the National Football League. Learn how she got such a prestigious position and what is involved in her day to day work. There is no charge for this event. For more information and to R.S.V.P., call Ellen Lowe at 410-358-9711 x246.

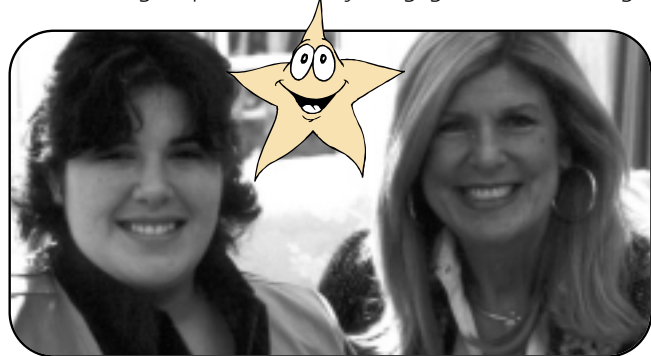
## Dr. Leigh Ann Curl

is an Assistant Professor of Orthopedic Surgery at the Johns Hopkins University School of Medicine, and is a sports medicine, knee and shoulder surgeon at the Johns Hopkins Bayview Medical Center. Dr. Curl is the Head Team Orthopedic Surgeon for the Baltimore Ravens. She was previously the Head Team Physician for the University of Maryland Terrapins from 1997-2002. Dr. Curl has also served as a team physician for the New York Mets, USA Women's Basketball, USA Women's Rugby, Johns Hopkins University and St. Johns University in New York.

## DISTINGUISHED WOMEN'S SHADOW

*An experience of a lifetime*

Experience what it's like to run a hospital, conduct a business meeting, hire employees, teach children in the classroom, argue court cases, operate on a patient, and so much more!! Each year Girl Scouts of Central Maryland's Distinguished Women's Award Reception honors outstanding women from our community who have not only excelled in their careers, but exemplify Girl Scout values. The best part is that each of these distinguished honorees is matched with a high school aged Girl Scout who has the opportunity to meet with them and shadow them for a day. This has proven to be an amazing experience for young girls who, through



Sara Neice and Melanie R. Sabelau

this shadow experience, are given a rare "day in the life" glimpse of the professional world, of networking, time management, communicating, and so much more. And to top it off, the shadow will introduce her honoree at the awards ceremony. This is an incredible opportunity to build a relationship with a successful woman who is making a difference in our community. This year's Distinguished Women's Award Reception will take place on April 14, 2005 at the Baltimore Country Club in Roland Park.

There is an application and interview process for girls interested in being a shadow. Application forms will be mailed in November. For additional information, contact Ellen Lowe, at 410-358-9711 X246 or [elowe@gscm.org](mailto:elowe@gscm.org).

## Let Your Imagination Go at the Clementine Peterson Activity Center and Camp Ilchester!

Flexibility and options are the keys to getting the most from your experiences at the property. Clementine Peterson Activity Center and Camp Ilchester are located in Ellicott City, Maryland on 21 acres of woods with a large meadow. Two wonderful nature trails are located on this property. The Middendorf Challenge Trail, which is handicap accessible and boosts various hands on nature stations for girls and troops to enjoy, and The William Brown Trail, has markers for tree and plant identification. An amphitheater is available for outdoor program activities. Two day-sites, with campfire circles, allow groups to hold day events and to practice their cooking skills. Also, we are pleased to announce that Clementine's Corner, the new GSCM Store, will be going full-service shortly to provide better service and shopping options for our volunteers and customers. Valley View Lodge is winterized and sleeps 20 campers. The Clementine Peterson Activity Center is used for council-wide program activities and training events. The Clementine Peterson Center is also available for Girl Scout community events and program activities. Outside organizations may also use the facility for meetings, conferences, retreats, etc. Don't forget this property is perfect for family reunions, birthday parties and much more!

