



FRONTIER NEWS

December 2011, Issue #4

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Great thoughts speak only to the thoughtful mind, but great actions speak to all mankind.

Theodore Roosevelt

A Note From the Founder

This month I got a wonderful surprise when one of my favorite leaders paid me a visit. Kimberlyn from Troop #148 in Rhode Island was out in CA and drove 4 hours out of her way to come up and spend the day. Her daughter Zoee (last month's girl of the month) is just as much a delight in person as she is online.

We spent a wonderful day working on the fire safety and fire building badges while we roasted hotdogs and marshmallows. We took a hike around the property and then went next door so that Zoee could ride a miniature horse and collect eggs from the chickens.

I rarely get to meet any of the wonderful friends I have made through Frontier Girls as you all live so far away. The invitation is open however to anyone who finds themselves in Northern CA, to stop by for a visit. I would love to entertain you for the day.

Kerry Cordy

New Badges Recently Released:

Check out the latest badges that have been uploaded to the website:

Beading

Car Racing

Cultures by Country

Genetics

Hot Air Balloons

Rock Climbing

Sport Team Fan

Biology

Coin Collecting

Electricity

Geology

Parade

Seasons

Titanic

Buffalo

Costumes Around the World

Family

Gingerbread

Physics

Soap Making



Help a Fellow Frontier Girl

This letter was dictated to Elizabeth's mom, Suzanne, for typing and distributing.

Hello, my name is Elizabeth. I am nine years old, and I have autism. I am in the third grade and I love participating in my horseback therapy. I ride horses in a special type of therapy called hippotherapy. This type of therapy combines aspects of physical therapy, occupational therapy, and speech therapy into one, while engaging the rider on her horse. I have been riding with the Horses with H.E.A.R.T. therapy program since I was three years old, and have made a lot of progress. I had very little communication skills back then, but now I can talk with my family and friends. Strangers don't always understand me because my thoughts are still pretty jumbled, but the people who work with me every day grasp my meaning.

Each year, Horses with H.E.A.R.T has a fundraiser for the riders to collect sponsors to help pay for their riding sessions. If a rider collects \$600, that covers the sessions for the entire year. If a rider collects more than that, the money goes to whatever need the rider chooses. I love the horses at our ranch, and I want to help take good care of them. Horses eat a lot of food, so it costs a lot to buy the hay. Sometimes they have to have the doctor take care of them. I know about doctors, I have to see doctors a lot, too. The horses also need special equipment. One of our horses, Popcorn uses a special mask over her eyes, and last year the director bought two of them with some of the money I raised. That made me feel really happy that I could help Popcorn feel better with the right equipment.

This past year, our program moved to a new ranch. The ranch is closer to my home now, and we are almost ready to bring the horses home so we can start riding again. I am so excited. We drive past the new ranch whenever we go to town, and it has been very thrilling to see the ranch being put together! It will be wonderful to get to ride at this beautiful new ranch.

I work really hard when I ride, and the horses make me feel better. I'm very proud of myself when I get my horse to do something like trot or back up. I was selected to be on the Special Olympics Equestrian team this year as well.

I am collecting sponsors for our fundraiser. My goal is to collect \$1,000 to cover my riding costs and to buy more equipment or food for the horses. Anyone who gives more than \$10 dollars will receive a tax receipt from Horses With H.E.A.R.T. Also, any sponsor who desires may have a nice photo of me on my horse to display in their place of business or home. All checks should be made out to Horses With H.E.A.R.T. You may send checks to P.O. Box 2716, Chino Valley, AZ 86323. Feel free to email or call my mom, Suzanne, at (928)899-3582 if you have any questions. You can also donate via credit card or Paypal by going to <http://horseswithheart.org/>, click on the Network for Good link on the right hand side, and then you can donate using a credit card or Paypal. Be sure to put "Beth Vicory/BAT" in the designation box, so they know who you are sponsoring. And remember, it's tax-deductible! I have to have all sponsorship money collected to turn in to the program by February 1, 2012.

Thank you very much for helping support this wonderful program.

Elizabeth



Leader/Daughter Jamboree

June 24-27

Cordy's Pond

17040 Austin Lane

Cottonwood, CA 96022

Cost \$100 per person

Calling all leaders and their daughters. Come join us for a weekend of camping fun while we share ideas and projects for improving our troop experience. We will be doing crafts, fire building, outdoor cooking, canoeing, swimming, hiking and more.

