Cadette Journey Dedication

I dedicate this book to a couple people. The first being my motivating troop and its leaders. Without them I would have never accomplished this project. Though it was independent work I feel it was very much a team effort. I am so thankful for my leaders for being so encouraging and helping us through everything.

I also would like to thank my mother who is one of our leaders. She pushed me through this arduous process which at the time was hard to accomplish. I am grateful for her and my troop for being very hopeful and supportive throughout this project.

By: Nadia Ahmed
Cadette Journey Editor

A Women’s Journey Through History
Troop 2047 Dedication

Girl Scout Troop 2047 would like to dedicate our Women in History Journey to Mrs. Carol MacKeen. Mrs. Carol introduced our troop to the month of Women in History in March at our Annual Leader/Daughter Service Unit dinner when we were very young.

Each year she has continued to encourage us to remember the Women in History and that has been an important influence on each of us. When we began looking for an issue in the community that needed our attention for our Gold Award project, we all found that this was one topic we were all passionate about, and wanted to share it in an interesting way.

We all felt that it was important to help “write women back into history” by creating a Girl Scout Journey through Women in History. Mrs. Carol is our inspiration, and our Journey has taken off thanks to all her help and guidance!

By: Courtney Lopas
Managing Editor – A Women’s Journey Through History
Cadette Travel Guide:

**Destination**

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Daisy moments are found in every section in our Journey and are designed to connect the section topic to something our Girl Scout founder Juliette Gordon Low did as an individual. Why is it called a Daisy moment? Juliette Gordon Low’s nickname was Daisy.
Explanation/Directions:

**DISCOVER:**

In each chapter you will discover new and exciting details about the Women in History who paved the way to make our World better and give more opportunities to girls like us!

**TAKE ACTION!**

What are you going to do with the information you Discovered? You’ve made connection to see how the Women In History made your life better and now it’s time to DO SOMETHING ABOUT IT! Each chapter has Service Project suggestions that will help you Take Action like the Women in History before you!

**CONNECT**

How do the accomplishments of the Women in History relate to your life, your home, your city, your world? Make the connection and you are on your way!

Every chapter in this Journey celebrates the many ways that the Women In History have added their special touches to keep our Homes Sweet!
Internet Safety Rules:

Internet Safety is a very important aspect of our Journey because many of our Discovers, Connects, and Take Actions involve using the internet to look up information and do some research. When using the internet it is important that we always have our parents’ permission and that our parents are with us as we search through the internet so we are safe and don’t give any personal information or talk to strangers. When signing the Internet Safety Pledge you are agreeing to follow all the rules and use internet safety. We hope you can have fun while doing our Journey as well as be safe!

**Girl Scout Internet Safety Pledge for All Girl Scouts (Revised for 2010)**

- I will not give out personal information such as my address, telephone number(s), parents’ or guardians’ work address/telephone number(s), and the name and location of my school without the permission of my parent or guardian.

- I will tell an adult right away if I come across or receive any information that makes me feel uncomfortable.

- I will always follow the rules of Internet sites, including those rules that are based on age of use, parental approval and knowledge, and public laws.

- I will never agree to get together with someone I "meet" online without first checking with my parents or guardians. If my parents or guardian agree to a meeting, I will arrange it in a public place and bring a parent or guardian along.

- I will never send a person my picture or anything else without first checking with my parent or guardian.

- I will talk with my parent or guardian so that we can set up rules for going online. We will decide on the time of day that I can be online, the length of time that I can be online, and appropriate areas for me to visit. I will not access other areas or break these rules without their permission.

- I will not use the Internet to collect money for Girl Scout products, and I will follow all safety guidelines related to Girl Scout product sales.

- I will practice online "netiquette" (good manners) at all times when online.
  - I won’t spam others.
  - I will not bully nor will I tolerate bullying.
  - I won’t use bad language.

- I will be guided by the Girl Scout Promise and Law in all that I do online.

Signed,
Girl's Name ____________________________________ Date __________

Parent or Guardian _____________________________  Date __________

*The GSUSA Online Safety Pledge is based upon the Online Safety Pledge developed by the National Center for Missing and Exploited Children.*
The Girl Scout Promise

On my honor, I will try:
To serve God* and my country,
To help people at all times,
And to live by the Girl Scout Law.

