



# Adventure Day

## Girl Scout Troops Conquer Challenges

On Saturday, Oct. 19th over 50 Junior and Cadette Girl Scouts ventured out into Camp Echo Trails' low ropes course to brave incredible challenges from evacuating the sinking Titanic to crossing pits filled with chomping alligators during Girl Scout in the Heart of Pennsylvania's Adventure Day. The scenarios were imaginary, but the teamwork, cooperation and perseverance that the Girl Scouts troops demonstrated were more than real as they boldly challenged each other through the course.

*"When I was growing up we spent all day outside. The girls will get more hours outside today than they will all week."*

*— Jeanne Farrell, Troop Leader  
(Troop 71391, Lancaster County)*

There was plenty to learn before the girls tackled the low ropes course! The day kicked off with a morning of teambuilding, communication and trust activities to prepare them for an afternoon of adventures. Girls had each others' backs as they performed trust falls and practiced their spotting skills to make sure that no one got hurt on the course. Troops from different areas of the council were combined to cultivate new relationships and to further encourage teamwork. "Teamwork is key! If someone falls you have to get them back on!" said Kelsey C. of Troop 20100 from New Freedom.

And there was falling, but always in the arms of a girl spotting her fellow Girl Scout member who was quick to follow up with a cheering word or two. Parents and troop leaders proudly watched their girls shake it off and get back up on the ropes. "The girls have perseverance! They could have given up, but they didn't and that is a great trait to learn for anything in life," said Donna Shriver, Troop Leader for Troop 60026 from Lewisburg.

From Mohawk Walk to Wild Woogy, the low ropes course elements presented an opportunity for girls to bond with one another and achieve accomplishments that looked impossible. The lesson learned: When you have your fellow Girl Scouts to pull you up, hold you steady, and catch you when you fall...nothing is impossible!



To get your Girl Scouts to accomplish the impossible visit our website [www.gshpa.org](http://www.gshpa.org) to see what Outdoor Programs we have to offer in the near future.

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# Connections

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## Girl Scouts Groove Their Way to a Healthier Future

Music and hearts were pumping fast as over 175 sneaker-clad Girl Scouts shook, twisted, and grooved to diverse dance forms led by the Susquehanna Dance Center, as part of its signature event Just Dance on Sunday, Oct. 20 at the Hempfield Rec Center in Landisville in Lancaster County.

*"Just Dance showed girls that exercise can be fun! It is like opening another door."*

*— Deb Polizzi, Troop Leader  
(Troop 71471, Lancaster County)*

Girls walked into a dance party warm-up to the Wii game Just Dance and from that second on they didn't stop moving or having fun! From the dance party, girls were broken up into three groups where they received 30 minutes of hands-on workshops guided by experts in African, ballet and modern dance styles.

Each Girl Scout is just as unique as the dance styles they were learning. Some girls were drawn more to the colorful, loud, and explosive movements of the African workshop. Other girls gracefully floated and leaped across the floor in ballet. Others still felt most expressive as they laughed their way through a human jungle

gym made of Girl Scouts in their modern workshop.

No matter which style was their favorite, the workshops equally challenged the girls to be physically active. "Programs like this are very important, especially with schools cutting gym time," said Sarah Yohe, Troop Leader for Troop 71294 from Lancaster.

Besides working up a sweat, the girls were encouraged by the instructors to show off their personality and celebrate their body through movement. "Dancers gain such confidence physically and mentally from being constantly presented with fun and

new challenges," said Shari Vegso-Wilson, Director of the Susquehanna Dance Center. When girls did get a little shy about their dancing the instructors were swift to encourage them to be brave and even make them laugh by being a little silly themselves.

Tuckered out, Girl Scouts left with over 90 minutes of dancing, a new understanding of three different dance styles, a patch, and the Girl Scout experience that showed them that a healthy lifestyle can be a fun lifestyle!

Girls will keep the dance party going in the winter when GHSPA launches the online Just Dance video challenge with a custom made Girl Scout choreography from Susquehanna Dance Center.



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**Find your cookies at [girlscoutcookies.org](http://girlscoutcookies.org).**



## Leadership Update

Dear Friends,

With this issue we are expanding the readership of "Connections" to include all Girl Scout parents, all of our adult members, and all of our donors. Welcome everyone. The success of Girl Scouts in the Heart of Pennsylvania depends upon you.

What does success look like? Here's one example. This month Becky Van Kirk, a Cadette in State College, received one of the the highest award in Girl Scouting, the Medal of Honor, for the life saving actions she took when her father suffered a massive brainstem stroke while she was alone with him in the kitchen one morning last February. Becky credits her Girl Scout experience, as well as the things she has learned from her parents who are both medical professionals, for the courage and confidence she showed in a life-threatening emergency.

In Girl Scouts we aim to transform girls into leaders of tomorrow. Becky Van Kirk has shown us the importance of leadership qualities in every sphere of life, including within your own family on a routine weekday morning.

"Connections" shares the stories of the people who are making Girl Scouting work for 25,000 girls in central and northeast Pennsylvania. Through these stories, we hope to deepen our connection with you. We count on you—be you a volunteer leader, a donor, an adult member, or a parent supporting your daughter's participation in Girl Scouts—to help turn today's girls into tomorrow's leaders.

Thank you for supporting Girl Scouts in the Heart of Pennsylvania and have a wonderful holiday season.

