



TROOP 4506 UPDATE



February 2006

Phase one of the Girl Scout Cookie Sale is completed! All cookie order forms are to be turned in to our Cookie Manager (Christie) at this time.

Now starts phase two! Today we have distributed the Catch-up Order Cards. The girls can continue selling Girl Scout cookies with this form. All sales on this form will count towards their 2006 Cookie Sale Awards. However, they will not count toward the Cookie Genius patch which is an award given to Girl Scouts with 100 boxes or more on their initial order form (which has presently been turned in). The Catch-up Order Cards are due back by February 17th.

Phase three will take place in March when we schedule our Cookie Booth.

Girl Scouts SHAPE UP!

Girl Scouts of the USA has developed a new patch called Girl Scouts SHAPE UP. It is designed to help girls feel better, look better and have lots more energy for fun.

To earn the patch, the girls need to commit to at least 30 minutes of activity three times a week for three months and must complete all of the nutrition activities for their age group. Included is an Activity Record to help her track her progress. Please return the Activity Record at each meeting so the chart can be signed off by one of the Leaders.

Part 1 - Get Movin! - Participate any way you want—in whatever activities you choose—by yourself or with your family. Just be active a minimum of 30 minutes three times a week for three months.

You can choose from the following list of sample activities, or think of an activity on your own. Record your activity on the shape UP! Activity Record.

| | | |
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| Active play(running with the dog, playing catch, tossing a Frisbee, jump rope etc) Aerobics Badminton Basketball Bike riding Bowling Canoeing/Kayaking Curling Dancing | Field hockey Figure skating Gymnastics Handball Hiking/Backpacking Horseback riding Ice hockey Lacrosse Rollerblading Rowing Sailing Skating Skiing | Snowboarding Snowshoeing Soccer Softball Swimming Tae kwon do Tennis Track and field Volleyball Walking Water skiing Weightlifting |
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Part II – Eat Right! - Strong bones, strong girls. Calcium helps you grow strong. Our bodies continually remove and replace small amounts of calcium from our bones. If your body removes more calcium than it replaces, your bones will become weaker and have a greater chance of breaking. But getting the recommended amount of calcium, you can help your bones stay strong! Do you know which foods have calcium? Milk is one. Ice cream, broccoli, yogurt, and cheese pizza are others. With the help of your family, plan a delicious snack that has calcium.

HAPPY BIRTHDAY:



Jill

HELP!



We are collecting metal bottle caps for a recycling craft project. Please save them for us!

TROOP EVENTS

St. Paul's Breakfast Hour

Save the date... our troop is the host for the St. Paul's Breakfast Hour on Sunday, February 19th from 8:30 – 9:45. Please sign up to bake and/or serve.

St. Teresa's PBJ Friday

Friday, February 24th is PB&J Friday at St. Teresa's Church. Please bring a donation of bread, peanut butter and/or jelly and join us from 4:00 – 5:00pm in the church hall to make sandwiches for the St. Vincent DePaul soup kitchen. Parents are welcome too!

COUNCIL EVENTS

GS Sunday Program at Ski Butternut:

Girl Scouts and their families are invited to Ski Butternut every Sunday of the season (including holidays) for discount lift tickets, rentals and lessons! Fees are: \$25 Lift Ticket, \$20 Equipment Rentals and \$10 Group Lessons- available on Sunday only. These rates apply to all individuals ages 7 and up. To receive the discount, proceed to the Group Booth, located just off the far left side of the parking lot. Identify your Troop Number and Girl Scout Leader's name. Ski Butternut is located on 380 State Road- Route 23, Great Barrington, MA 01230.

Science in Action try-it:

Today the girls are all going home with their Science in Action try-it! Some of our favorite experiments are listed below.

Exploding Rainbow

1. Fill a pie plate halfway with whole milk.
2. Pour some liquid dishwashing soap into a plastic squeeze bottle and label it "Magic Potion."
3. Have volunteers gently squeeze 3 drops each of red, yellow, blue and green into various, separate areas.
4. While saying "Abracadabra," drizzle some of the "magic potion" in a circle around the outside edge of the milk.
5. Your audience will be amazed to see the milk instantly turn into a kaleidoscope of colors....this display can last for several minutes.

Magic Star

1. Bend 5 or 6 wooden toothpicks in half – gently enough that each toothpick forms a V, but does not break apart.
2. Place the bent toothpicks on the center of a dry, clean plate, arranging them so that the centers point toward each other.
3. Set a glass of water and an eyedropper nearby (you can use a straw if you don't have an eyedropper).
4. Fill the eyedropper with water (or the straw by holding your finger over the end to contain the water). Squeeze several drops of water into the center of the toothpick pattern.
5. The toothpicks will slowly but surely reshape themselves into a star.

Weird Glop

Almost everything in the world is a solid, liquid or gas. Things can change from solid to liquid to gas. It changes to a solid when it freezes. When it boils and you see steam, it has become a gas.

Weird glop isn't really a solid or a liquid. Do not eat it!

In order to make weird glop, you will need: 1/2 cup cornstarch, 1/4 cup water, spoon, measuring cup, bowl, food coloring

1. Pour the water into the bowl.
2. Add the cornstarch a little at a time while stirring.
3. Keep mixing until all your glop looks and feels the same.