The Girl Scout Law

I will do my best to be
honest and fair,
friendly and helpful,
considerate and caring,
courageous and strong, and
responsible for what I say and do,
and to
respect myself and others,
respect authority,
use resources wisely,
make the world a better place, and
be a sister to every Girl Scout.

Girl Scout Promise and Law

The Girl Scout Promise and Law are shared by every member of Girl Scouting. The Girl Scout Promise is the way Girl Scouts agree to act every day toward one another and other people, and the Girl Scout Law outlines a way to act towards one another and the world.
Administrate: To carry out; execute; oversee; or run

In other words...

The BOSS!

By: Kathryn Babierra
What kind of choices would we have today if we only had Founding Fathers and no Founding Mothers?
The road we travel today is so much smoother because of the bumps in the road that these courageous women leaders traveled.

Do you know what happened August 18, 1920?

Susan B. Anthony …
Do you know who she was?
Maybe you have seen her coin or you may know that she worked hard to get women the right to vote. But do you know how much work she did?

She traveled all over the United States and Europe and Maybe you have heard of her … but did you know that she gave between 75 to 100 speeches every year for 45 years on Women’s Rights?

That’s Commitment!

Meet President Mom!
In almost every home, your Mom is the commander in chief! She knows the schedules and the war plans for every day of the week.
Her happy home has food in the fridge and clean clothes—it doesn’t just magically happen. Someone has to do the shopping and do the laundry!

If it needs to be done … just ask MOM!

August 18, 1920:
The 19th Amendment to the U.S. Constitution gave Women the Right to Vote.

A Women’s Journey Through History
This cute little girl was born the daughter of farmers from Birmingham Alabama. She was also a Princeton graduate and College Administrator. She later became the 66th Secretary of State. She held the highest place during Bush’s time as President.

**What’s my name? I’m Condoleezza Rice!**

**The First Women - Lieutenant Governor of Florida: Toni Jennings**

There aren’t many women like Toni Jennings! A native Floridian who has given her time, skill, and energy to make Florida a better state! She began her career of public service as a fifth-grade school teacher at Killamey Elementary in Orlando. In 1976, at age 27, she became the youngest woman ever elected to the Florida House of Representatives. In 1980 she was elected to the Florida Senate, and was the first Republican woman president of the Florida Senate, where she served two consecutive terms, from 1996 to 2000.

In March 2003, she made history as the state’s first female lieutenant governor, serving under former Florida Governor Jeb Bush until December 2006. During her time as lieutenant governor she worked on many important issues such as education, health care, hurricane preparedness, property insurance, disaster relief and space coast issues.

Toni Jennings has won many awards, including the Florida School Board Association’s Legislator of the Year and the Florida Commission on the Status of Women’s “Women in the Workplace Appreciation Award.” She was also the winner of Orlando Business Journal’s 2009 Women Who Mean Business Legacy Award. Today, she spends most of her time involved in the community and serves on the board of directors for the Nemours Foundation and is a trustee for Rollins College. She also has been involved with the Florida Chamber of Commerce, and the University of Central Florida Foundation. She is a local legend and a true Woman In History!

**SUFFRAGE MOVEMENT:**

Getting the right for women to vote. It was a lot of work and an important time for all **WOMEN**!

Without these political women in history, we would not have the privileges that we now have today.
Don’t Judge A Book By Its cover

You can recognize Condoleezza Rice in this picture with the White House behind her. Could you tell from the picture on the previous page that she would grow up to be such an important leader in world politics?

Have each person in your group find at least one picture of a woman in politics. Something other than the standard pictures everyone will recognize, that is either older or younger. Make sure nothing gives it away. Print them out!

Look up interesting facts and important accomplishments this woman made, and write them down. Number the pictures and the papers so that they match, then put the pictures in one stack and the papers in another.

Set the fact sheets aside, and mix up the pictures!

Do I look familiar?

A Women’s Journey Through History
Chapter 1
That’s me … I grew up to become the 67th Secretary of State, the distinguished Senator from New York, and former First Lady, a graduate of Yale University, and a Girl Scout. I’m Hillary Rodham Clinton.

Where do you think these girls are now?

________________________________________________________________________

Where do you see yourself in 5 years?

________________________________________________________________________
Service Project Questions:
Who needs your help?
What can you do?
How does it connect?

