



HEALTHY SNACKS—A STEP TOWARD DEVELOPING A GIRL'S MENTAL AND PHYSICAL WELL BEING

As we begin a new membership year, leaders are busy planning and structuring their meeting plans for the year. Snacks for troop meetings are often part of that planning, and more and more attention is being focused on making those snack choices more health conscious.

With the release of GSUSA's Healthy Living Initiative, more information has become available on girls' views of what they consider to be healthy and normal, and a new directive has been established to raise awareness in healthy living concerns and to develop healthier habits. Girls believe that healthy living not only means good eating habits and physical activity, but also involves emotional health, self-esteem and feeling good about themselves. Encouraging and emphasizing to girls the importance of making healthy choices in snacks and other healthy lifestyle decisions is a great way for them to take an active part in creating a more positive self image and outlook, resulting in higher self-esteem, reduced stress and increased energy.

Volunteers, as well as girls, have also become more aware of making healthier food choices for their girls, selecting snacks that are healthy, low fat, with no artificial preservatives or colorings. Some ideas from volunteers and girls include fresh fruit, low-fat cheeses, raw veggies with a low-fat dip, wholegrain crackers, low-fat granola bars, a variety of nut snacks—be sure no girls are allergic, nuts can cause serious reactions.

Several program opportunities are scheduled in upcoming months with a *Healthy Living (HL)* focus. Brownie Girl Scouts can participate in *HL—Fit and Fun Brownie Style*, October 28 or April 21, 2007; *HL—Healthy Habits*, November 6; or *HL—My Body*, January 22. Junior Girl Scouts can join in on *HL—Fit and Fun Junior Style*, October 28 or April 21, 2007; *HL—Food Power*, November 11; *HL—Tai Chi*, November 11; *HL—Let's Get Cooking Badge Workshop*, January 27; or *HL—Highway to Health Badge Workshop*, Feb 10. *HL—Fit and Fun for Girl Scouts ages 11-17* will also be held October 28 and April 21, 2007. *HL—Tai Chi* will be offered to Girl Scouts in 7th grade and above, November 11. Cadette and Senior Girl Scouts can participate in workshops to earn the Best Bones IP on November 11; Creative Cooking IP, January 27; and Woman's Health IP, February 10. For further information, please see your program booklet which was recently mailed to registered Girl Scouts.

A new look! Our new Leader Links online publication is replacing the previous Leader Mailing in providing communications and resources to our leaders and adult volunteers in Girl Scouts - Sybaquay Council.

Girl Scout Center and Council Shop Hours:

Monday	Noon–5 P.M. (Shop only Noon–8 P.M.)
Tuesday	9 A.M.–5 P.M.
Wednesday	9 A.M.–5 P.M.
Thursday	9 A.M.–5 P.M.
Friday	9 A.M.–5 P.M.

The Girl Scout Shop is also open the first Saturday of each month from 10 A.M.–1 P.M.

Should the first Saturday fall on a holiday weekend, the shop will be closed and will then be open the following Saturday.

Contacting the Girl Scout Center and Council Shop:

Phone: 847-741-5521
Fax: 847-741-5667
E-mail: info@gs-sybaquay.org
shop@gs-sybaquay.org
Website: www.gs-sybaquay.org

Girl Scout Express Hours:

Monday	9:30 A.M.–5:30 P.M.
Tuesday	9:30 A.M.–5:30 P.M.
Wednesday	9:30 A.M.–5:30 P.M.
Thursday	9:30 A.M.–7 P.M.
Friday	9:30 A.M.–5:30 P.M.
Saturday	9:30 A.M.–5:30 P.M.
Sunday	Noon–4 P.M.

Contacting the Girl Scout Express:

Phone: 847-620-5043
Fax: 847-620-5044

The Girl Scout Express is located in the Ice House Mall at 200 Applebee Street, in Barrington. The Ice House Mall is north of Main Street, next to the Jewel Food Store. Hough (Route 59) and Main Street is the major intersection nearest the mall location. Call the Girl Scout Express for more specific directions.

Did you know—When you shop at the Council Shop or the Girl Scout Express, revenues are used to further the Girl Scout program for girls in Sybaquay Council!

PROGRAM NEWS

Upcoming program events—Mark your calendars with two upcoming events—check your program booklet, mailed in September, for other opportunities.

Legend of Sleepy Hollow at Noble Horse Theatre, October 28. This offering is for Junior Girl Scouts and third-grade Brownie Girl Scouts. Deadline to register is October 9.

The Pirate Queen musical, November 18. This event is for girls 11-17 and adult chaperones. The deadline to register was September 27, but we still have openings—contact Sarah, 847-741-5521, Ext. 123, for availability.