Sincerely,

Carolyn Warman  
Board Chair

Jane Ransom  
President & CEO

## IN SUPPORT OF GIRL SCOUTS

# DONOR SPOTLIGHT

Joanne Banks, York County

"I have a Bucket List of Girl Scout experiences I wish I could do," said Joanne Banks, an insurance agent with Collens-Wagner Agency in York and long time supporter of Girl Scouts. Joanne was not a Girl Scout when she was a child, but she made sure that she got involved as an adult. The first thing on her Girl Scout Bucket List is to go camping at Camp Furnace Hills, sleep in a teepee, go swimming, ride a horse, and, of course, make S'mores. Joanne said that she looks at all the Girl Scout programs and thinks, "I wish I could do that!" And by being a donor she can do those things!

Joanne believes that by supporting the Girl Scouts, she is vicariously living through the girls and providing them with opportunities that they might not be able to have otherwise. "I want them to experience a little bit of fun," she said. Fun and life experiences that allow the girls to go out and do things they have never done before. "It is incredible - all the



"Thank God there is Girl Scouts for girls to get involved in so they can respect themselves and respect others. It is what the Girl Scouts believes in and it is what I believe in."

— Joanne Banks

things they can do!" she said.

In addition to making an annual gift to GSHPA, Joanne has supported other events like the 100th Anniversary dinner that was held in Hershey in September 2012 and the Fork it Over event in York in July 2013. Joanne says that her heart lies with organizations that help children. She wants children to learn valuable life lessons at an early age - whether it is taking care of the environment, eating healthy and being a good person. "Thank God there is Girl

Scouts for girls to get involved in so they can respect themselves and respect others. It is what the Girl Scouts believe in and it is what I believe in," she said.

"It (Girl Scouts) teaches girls that they can do anything and be everything!" she said. Besides being a donor, Joanne proudly plays the role of grandmother and she was quick to brag about her seven year old granddaughter who is a first year Daisy and in the process of learning the Girl Scout Promise.

# VOLUNTEER SPOTLIGHT

Julie Boldizar, Lancaster County



Boldizar can command a room full of 10 year olds, yet she is not afraid to jump in and be one of the girls as they dance to Katy Perry's "Roar."

Julie Boldizar is an engineer, a Lancaster native, mother of two and leader of Junior Troop 70987 and Cadette Troop 70013. She not only teaches her Girl Scouts the motto "Always be prepared", she lives it every day. Julie's troop meetings start as a trail of parent emails, meeting agendas and prep work, but what unfolds is a series of fun activities with strategically placed lessons about courage, confidence, and character.

"I like that the leaders are nice," said Lake W., a member of Troop 70987, when asked what she loved about being a Girl Scout. It's more than being nice that makes Julie a great volunteer. She drives discussions on tough topics like health and body image that leave the girls feeling more confident. This is evident when the girls show off their hand drawn self-portraits exclaiming that they love features, like their braces, glasses, and freckles. Additionally, she walks that fine line of leading her troops while encouraging them to make team decisions, serve the community and learn new skills.

"I learn and grow with the girls too!" she said as she listed out recently found talents such as making a campfire, geocaching and archery. Boldizar, who modestly denies the title 'SuperMom' and accepts 'Glorified Taxi,' juggles leading two Girl Scout troops, taking her daughters to an array of practices for dance, theater and sports, and a part-time job. She does it all because she cares about her troop members and she can see the girls "push themselves out of their comfort zones," she said.

Boldizar is in her eighth year serving as a Girl Scout volunteer and loves to see how the girls have personally grown from one year to the next. Through it all she feels that her great-



"My grandmother was my mom's leader. My mom was my leader. I hope that someday my girls will want to do it for their daughters."

— Julie Boldizar, Troop Leader  
(Junior Troop 70987 and Cadette Troop 70013, Lancaster County)

est accomplishment as a Girl Scout leader is the ability to keep girls coming back year after year. She attributes this success to keeping the girls active with trips, exposing them to different things, and letting the girls learn through having fun, but it is clear that her passion for Girl Scouts gets passed around when the girls can't wait to get to the next adventure.

## MEDAL OF HONOR



GSHPA President & CEO Jane Ransom, Becky Van Kirk of Cadette Troop 41371 and Mayor Elizabeth Goreham (pictured left to right) celebrated Becky's Girl Scout achievement during her Medal of Honor ceremony in State College.

Details about Becky's Medal of Honor can be viewed at far left.

Read more about Adventure Day on the inside right panel.

Flip to the front page for Just Dance's featured article.

## ADVENTURE DAY

On October 19, 2013 over 50 Junior and Cadette Girl Scouts ventured into Camp Echo Trails' low ropes course for Adventure Day. "Teamwork is key! If someone falls you have to get them back on!" said Kelsey C. of Troop 20100 from New Freedom.



## JUST DANCE



Daisy and Brownie Girl Scouts celebrate after completing the African dance workshop at Girl Scouts in the Heart of Pennsylvania's Just Dance event at Hempfield Rec Center in Landisville in Lancaster County on October 20, 2013.

## Circle of Friends Members



By joining the Circle of Friends, individuals who make annual gifts totaling \$1,000 or more become a part of a select group of leadership donors who are deeply committed to helping today's girls become tomorrow's leaders. We thank the following members of the Circle of Friends for their generosity.

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