Action Recommendations/Examples:

Project Goal:
A part of the Girl Scout promise is to serve God and my country. There is no better way to thank those that serve our country than to do something for soldiers serving overseas or for our veterans.

Suggestions: Use your imagination and add your own touch!

Organize a drive for supplies that would make life better for soldiers serving overseas. Visit the website below for ideas and ways you can help. [http://anysoldier.com/](http://anysoldier.com/)

Work with your group, or younger girls to learn several patriotic songs and make flag SWAPS. Find a veteran’s hospital where you can go deliver your SWAPS and sing for them. Not a hospital nearby? Record a CD or DVD and send it!

What leadership skills did you see?

What leadership skills can you learn?

Do you have an interest or passion in common with anyone? Who?

You don’t need a big job to be important. A little leadership goes a long way!

You think?

What did

What do

You learn?
Create

Cadette

To evolve from one's own thought or imagination, as a work of art.

By: Brittani Alphonso
I’m Gabrielle “Cocoa” Chanel, I got my name Cocoa when I was a singer in France. I’m a famous fashion designer in Paris; you may best know me for my famous “little black dress”. I not only made fashion fabulous, but actually comfortable. I helped get rid of the painful corset by giving women a casual “men’s wear” type of business suit.

Cocoa was one of the first women to be in TIME Magazine’s 100 Most Influential People’s list!
Photography is a form of creative art! There are many woman photographers. One famous female photographer is Alice Austen.

Singing, playing instruments and composing are also very fun and creative ways to express yourself. Just like Natalie Dessay (voice), Erika Miklosa (voice), Renee Flemming (voice), Maria Kliegel (cello), Fanny Davies (piano) and Amy Beach (composer).
Activity:
Compare and contrast two different types of music, like Mozart’s Queen of the Night Aria and any popular “pop” music, like Lady Gaga.

Directions:
Explore the differences of the music, talk or write about how it makes you feel, what you’re thinking when you listen to it and what you like/dislike about them. Explore the different moods each piece of music puts you in.

“"The artist is nothing without the gift, but the gift is nothing without work.”" – Emile Zola
Answer the survey questions to find out what kind of creative girl you are!

What do you think you’re best at?
A. Singing/playing instruments  
B. Dancing  
C. Drawing/painting

In the past year, what have you done the most?
A. Gone to a musical, music lesson, or concert  
B. Gone to a dance recital, or dance class  
C. Gone to an art festival or an art class

Which would you rather go to?
A. A concert  
B. A dance competition  
C. An art gallery

What could you see yourself doing in 10 years?
A. Being a famous singer or instrumentalist  
B. Being a famous dancer  
C. Being a famous artist

What do people compliment you on the most?
A. Your singing voice or instrument playing  
B. How well you dance  
C. Your drawings or paintings

What makes you happiest?
A. Listening to music  
B. Dancing  
C. Drawing or painting

If most of your answers were “A”: you are more of a musical person. You love singing, playing instruments, and listening to music. Your ears love to listen to what words can’t express.

If most of your answers were “B”: then you’re a dancer. You have awesome rhythm and you love to bust a move whenever it’s possible.

If most of your answers were “C”: then you are more artistic. You have a colorful mind and when you get a pencil or paintbrush in your hand, you create beautiful art work.
Service Project Questions:
Who needs your help?
What can you do?
How does it connect?

Action Recommendations/Examples:

**Project Goal:**
Recognize people who live “basic” and only for survival. For example, people without extra clothing, music, art, etc. What can we collect and send to them so that they are introduced to creativity?

**Suggestions:**
They need all you can give them; clothing, portable radios, cooking items, sewing materials, fabric, ribbons, paint, paint brushes, paper, pencils, anything.

**Project Goal:**
Supply them the tools and materials to let out their creative side.

**Suggestions:**
Get your school, clubs, or any other kinds of groups to help the cause.

What leadership skills did you see?
What leadership skills can you learn?
Do you have an interest or passion in common with anyone? Who?

Everyone has a creative side!
What’s yours?
Donate! Cadette

To present as a gift to a fund or cause; contribute.

By: Nadia Ahmed

A Women’s Journey Through History Chapter 3
Introduction:

Learn about the founder of the American Red Cross, Clarissa Barton and how she came to accomplish her goals.