Council-owned sites—Now is the time to think ahead to beat those winter blues by planning an indoor overnight at one of our great facilities: Mary Ann Beebe Center located in Harvard, IL or Chapman Hills located in East Troy, WI. Troop leaders may plan with their girls to enjoy the warm indoors by making goodies in our large kitchens, working on crafts or other activities. You can also enjoy the outdoors by going on a hike, using the cross-country skis or building a snowman. Whatever you are planning, the council facilities are a great place to go. We are currently accepting applications for the months of October, November and December. Call for availability. Applications will be accepted beginning November 1 for the months of January, February and March. Please remember to turn in your application and \$50 deposit three weeks prior to your trip. Contact Sarah with any questions at 847-741-5521, Ext. 123 or by e-mail at <sarah@gs-sybaquay.org>.

STUDIO 2B destinations—The council application deadline is November 15 for girls interested in STUDIO 2B destinations. Girls can check them out online at: <<http://studio2b.org/escape/destinations/>>. Girls 11-17 can learn more about destinations and other opportunities at an Older Girl Information Session, October 15, 22 or 29. For more details, check out pages 33 & 34 in your program booklet or our Web site at <www.gs-sybaquay.org>.

FUND DEVELOPMENT

Family Partnership—This year we turn 50 here at Sybaquay!! In honor of our anniversary we have a \$50

challenge to all our families—give a gift of \$50 and receive a gold-trimmed year patch to go with your family partnership patch. Displays will be given to the service units to advertise family partnership at each meeting. Members of the Sybaquay Council Board of Directors will be making family partnership presentations at SU meetings starting in October. They would like to see all the service units make their goal this year.

Fall Family Fest—Thanks to all the families and helpers that attended the first Fall Family Fest on Sunday, September 10, 2006, at the Centre in Elgin. Fun was had by all and it was a great way to start the celebration of Sybaquay's 50th Anniversary!

Fashion Show & Tea—Sybaquay Council's second annual Fashion Show & Tea will be held Sunday, February 11, 2007, at the Village Hall Banquets in Union, IL. Fliers were recently distributed at service unit meetings on how to become a model for the 2007 *Pearls & Lace Fashion Show*. The deadline for expressing interest in becoming a model is November 15, 2006. Fliers announcing the details of this event should be out in the next couple of months. Service units can begin creating baskets for the auction!! Participation is optional, but it's a fun way for service units to participate in this exciting event.

Connections—Do you know an individual donor or business that would like to get involved? If you have any connections to people or organizations that we could ask for support in giveaways such as gift baskets, gift certificates or any thing that could be raffled at our fund-raising events, we would love to be introduced! Several of you have already put us in contact with some wonderful groups who have helped to make our events a success.

If anyone has any questions for the fund development department, needs more information or would like to help by serving on a committee or donating a raffle item, please contact MaryBeth Markwell, 847-741-5521, Ext. 112, or e-mail <marybeth@gs-sybaquay.org>.

ADULT DEVELOPMENT

Highlight on Adult Recognition—Please visit our Web site at <www.gs-sybaquay.org> for highlights on nominating criteria and requirements for an adult recognition

award—click on Volunteers, then Recognition. Appreciation is an ongoing, everyday process for anyone, anywhere, anytime. Showing appreciation for one another is a good way to show respect, to relate to each other's strengths, and to build mutual commitment. Recognitions are tangible reminders of rewarding relationships between people and Girl Scouting. The adult recognition system is designed to be a valuable component of every council's volunteer support system.

Attention all new leaders—Upon completing and submitting the required documents from your membership packet, your next step in obtaining your training is to complete your orientation and basic leadership training. Orientation and Basic Leadership training is available on-line and as a home-study course and is required for all new leaders before meeting with girls. The online training needs to be completed before registering for any program level training (e.g., Daisy Girl Scouts, Brownie Girl Scouts, Junior Girl Scouts, Advisors to Girls 11-17). You have 12 weeks from your first meeting with girls to complete the program level training. E-mail Karen Walker, training registrar at <kwalker@gs-sybaquay.org> or call 847-741-5521, Ext. 131 to register.

Additional Program Level Trainings—Program level trainings are now being offered Saturdays and weekday mornings! Check out our Web site at <www.gs-sybaquay.org>. Click on Volunteers/Training/Register/Program Level Training for New Leaders. Saturday and weekday morning trainings can be scheduled by request, with a minimum registration of six leaders. To request a Saturday or weekday morning training, contact Nelly Gonzales at 847-741-5521, Ext. 119 or <nelly@gs-sybaquay.org>.

LET'S CLARIFY THIS

Get answers to questions that arise due to miscommunication and confusion about procedures, policies and guidelines. You will find that you are not alone! Send questions to the attention of the adult development department at the Girl Scout Center.

In regards to taking girls away from the regular meeting place on an outing—There are four trainings available, which are outlined as follows.

Field Trip Basics (FTB)—This module will cover permission slips, transportation and basic safety requirements for simple field trips. You may not take girls away from the regular meeting place until you have had this training. Since July 2004 this training has been included as part of all program level training. If you would like to make your field trip an overnight, you must also take Indoor Overnights.

