**Troop Program Ideas**

**October 2015**

**Things to Celebrate**

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**Make a Difference Day Oct. 24**

Twenty years ago, Make a Difference Day was started by a group of people, just like Girl Scouts, who wanted to make the world a better place. Today, Make a Difference Day is the largest day of community service and has become a USA TODAY initiative. It is a celebration of helping those in your family, in your community, your schools and all across the country. People who participate in the day have the common mission to improve the lives of others, and ourselves, to show that regardless of age, race or background, we can accomplish amazing things when we take on the problems of those in our communities.

To join the movement, start or find a project at www.makeadifferenceday.com. You could even win national recognitions and earn a place amongst their recent winner like 15-year-old Nicholas Lowinger, the 2012 winner who helped provide 7,400 homeless children with shoes that fit. Share your project with Girl Scouts of San Jacinto Council on social media and use the hashtag #Volunteer.

**Girl Scout Activity**

We have so much to thank our elders for: raising our parents, maybe raising us and for paving a way for us in this great big world. Wouldn’t you like to thank some of them this International Elders Day? With your troop draw something beautiful we can thank them for. Choose a local assisted living facility and ask the staff to hang your pictures around the building so they know how much they are appreciated. International Elders Day is October 1.

**Song Corner**

Singing songs together is an easy way to open or close a meeting, keep girls entertained during extra or down time or have fun at camp! Here’s a tune to try at your next Girl Scout gathering:

**Orchard and Ocean**

Tune: Tell Me Why

Orchard and ocean, farm and field, We thank our Maker for all that they yield, For earth and water, for flower and seed, We thank You, God, in thought, word, and deed.

**Healthy-er Caramel Apple from eatingwell.com**

To honor every sweet tooth’s favorite holiday, celebrate Halloween by making this healthy caramel apple recipe.

**Ingredients:**
- 1/3 cup packed light brown sugar
- 1/4 cup agave nectar
- 2 tablespoons butter
- 1/8 teaspoon salt
- 3 tablespoons chopped unsalted nuts, such as peanuts or pecans
- 6 small apples

**Instructions**
1. Line a baking sheet with wax paper and coat with cooking spray. Coat a tablespoon measure with cooking spray.
2. Combine brown sugar, agave, butter and salt in a small saucepan. Place over medium heat; as soon as the syrup starts to lightly bubble around the edges, cook, stirring constantly, for 1 minute more. Add nuts and cook, stirring constantly, until the sugar is melted and the mixture darkens, about 1 minute. Remove from the heat.
3. Working quickly, spoon about 1 Tablespoon of caramel over each apple. Repeat, spooning another tablespoon of caramel over each apple, turning as you pour.
4. Let cool on the baking sheet for 5 minutes. Insert popsicle/craft sticks into the tops. Press any stray strands of caramel back onto the apples. Let cool for at least 30 minutes.
How to perform a Girl Scout Flowers of Friendship Rededication Ceremony

Items needed: Ten bunches of flowers, a large container to set flowers in and one smaller for each girl

Placement: The troop forms a semicircle around the back of a table upon which the equipment is placed

Ceremony Script Example:
Leader: Welcome to our rededication ceremony. Tonight, we are here to reaffirm our belief in the Girl Scout Promise and Law. The Girl Scout Promise and Law are the foundation of all Girl Scouting. The Promise is like a basket that holds flowers. Flowers have always played an important role in human life. From the very earliest times, they have been given as tokens of love and respect and have served in ceremonies and rituals of all types. The flowers we mention in this ceremony symbolize the ten parts of the Girl Scout Law. Please join me in repeating the Girl Scout Promise. [Everyone recites the Promise.] And now we will dedicate ourselves to living the Girl Scout Law. [As each part of the Law is read, the corresponding flower is placed in the basket or vase.]

- Girl Scout #1: I will do my best to be honest and fair. This part of the law is represented by the white chrysanthemum. It shows truth, honor, trustworthiness, equality and fairness.
- Girl Scout #2: friendly and helpful. The zinnia represents thoughtfulness about friends, while baby’s breath represents generosity.
- Girl Scout #3: considerate and caring. Together, a red and a white rose stand for a warm and caring heart.
- Girl Scout #4: courageous and strong. The garlic plant grows anywhere and has a strong flavor. It represents courage and strength of character and body. The Indian paintbrush shows cheerfulness even in difficulty.
- Girl Scout #5: and responsible for what I say and do. The gladiola symbolizes strength of character, maturity, and responsibility. Binding it with straw, we show that we honor our word and keep our agreements.
- Girl Scout #6: and to respect myself and others. The white zinnia shows that we hold ourselves worthy and good. Wintergreens symbolize the harmony we try to keep between ourselves and others.
- Girl Scout #7: respect authority. The daffodil represents careful thought, attention, and concern. With the daffodil, we are saying that we hold others in high regard.
- Girl Scout #8: use resources wisely. The foxglove shows thriftiness. When we use our resources wisely, we are being thrifty.
- Girl Scout #9: make the world a better place. The cattail represents the peace we are trying to bring to the world when we help others. The caladium shows the great joy and delight we take in the world around us.
- Girl Scout #10: and be a sister to every Girl Scout. With the striped carnation, we are saying that we think about those Girl Scouts and Guides who are not here with us. It helps indicate our love for our fellow Scouts and Guides.

Leader: This arrangement of flowers symbolizes our dedication to the Girl Scout Promise and Law. Flowers alone do not last. This bouquet, a combination of color, texture, shape, and aroma of each of the symbolic flowers, will always remind us of our commitment. A gift of fragrance is a gift of remembrance.

Following the ceremony, one of each type of flower could be made into a bouquet for each of the girls. Flowers may be substituted for any mentioned in this ceremony, depending on the season and availability.

Bird Feeder
You don’t have to buy a costly bird feeder to nourish nature’s little warblers. Construct one from an empty coffee can painted with a cheery design!

You will need a 4” dia. X 5 ¾” h coffee can with lid, white spray primer; a variety of colors of metal paint; household sponges; paintbrushes; 8 ¾” of ¼” dia. Wooden dowel; craft knife, cutting mat; household cement; and 24” of jute twine.

Leaders might want to do steps 1 – 3 before the troop meeting.

1. Remove lid from can. Use craft knife to cut lid in half. (including rim) Measuring from straight edge, trim 1” from each half of lid.
2. Use a can opener to remove bottom from can. Turn can on its side.
3. Apply primer to outside of can and let dry.
4. Let girls be creative! Paint the houses one color or paint a garden scene. Don’t forget to paint the wooden dowel too.
5. Once the paint is dry, glue curved edges of the lid to openings of can at each end.
6. Extending 3” beyond each end of can, glue dowel to bottom of can for perch.
7. For hanger, knot ends of twine together inside can. Glue twine to inside top of can at each end to secure.