Clarissa Barton was born on December 25, 1821. She was an American teacher, nurse, and humanitarian. In 1870, while she was in Europe she became involved in the ICRC (International Committee of Red Cross). When she returned to the United States she started the movement to gain recognition which became The American Red Cross. It would help citizens in any national disaster. She resigned as president in 1904. She later died on April 12, 1912, at the age of 91.
Oprah Winfrey was born on January 29, 1954. She hosted her first talk show in 1976 called ‘People are Talking’. She continued that show for 8 years. She then was recruited to her own show, A.M. Chicago. Within several months she got 100,000 more viewers which led her to establishing her present day talk show, ‘Oprah Winfrey’ show in 1986. She became an instant inspiration to women everywhere.

Janelle Hail is the founder and president of the National Breast Cancer Foundation. She faced cancer at the age of 34 and has been a survivor for 27 years. She founded the National Breast Cancer Foundation in 1991.

Interview with Dorothy Hardee, Director of Lake and Sumter unit for American Cancer Society.
Q: What are the pros and cons of what you do?
A: “The pros are that we have a clear mission and vision within the organization. The cons are that there are not enough hours in the day to do all that I would like to within my scope of work.”
Q: What steps did you take to get where you are today?
A: “I started with the organization in 1998 as a cancer control manager. I left and became the Marketing and Events manager for Girl Scouts of Citrus Council. ACS recruited me back in cancer control. I took the director’s position in Orlando”
Q: What helped you or inspired you to be successful?
A: “I live by the book FYI For Your Improvement by Michael Lombardo. It not only helps me examine ways in which to improve myself in areas such as a more balanced life.”

Juliette Gordon Low sold her pearls for $8,000.00 to keep her dream of “Girl Scouts” going.
Directions:

If there was a hurricane, earthquake or some type of disaster, make a list of items you would need if you were forced to evacuate your home. Show its importance to you.

Activity:

For Example:
1. Teddy bear that my father gave me when I was 3 years old.
2. My cat because I love her and she is our family pet.
3. My wallet because I want to make sure I have money to survive.
4. My phone so I have a source of communication.
5. Toothbrush so I have good hygiene.
Activity:
Create your own trivia game to learn more about the American Red Cross.

Directions:
Incorporate Red Cross facts with a partner or group of friends, see who knows the most during the game.

For example:
Have flashcards with random facts on them about Red Cross and see which one of your friends can get the most correct.

The American Red Cross blood program started in what year?

Answer: 1940
Service Project Questions:
Who needs your help?
What can you do?
How does it connect?

Action Recommendations/Examples:

Project Goal:
Donate to a children’s hospital.

Suggestions:
Collect:
• Old board games, clothes, movies, CD’s, coloring utensils, coloring books, stuffed animals, toys, etc.

Project Goal:
Send out ‘Mammogram Reminder’ cards to any women family member or friend. Show them how much you care and love them. It tells them to go get there mammogram so they are clean from Breast Cancer.

What do you think?
What leadership skills did you see?
What leadership skills can you learn?
Do you have an interest or passion in common with anyone? Who?

What did you learn?
To develop a person by teaching, instruction, or schooling.

By: Courtney Lopas
Research the requirements to become a principal.
Talk to your principal and see how he/she began being a principal.

Mary McLeod Bethune was born in Mayesville, South Carolina. She started her career off with a bang by becoming an instructor at the Presbyterian Mission School in Mayesville, Haines Institute in Georgia, and Kindell Institute in Sumpter, South Carolina all within three years. But her career really took off when she built a school in Daytona Beach, Florida to start a school for African American girls and was named the Daytona Literary and Industrial School for Training Negro Girls. They used crates as desks and crushed berries for ink. Bethune worked every job there was in the school including being the janitor until she was able to hire a staff. Her newly established school emerged with the Cookman Institute of Jacksonville and became known as Bethune- Cookman College.

Classrooms are not only a place to learn but also a place where kids spend most of their time. They are nicely decorated and colorful to give a sense of welcoming.
Interview with Erin Guuwell, author of the Freedom Writer’s book, has influenced kids in the street to experience the world of education.

