

girl scouts
of oregon
& sw washington

Forever Green

Spring 2011

In This Issue:

A Letter from Karen
1

**Continuing Your
Legacy**
2

The Girl's Voice
2

**Event at RoxyAnn
Winery**
2

**Girl Scout Beyond
Bars**
3

Property Updates
3

Journeys & Badges
3

Women's Own
4

Upcoming Events
4

A Letter from Karen

Developing Healthy Body Images



We all know that the fashion industry and the media play a significant role in how women and girls are portrayed. A recently released nationwide survey by the Girl Scout Research Institute, *Beauty Redefined*, finds that many girls consider the body image sold by the fashion industry unrealistic, creating an unattainable model of beauty. The survey, which included more than 1,000 girls ages 13-17, found that almost 90 percent of girls believe the fashion industry and/or media place pressure on them to be thin. However, despite the criticism of this industry,

three quarters of girls say that fashion is "really important" to them.

The health implications of this preoccupation with extreme thinness are serious. Nearly one in three girls say they have starved themselves or refused to eat in an effort to lose weight. Forty-two percent report knowing someone their age who has forced herself to throw up after eating, and more than one-third say they know someone their age who has been diagnosed with an eating disorder.

The survey also found most teenagers consider weight loss measures—even more extreme ones—acceptable. About 20 percent say it's acceptable for girls their age to take appetite suppressants and/or weight loss pills. Nearly one in five consider plastic surgery and/or weight loss surgery acceptable.

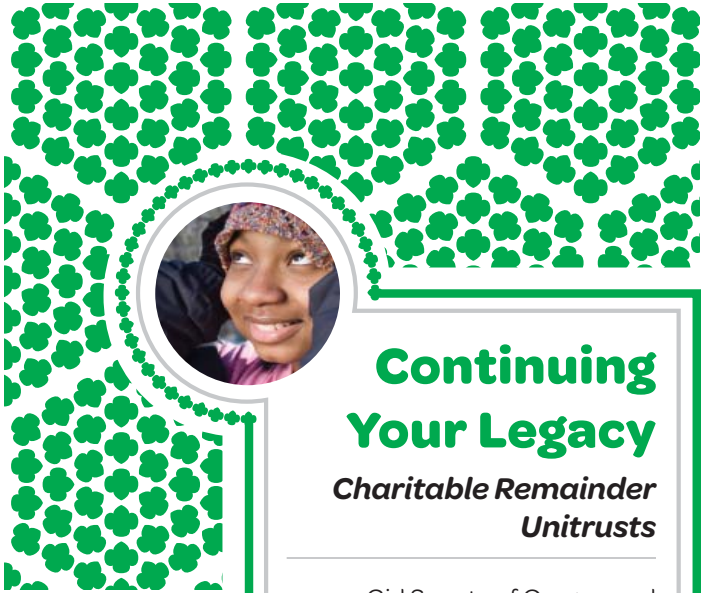
The third journey series, *It's Your Story – Tell It!*,

addresses media literacy, body image and critical thinking about the portrayal of females in the media. Activities and discussions on these topics are woven into each journey. The goal for younger girls is to teach them about the marketing tactics focused on them. The older girls learn about the limited roles and narrow definition of beauty that the media portrays.

This is just one example of how Girl Scouts' research informs our work on the healthy development of girls. It provides current information on girls' beliefs, values, fears, self-images and interests which ensures we can respond to girls' changing environment. For information on the institute or to read other studies, please visit girlscouts.org/research.

Sincerely,

Karen Hill
CEO



Continuing Your Legacy

Charitable Remainder Unitrusts

Girl Scouts of Oregon and Southwest Washington and fourteen other Oregon charities are benefitting today from the wise planning 45 years ago by Clifford Daue. By setting up a Charitable Remainder Unitrust (CRUT), Mr. Daue ensured a steady income stream for life. The CRUT also arranged the continued distribution of generous gifts to the charities he cared most about after both he and his wife, Clara, passed. At the time he established the CRUT, he also enjoyed an immediate income tax deduction and was able to bypass capital gains taxes. Though Mr. & Mrs. Daue have gone, their generosity continues to make a positive impact in the lives of Oregonians.

The Charitable Remainder Unitrust is just one of many effective, tax-efficient methods available to meet your charitable giving goals. If you would like more information about the variety of ways to support the work of Girl Scouts of Oregon and Southwest Washington, please contact Judy Lawrence, VP of Development at (800) 338-5248 x6807 or jlawrence@girlscoutsw.org.

The Girl's Voice

Luella & George Shaver Family Scholarship

Congratulations to Julie Badaracco who received the 2011 Luella & George Shaver Family Scholarship. Each year it is awarded to an exceptional graduating Girl Scout Ambassador who has earned her Girl Scout Gold Award.

To earn the highest honor in Girl Scouting, Julie choose to "honor my Latino heritage and transform the Providence St. Vincent Prenatal Clinic's Group Room



from a stark, clinical environment into a warm, welcoming space. In this space uninsured, pregnant Latino women learn how to take care of themselves and their babies during and after pregnancy. To renew the group space, 20 volunteers and myself created and painted seven murals featuring artwork honoring Latino culture. The group

space is now vibrant and gives patients the feeling of belonging, knowing that the providers understand and care about their culture and well-being." Providers at the clinic agree stating "It is obvious how impressive

and influential the murals have been in promoting our group program and welcoming patients."

When asked how Girl Scouts has impacted her life, Julie

said "I am well on my way to becoming a strong, independent woman. Girl Scouts has given me the knowledge and tools I need to become like the women I have been admiring. It has been worth all the time and effort I have expended because it has transformed my courage, confidence and character."