Indoor Overnights (ION)—FTB is the prerequisite for this training. ION is a three-hour training that covers the planning and implementation of an indoor overnight that requires meal planning and preparation and program planning. Completion of this class will qualify you to take your troop/group for an overnight at a facility with an indoor kitchen and bathroom. This course is a prerequisite for Outdoor Overnights. If you would like to build a fire/and or cook outside, you must also take Basic Outdoor Skills.

Basic Outdoor Skills (BOS)—This is a three-hour training that covers dressing for the outdoors, emergency preparedness, knives, knots, fire building, fire safety, outdoor cooking and more. Completion of this class will qualify you to build fires and cook outside with your girls. This course is also a prerequisite for Outdoor Overnights.

Outdoor Overnights (OON)—This is an overnight training that will help develop your outdoor skills and familiarize you with the equipment you and your girls will use on their outdoor camping trip. This class is required for use of council-owned outdoor sites or outdoor camping at other facilities (no indoor kitchens or bathroom). ION and BOS are the prerequisites for this course.

FYI

Use those tax exempt letters!—Earlier this month you should have received a copy of the Illinois tax exempt letter. Girl Scouts save money when they don't have to pay Illinois taxes. Simply show the letter at time of purchase. If purchasing personal items also, please make two transactions to keep the Girl Scout items separate. We could lose our tax exempt status if it is discovered that items purchased are not for council use, girl use, etc. Also, please note that our tax exempt status only applies to the state of Illinois.

Recycling for Dollars!—Last year, Sybaquay Council became involved in a recycling program for used ink-jet cartridges and cell-phones. Service units were provided with return envelopes to distribute to any individuals or businesses that have these used items. Simply place the used ink-jet cartridges and/or cell phones in the pre-paid envelopes and drop in the mail. Not only does this help our environment (we are Girl Scouts after all), we took in over \$1,000 with only a handful of people participating. Imagine what we could do if everyone participated! See your service unit manager for return mailing envelopes.

Procedure Update: Firewood at council-owned sites— Due to recent infestations of pests and diseases such as the emerald ash borer and oak wilt that threaten the health of native trees, we will no longer allow groups to bring firewood to council-owned sites. Groups using Mary Ann Beebe Center and Chapman Hills are encouraged to cook on charcoal or propane. Site managers will provide each group with a limited amount of logs for a campfire. If groups wish to burn fires for an extended period, they should bring along a supply of engineered, commercially available fire logs such as Pine Mountain or Dura flame.

Rental Equipment—A wide variety of items for your troop/group's activities are available at the Girl Scout Center for check-out. For more information, contact Vanessa at 847-741-5521, Ext. 115.

COUNCIL UPDATES

Membership—We ended our 2005–2006 membership year with 10,638 girls and 2,846 adults as of September 30, 2006. As of October 1, 2006, we had 2,705 girls and 866 adults entered into our membership system for the new 2006–2007 membership year. Please understand that until your registration form is received by our service unit registrar, and turned in to the Girl Scout Center, you are not covered by Girl Scout insurance (girls and adults) or given access to the Leader Forum. Please send your forms A.S.A.P.

PART-TIME HELP NEEDED in the Girl Scout Express and Council Shop providing sales assistance to members wishing to purchase Girl Scout merchandise. Hours vary per week, immediate start, \$7.50-\$8.50/hr. Contact Dawn Acosta, Shop Manager, at 847-741-5521, Ext. 151 or e-mail <dawn@gs-sybaquay.org>.

CALENDAR

Leader Jamboree 2006	October 7
GS Center & Council Shop closed*	October 12
Fall Product Sale 2006 begins	October 21
Juliette Low's birthday	October 31
Fall Product Sale 2006 ends	November 4
Thanksgiving Break	November 23, 24
<i>GS Center & Council Shop closed</i>	
Delivery of fall product items	December 1, 2

* Girl Scout Center and Council Shop will be closed on Thursday, October 12 for staff meeting. The Girl Scout Express will be open 2-7 P.M. only.

SAVE THE DATE



GS Cookie Sale Kick-Off	December 2, 2006
Fashion Show & Tea	February 11, 2007
Sybaquay Way	March 17, 2007
Adult Recognition Dinner	April 18, 2007
Girl Scout Gold Award Banquet	April 25, 2007
Golden Gala Dinner	June 23, 2007
Mary Ann Beebe Camp Tours	June 24, 2007

SHOP TALK

It's time
for our annual
FALL SALE !!
10% off everything
the entire month of October



This sale is good at both locations and also applies to online orders. Online orders will receive the discount when the order is processed. The Web site does not show the sale prices.

No time to visit the Council Shops? . . . Order by



Shop online on our Web site at
<www.gs-sybaquay.org>.