<table>
<thead>
<tr>
<th>Question</th>
<th>Answer</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. What steps did you have to go through to become the teacher you are today?</td>
<td>I am a life-long learner, and am very proud of my formal education as both an undergraduate and graduate student. I think college taught me how to be a critical thinker!</td>
</tr>
<tr>
<td>2. What are the pros and cons of being a teacher?</td>
<td>Anyone who decides to teach does so knowing that they will never be fully compensated for how hard they work. A con is that teachers simply don’t get paid very much. But the pro that outweighs money is when the light bulb goes off and you know that your student understands a concept!</td>
</tr>
<tr>
<td>3. How do you affect others lives.</td>
<td>I hope that I can help make learning relevant to a young person, and in doing so, perhaps I can help them use education to improve their life.</td>
</tr>
<tr>
<td>4. How do you balance family and work?</td>
<td>My family supports me and my work and luckily, my students, became my family. My dog, Beau, come to the foundation office with me everyday! He is our 10 month old Yellow Lab Mascot!</td>
</tr>
<tr>
<td>5. How do you believe you personally affect others lives.</td>
<td>I hope that I can help make learning relevant to a young person, and in doing so, perhaps I can help them use education to improve their life.</td>
</tr>
</tbody>
</table>

Juliette Gordon Low taught women to be just as involved as men.
Activity:

Read the biography on Mary McLeod Bethune and compare her to your teacher. What qualities and characteristics did you find were similar and which qualities did you find that were unique to one or the other?

Directions:

In the interview with your teacher, feel free to use some of the questions found in the interview with Erin Gruwell and even make up some of your own!

Interview your favorite female teacher and find out why/how they became a teacher. Did she always want to be a teacher, or is it something that grew on her as she went through her schooling?
Activity:

Make a game that your troop likes to play to help you learn all the information about becoming a teacher and the important Women in History mentioned.

Directions:

Studies show that children and adults learn better through the use of games. It is fun and helps you learn the material instead of just memorizing it.

Directions:

Examples for what kind of games you could play are:

- Family Feud
- Jeopardy
- Matching
- Trivia

Remember: Be creative!
Service Project Questions:
Who needs your help?  
What can you do?  
How does it connect?

Action Recommendations/Examples:

**Project Goal:**
Read to the special needs kids at your school, 
or in a local area near you.  
OR  
Read books to the blind.

**Suggestions:**
These books do not have to be long, just a short story that 
you would find in an elementary school library or middle 
school library. This could even be a comic book!

**Suggestions:**
This could be a blind individual somebody knows in your 
community,  
or a group of blind people in an organization.

**What leadership skills did you see?**

**What leadership skills can you learn?**

**Do you have an interest or passion in common with anyone? Who?**

"The beautiful thing about learning is that no one can take it away from you."
- B.B. King

A Women’s Journey Through History  Chapter 4
Facilitate means to make easier.

By: Ashley Parra
Facilitate means to make something easier. Many women in history have helped make it easier for women growing up now. Some examples are, Rosa Parks, who facilitated the Civil Rights movement and Amelia Earhart, who flew across the ocean and proved that women can go the distance.

Amelia Earhart was born in Kansas. She learned at an early age that she loved heights from riding a ferris wheel. She also learned how to build and make things with her hands and made a roller coaster out of two-by-fours, a packing box, and roller skate wheels. Amelia Earhart saw her first airplane in 1908 at the Iowa State Fair. Her first ride in an airplane was in 1920 and her first flying lesson was in a Curtiss JN-4 Jenny. Six months after her flying lesson she bought a yellow Kinner Airster which she named “The Canary”. She broke the women’s altitude record in 1922 and flew across the Atlantic in June 18-19 in 1928. She disappeared in 1937 trying to become the first woman to fly around the world and was last heard from 100 miles from Howland Island. No traces of her were ever found but she remains an American icon.
Rosa Parks was one of many African American women against segregation. She was born in Tuskegee Alabama but lived most of her life in Montgomery Alabama. She married a barber named Raymond Parks but had no children. On December 1, 1955 she made a decision that made people across the country stand up on their feet and fight segregation. It was on a bus, on her way home from her job as a seamstress, where it happened. Tired from a long day of work she sat down on the white side of the bus. A white man looking for a seat told Rosa Parks to move and let him sit there, she refused. The bus driver called the police who fined and arrested her. African Americans everywhere were outraged and Martin Luther King called for a bus boycott, which led to desegregation in Alabama and across the country.