**For additional information or to reserve a site, contact Connie Adams at [CAAdams@gscm.org](mailto:CAAdams@gscm.org) or at 410-358-9711, ext. 238.**

### Friends of Camp Groups

Girl Scouts of Central Maryland  
*Do you love camp? Do you have a special interest in improvements to GSCM's Properties?*

#### Join GSCM's Friends of Camp Groups Today!

Groups will meet several times throughout the year to walk the property, discuss property needs and concerns, help to identify and complete various projects, name trade people to lend a hand and expertise with projects, help to identify funding sources, and most importantly ensure that our girls have a safe place to camp now and in the future.

Girls and adults welcome!

For more information, contact Jim Richardson, Director of Property and Ranger Services, at [jrichardson@gscm.org](mailto:jrichardson@gscm.org) or call 410.358.9711, extension 210.

## The GSCM Store

Your GSCM Store services continue to grow to meet your needs!

### GSCM Service Center Main Store

September 6, 2004 - June 30, 2005  
Monday - Thursday, 9am - 6pm  
Friday, 9am - 4pm  
Saturday, 9am - 2 pm

### Clementine's Corner

September 6, 2004 - June 30, 2005  
Monday - Friday, 10am - 2pm  
Saturday, 9am - 1pm



# Calendar of Events

## November

- 5 Night Owl program at Peterson
- 6 Camp Ilchester day
- 6 Master of the Camp fire at Peterson
- 8 Ceremonies Workshop at GSCM Service Center.
- 10 Maryland You Are Beautiful Volunteer Celebration
- 11 Veterans Day
- 13 Girl Scout Day at The National Aquarium
- 15 Destinations application deadline
- 14 Leave No Trace Camp Whippoorwill
- 20 GSteens at Seton Service Center
- 20 Make New Friends Day at Peterson
- 21 Dance, Dance, Dance at Peterson
- 22 Dad's and Daughters reception at GSCM
- 25 Thanksgiving Day GSCM is closed
- 26 GSCM is closed
- 28 Scales and Tales Camp Woodlands
- 29 Baltimore County Service Team Meeting at GSCM

## January

- 1 New Year's Day
- 3 GSCM is closed
- 9 Paws to Think at Peterson
- 15 My Healthy Body at Peterson
- 17 Martin Luther King's Birthday GSCM is closed
- 22 Have Fun, Get Fit! at Peterson
- 22 Car Safety's in the Bag at Seton Service Center
- 23 Yoga and Pilates Please! at Peterson
- 31 Girl Scout Legislative Day registration deadline

## December

- 4 Hooray for the Holidays at Peterson
- 5 Giving from the Heart at Peterson
- 7 Hanukkah
- 17 GSteens at Seton Service Center
- 18 Happy Holidays Together at Peterson
- 24 Christmas Eve GSCM is closed
- 25 Christmas Day
- 27 GSCM is closed
- 27-31 Winter Day Camp Wild Safari Adventure

## February

- 4 CarCare Clinic at CarMax in WhiteMarsh
- 12 Puppets, Dolls, & Plays at Peterson
- 13 Junior Girl Scouts Flock Together at Peterson
- 14 Valentines Day
- 17 Maryland Girl Scout Legislative Day
- 19 Have Fun, Get Fit! at Peterson
- 20 Creative Composing at Peterson
- 21 President's Day GSCM is closed
- 22 World Thinking Day

Visit [www.gscm.org](http://www.gscm.org) for more events and details.



Girl Scouts of Central Maryland  
4806 Seton Drive, Baltimore, MD 21215

*Girl Scouts of  
Central Maryland  
serves nearly 30,000  
girls in Baltimore  
City, Anne Arundel,  
Baltimore, Carroll,  
Harford & Howard  
Counties. With  
your dedication &  
continued support,  
we are Girl Scouts.  
Where Girls Grow  
Strong.™*

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