Event at RoxyAnn Winery

Elisabeth Zinser and Carole Smith, board members of Girl Scouts of Oregon and Southwest Washington, hosted an evening at RoxyAnn Winery on March 12 for people interested in learning more about Girl Scouting in the Medford and Ashland area. Thank you to RoxyAnn Winery and Jacksonville Inn catering for sponsoring this event.



Pictured from left to right: Elaine Teague, Elisabeth Zinser and Karen Hill



Girl Scout Beyond Bars

A benefit to girls and their mothers

Recent studies indicate that children of incarcerated parents are seven times more likely than other children to come into contact with the criminal justice system. They also often suffer from depression, aggression, truancy and poor academic performance.

Girl Scouts Beyond Bars (GSBB) helps mothers and daughters deal with sensitive issues that arise as they attempt to maintain – and in some cases rebuild – family ties. For mothers, those center around “doing time” in a way that makes them better people – and parents – once they are released. A top priority for girls is to move beyond their mothers’ legacies to lead meaningful, productive lives now and in the future.

Girl Scouts of Oregon and Southwest

Washington serves about fifty girls and over forty women from Coffee Creek Correctional Facility. Mother/daughter meetings are twice a month. Mothers meet an additional two times a month to plan troop meetings and girls have monthly meetings offsite to participate in other enriching activities.

According to the summary of findings compiled by Girls Scouts USA Research and Evaluations, the program strengthens girls’ relationships with their mothers, builds self-esteem, leads to personal growth and develops leadership skills. Girls feel more hopeful about their future, believe they can finish high school and go on to college.

For more information, contact Judy Lawrence at (800) 338-5248 x6807 and view a video that our local GSBB girls



Approximately 75% of incarcerated women are mothers and 2/3 have children under 18.

produced called *The Circle is Round* at youtube.com/user/GirlScoutsOSW.

Property Updates

Thank you for making these improvements possible!

Camp Arrowhead

We are continuing to install the new water system. By eliminating significant leaks, we will save a great deal of money and waste less water. This large project also involves adding new gravel to all the roads so camp is easily accessible by vehicle or foot.

Camp Cleawox

We are building a new staff house at Camp Cleawox that will be used by resident camp staff and rented the rest of the year. This winterized building will include a kitchen and indoor restroom facilities. We have also installed bat houses which will keep our girls safe and protect the structures from damage.

Camp Whispering Winds

Our ranger is currently constructing a storage building that will be used for new life jackets and paddles. These will allow more girls to participate in swimming and boating activities in the lake and pool.

Journeys & Badges

The launch of Girl Scout leadership journeys in 2008 signaled the first step in transitioning to a nationally consistent Girl Scout experience built on the three keys to leadership: Discover, Connect and Take Action. Beginning in the fall, the program will consist of journeys and *The Girl's Guide to Girl Scouting* (the new badge book/handbook). Journeys are the core Girl Scout curriculum and badges complement them by helping girls discover skills on specific topics. They are designed to be complementary, not to compete, and earning awards will continue to be an integral part of Girl Scouting. As part of this national process, some badges are being permanently retired, some are being revised and some completely new badges will be introduced. Being relevant to today's girls is one of the main reasons why Girl Scouts USA is updating the badges. The badges haven't been updated in 20 years - think about how much technology alone has changed in that time! Girl Scouts has created a special category called Legacy Badges so we can keep the traditions that make us who we are and still give girls a variety of things to do that are hot topics today. To be transparent during this transition, we are providing regular updates through GSOSW eNews and our website. To learn more, visit girlscoutsw.org (adults > program resources).



Women's Own

Not your Daughter's Campout



Did you love camp as a girl? Do stories of childhood include your experience at summer camp?

Now is your chance to come spend the weekend playing and being pampered in the woods. You can bring your girlfriends or come alone and make new friends.

Activities will include all the things you loved about camp: campfires, s'mores, canoeing and hiking in the

great outdoors. However, unlike camping as a girl, this Women's Own trip will also include massages, wine tours and workshops galore. Plus, the food won't be the regular camp fare!

All proceeds from the weekend will provide resident camp financial assistance for girls in need. If you can't attend, consider a donation to ensure that every girl receives the benefit of going to camp.

Camp Arrowhead

August 26 - 28, 2011
7:00 p.m. - 11:00 a.m.
Cost: \$185

Register on our website through Personify or call (800) 875-2451.

Upcoming Events

Bend Mingle on the Links

June 16, Tetherow Golf Course

Girl Scout Gold Award Ceremony presented by Barbara Roberts

June 24, State Capitol

Women's Own

August 26-28, Camp Arrowhead

Salem Breakfast with Secretary of State Kate Brown

September 13, Mission Mill

Portland Luncheon

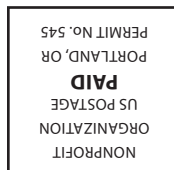
September 27, Governor Hotel


Eugene Luncheon

October 11, Eugene Country Club

As details are available, we will post them to our website, girlscoutsosw.org (About Us > Alumnae). You can also contact Shannon Spencer at (800) 338-5248 x6845 or sspencer@girlscoutsosw.org.

Girl Scouting builds girls of courage, confidence, and character, who make the world a better place.




girl scouts
of oregon
& sw washington
9620 SW Barbur Blvd.
Portland, OR 97219

Call toll-free: (800) 338-5248
E-mail us: development@girlscoutsosw.org
Visit us on the web: girlscoutsosw.org