Susan B. Anthony was born in Adam, Massachusetts on February 15, 1820. She was the second born of eight siblings in a Quaker family. She founded the National Woman’s Suffrage Association in 1869 with Elizabeth Stanton. She published a newspaper called “The Revolution,” and she wrote the 19th Amendment giving women the right to vote. Susan B. Anthony Founded the International Council of Women. She gave 75-100 speeches in 45 years. She died in Rochester New York from pneumonia and heart failure on March 13, 1906.
Activity:

Look up the basic parts of an airplane. Learn the proper names of the most important parts of a plane.

Directions:

Some things you should look for when looking up the basic parts of the plane, would be the wheels, wings and the front of the plane. It might help to look at a picture of an airplane. All of this will help you in the next part of the activity.

Activity:

You should work together to create an airplane out of yourselves, having one person representing Amelia Earhart.

Directions:

In this activity you will make an airplane out of your bodies. One girl will be Amelia Earhart and two girls will be in charge. The two girls in charge will be the only ones allowed to talk, together they must direct the rest of the troop into different positions. Once the plan is set up, the person who is Amelia Earhart will sit in the middle of the air plane.
Activity:
Amelia Earhart disappeared as she went up into the air for the last time to fly around the world. She knew the risks she was taking and said “Please know that I am aware of all the hazards. I want to do it because I want to do it. Women must try to do things as men have tried. When they fail, their failure must be a challenge to others.”

Directions:
For this activity you should research the path Amelia Earhart planned on taking in her flight around the world. Print out a map and draw the route she wanted to take. Now, where do you think she disappeared? Based on what you have learned about her disappearance, mark on your map where you think she vanished.

Activity:
Share your map with others and discuss your conclusions.
Example: Do you think she passed away? Or do you think she is still out there somewhere in hiding?

Directions:
If you would like to you can create your own story to solve what happened to one of the greatest mysteries of all time. The disappearance of Amelia Earhart, an important woman in history.

What do you think?
What leadership skills did you see?
What leadership skills can you learn?
Do you have an interest or passion in common with anyone? Who?

What did you learn?
Service Project Questions:
Who needs your help?  
What can you do?  
How does it connect?

Action Recommendations/Examples:

Project Goal:
Host a food drive.

Suggestions:
At a Girl Scout event, school, or any community area your troop should host a food drive. Flyers, posters, and announcements can help spread the word for donations. Once you have all of your donated food, you can take them to any kind of organization in need of donations. It’s all to help facilitate the end of hunger.
INNOVATE
Cadette
To introduce something new; to invent
By: Emily Miller

Take a Journey and Rewrite Women Back into History!
Women have been some of the most important innovators in society. Without them, we would not have appliances as useful as the dishwasher is, medicine as important as anti-leukemia medicine, or cookies as mouth-watering as Toll House cookies.

Create a slideshow presentation of innovative women and invite friends and family to a troop meeting to view it. You can either break into groups and have separate PowerPoint’s, or create a single PowerPoint as a group.

Gertrude Belle Elion was born on January 23, 1918. She attended Hunter College and was very interested in science, but could not teach because she was a woman.

She worked as a lab assistant and high school teacher. Her hard work eventually paid off and she was successful in creating the first leukemia treatment. She also collected research that would lead to the development of medicine for AIDS and other diseases.

She received the Nobel Peace Prize in Medicine and had the honor of being the first woman inducted to the National Inventors Hall of Fame.

“Don’t be afraid of hard work. Nothing worthwhile comes easily. Don’t let others discourage you or tell you that you can’t do it. In my day, I was told women didn’t go into chemistry. I saw no reason why we couldn’t.”

-Gertrude B. Elion

Josephine Cochran invented the first automatic dishwasher. She didn’t want to do dishes by hand so she created a solution. Because of her, women don’t have to wash their dishes by hand anymore!
How do you believe you affect other’s lives?
All my work, and therefore its impact, has been in partnership with countless others. The National Women’s History Project has led the nation in recognizing and celebrating women’s lives because we are the organization that spearheaded the women’s history movement by lobbying for National Women’s History Week and then National Women’s History Month. In addition, we have produced over 200 multicultural women’s history resources and materials, as well as teacher training sessions in almost every state. I am very proud of what we have and are accomplishing, but again I want to emphasize that all this work is the product of many people working together to help write women back into history.

What are the pros and cons of your job?
My job is amazing in that I get to help people discover women’s history. I believe that learning and knowing women’s history encourages girls and women as well as boys and men to respect the female experience. This respect encourages girls and women to have a stronger sense of themselves and boys and men to not only respect, but also to honor the female experience. The difficult part of my job is most likely the same for all directors of non-profits and that is to find the funding for the work that needs to be done.

What steps did you go through to get where you are and become who you are today?
As a high school teacher, I discovered that I didn’t know anything about women in history and that I hadn’t even considered my debt to the women who came before me. Most significantly for me, it also meant that I hadn’t ever asked my mother about her life and because she had passed on, all my questions would never be answered. I enrolled in graduate school to learn and teach women’s history. It was during this time that I discovered that women’s history was not being taught in K-12 curriculum. I was hopeful that establishing a Women’s History Week would encourage teachers to include women in their curriculum. Women’s History Week was an amazing success on a local level and then on a national level. The success of National Women’s History Week/Month led to establishing the National Women’s History Project. My journey continues, but in five years, I am very happy to say that I will pass the torch of my leadership on to the faculty and young women at Russell Sage College in Troy, New York, which was the site of the first school for young women.

“It is a good world and getting better every day!”
-Josephine Cochrin
Activity:

It’s time to get connected and learn more about innovative women in modern society.

Directions:

Visit the library or search online for major organizations or inventions created by women that are still alive and at work today in your community.

Remember: Make sure you learn internet safety before going on the internet!

“People ask me often [whether] the Nobel Prize [was] the thing you were aiming for all your life, and I say that would be crazy. Nobody would aim for a Nobel Prize because, if you didn't get it, your whole life would be wasted. What we were aiming at was getting people well, and the satisfaction of that is much greater than any prize you can get.”

-Gertrude B. Elion
Inspirational Women:

- **Gertrude B. Elion**
  - Invented cancer medicine
  - Think about what it would be like if she hadn’t invented these. People would suffer even more than they already do from cancer.

- **Ruth Wakefield**
  - Invented Tollhouse Crunch cookies
  - Everyone loves cookies. We have Ruth Wakefield to thank for that!

- **Josephine Cochran**
  - Invented the first automatic dishwasher
  - People everywhere are thankful for this invention. It makes doing dishes ten times easier.
Service Project Questions:  
Who needs your help?  
What can you do?  
How does it connect?

Action Recommendations/Examples:

Project Goal:
Reach out to girls and women and lend a helping hand to people who need it. Show them what being a girl scout is really about!

A Few Suggestions:
- Have a toy drive and collect toys and games for children. Go to your local hospital and visit children who have cancer. Teach them about Gertrude B. Elion and her anti-leukemia medicine. Then, hand out the toys collected from the toy drive.
- Think about the women you learned about and their effect on the world. Now, think about women in your community, such as business owners. Create a service project to help the progress these women already started.
- Collect items for a women’s shelter and present the women with the item. Share with them why you are doing this project and what you’ve learned.

What leadership skills did you see?  
What leadership skills can you learn?  
Do you have an interest or passion in common with anyone? Who?

As Gertrude B. Elion would say, “Find new avenues to conquer, and new mountains to climb!”

A Women’s Journey Through History  Chapter 6
Participate Cadette

Participate: To take part in an activity or event
By: Elisabeth Longo
Women participate in many activities and events. You will learn about famous women athletes and the sports that they have played. You will discover how far women have come in the field of sports, connect it to your own life, and then take action by sharing the gift of sports with others!

Pick your favorite sport and find a famous woman that pertains to that sport. Share what you found with your troop.

Mia Hamm:
Mia Hamm was only fifteen when she made the US National soccer team in 1987. At the University of North Carolina, Hamm and her team won the NCAA championships for four straight years in a row. She scored 97 times in a single season, setting the NCAA record. She played on the Olympic women’s soccer team in 1996, and won the gold medal. In the 1999 World Cup, Mia Hamm and her team were named the Associated Press Female Athletes of the Year. In May of 1999, Mia Hamm became the all-time leading scorer in international soccer, with a record of 108 goals!

Have you ever heard of the term “soccer mom?” Mothers are great when it comes to driving their children to games and practices, making sure they eat well and are healthy so they can play. They’re also the best cheerleaders too!
Billie Jean King was introduced to tennis by her parents. She is known as one of the greatest tennis players ever, including men or women. She had the titles “Outstanding Female Athlete of the World,” “Sportsperson of the Year,” and “Female Athlete of the Year.” Billie Jean was the first woman athlete in any sport to earn more than $100,000 in a single season. She also became the first woman commissioner in professional sports. She was inducted into the Court of Fame at the USTA National Tennis Center in 2003.

Wilma Rudolph was crippled as a child because she was born with polio and could not walk normally until she was twelve years old. In junior high, she decided to try out for the school basketball team. At first, she did not play much, but then she started setting records. She received a scholarship to Tennessee State for running track. In 1956, she participated in the Olympics when she was only sixteen years old. She won a bronze medal and, in 1960, she returned to the Olympics winning three gold medals. She received the James E. Sullivan award for her great accomplishments.
Did you know...
Women did not compete in the modern Olympics until 1900. At that time, only 19 women competed in just three sports: golf, tennis, and croquet.

Directions:
Make up a game of charades using the people your troop learned about in the Discover section. Put all the names of the athletes in a hat and act them out according to what you learned about them.
Women Sports versus Men Sports:

There are some sports that have different rules depending on whether men or women are playing. Lacrosse is one of those sports. Not only does lacrosse have different rules, but they also have different equipment as well. What other sports have different equipment or rules for men and women? Why do you think that is?

Men's Lacrosse Stick:                                             Women's Lacrosse Stick:
Project Questions:
Who needs your help?
What can you do?
How does it connect?

Action Recommendations/Examples:

Project Goal:
Take what you’ve learned and share it with others! Help raise awareness about women in sports history. There are many children that do not have the opportunity to play sports because they cannot afford the equipment to play.

Suggestions:
Find an organization that accepts used sports equipment and collect sporting goods for that organization. To each item, attach a short biography or fact about women’s sports history to help raise awareness about women in sports.

Need Ideas for biographies or facts?
• Summarize the biographies given in this book.
• Who is your favorite woman athlete? Find an interesting fact about them.
• What women made huge accomplishments in sports history, opening the door for other aspiring women athletes?

What do you think?
What leadership skills did you see?
What leadership skills can you learn?
Do you have an interest or passion in common with anyone? Who?

What did you learn?

A Women’s Journey Through History  Chapter 7
Cadette
Index & Information:

Books:
- Because of Winn-Dixie By: Kate DiCamillo
- Charlotte’s Web By: E.B. White
- Every New Day By: Lauren Brooke

Websites:
- http://www.communityservice.org/
- http://www.oceansforyouth.org/kidscorner.html
- http://www.costaricaturtles.org/costa_new_kidGames.html

Movies:
- Disney’s Toy Story 3
- Disney’s Oliver & Company
- Annie
Ambassador
Troop 2047

These girls have been together for 13 years and are now in their second year as Ambassadors. All seven girls are active experienced Girl Scouts, earning their Bronze and Silver Awards, as well as most petals, try-it’s, badges, IP’s, and age level awards including the Senior Journey GirlTopia Pin & Senior Leadership Pin during their only year as Seniors. They are a skilled sales team and annually have top sales, as well as experienced campers and travelers with trips all over Florida, Savannah, Washington DC, Myrtle Beach, and a recent cruise to the Bahamas under their belts.

This group of diverse young ladies are not only active Girl Scouts; they are honor students, athletes, musicians, dancers, artists, full time employees, and caring young women who are driven to be the very best that they can be, to keep the Promise and Live by the Law!

This has been an exciting Journey for the girls and they worked hard as a team over a full year to complete more than 125 hours of community service testing materials, making community presentations, and school visits to promote the Awareness of Women In History. During that time they decided that Girl Scouts needed a dedicated Journey on Women In History.

They are passionate about the future, and have a deep desire to see the women of the past honored and will be doing their best to make that happen both inside and outside of the Girl Scout community with their project. The girls are also working with the National Women In History Project, will be publishing their Journeys for each age level on their troop website, in the local Service Unit (Green Oaks) and will submit for publication to Citrus Council.

Their passion for Girl Scouts and this project has been an inspiration to all involved, especially their proud Troop Leaders!

Troop 2047:
Ashley Papa, Britanni Alphonso, Courtney Lopas, Elisabeth Longo, Emily Miller, Kathryn Babierra, and Nadia Ahmed