All meals are included. Tents will be provided and we will be camping outdoors. If you prefer to stay at a hotel, you may, but the nearest hotel is 30 minutes away in either Anderson or Red Bluff, CA, and will be at your own expense.

A registration form is included at the end of this newsletter. Registrations **MUST** be received by April 30, 2011. Cancellations after April 30 will only be refunded 50% as supplies other than food will be purchased at this time.

Flight information:

If you fly into Redding, CA the flight will be more expensive, but we can provide transportation from the airport to Cordy's Pond. If you fly into Sacramento, CA the flight will be cheaper, but you will need to either rent a car or take the shuttle.

Badge of the Month - Winter

The December Badge of the Month is Winter and will be on sale for 10% off from Dec. 15 through January 31. This badge is part of our new Seasons Badge that can be earned once for each season. The Seasons badge is a compilation of ideas from Marie Dichoso-Beavers, Adele Nolan, and myself that work well for any seasonal activities you wish to do. The requirements can be found online in the members only section under Discover Science and Technology - Seasons. To log in, use the following:

user name: firstlast (girl member's first and last name)

password: member

* January 19 is Frontier Girls 5 year birthday. Next month **all** badges will be on sale for 10% from Jan. 1 - Jan.31, so plan accordingly.

Below are some ideas your might enjoy trying while working on the Winter Badge:

- * Go on a winter hike and have a nature scavenger hunt. See who can spot a feather, an acorn, a colorful rock, a puddle, a pinecone, etc.

*Make scented pinecones. Collect pine cones, wash them with soap and water, bake them in the oven at 200 degrees for one hour. Place the cooled pinecones in a resealable plastic bag and sprinkle a few drops of essential oil (cinnamon, apple, orange, nutmeg) and shake the bag. Place the pinecones in a bowl or basket. (Submitted by Marie Dichoso-Beavers)

* Have a snowman building contest with your troop.

* Bake some winter goodies and have a "smell" contest. Put different baking spices in unmarked jars and see who can identify the most smells.

* Have a cookie exchange. Get together and have each girl bring 2 dozen cookies. Place the trays end to end and have the girls go down the line putting one cookie from each plate in their bag until all the cookies are gone. Everyone should go home with a wonderful mix of Christmas cookies.

Places to Go...

Field Trips for December

- Visit a live nativity scene and work on the Christmas badge.
- Go for a sleigh or carriage ride and work on the Horse badge.
- Go see a Christmas theater production such as the Nutcracker or A Christmas Carol. School and community theater groups frequently have inexpensive showings. You could work on the Drama badge at the same time.
- Visit a drive through light display and follow it up with mugs of hot chocolate while working on the Electricity badge.
- Go Christmas caroling and work on the Singing badge.
- Visit a Christmas tree farm and work on the Trees badge.

Tips and Treasures

Ideas and tips from our members

Below is a great graphic design activity that was posted by April, a Pioneer out in CA.



Step 1
Browse the web and search for the Frontier Girls logo. Once you've found it, right click on it and save it. Go back to your desktop and open the file containing it.



Step 2

Next, open a software program (I used a program called " paint "). erase the " Girls " in Frontier Girls.



Step 3

Next, choose a new font and type in anything where the " Girls " in Frontier Girls used to be! it can be anything from troop numbers to names! Or keep the girls and just add the troop number.

EXAMPLE SHOWN
I've kept the " Girls " in and just added a troop number.



Final step

Once you are finished with your new Frontier Girls logo, you can use it on tee shirts, hats, tote bags, mugs and so much more!

If you have a favorite craft, activity, organizational or record keeping tip, or any other tip or treasure you wish to share with other members, please email it to kerry@frontiergirls.com with the subject line, "Tips and Treasures".

Pointers for Patriots

Apple Store for Military Members

Did you know that Apple has a special store with discounts just for government employees and military members? You can find it at <http://www.apple.com/r/store/government/>

If you have a military pointer to share, please email them to Kerry@frontiergirls.com with the subject line NEWSLETTER.

Just a few of the Yahoo posts regarding this project:

I have always had a hard time using the computer. I took a handful of classes in college (1996-2000, 2002), including a digital art class, but still struggle with computer skills because I did not have any computer available to me until I went to college. I have several photoshop programs on my netbook, and could not get anything to work on them. Today, I looked at your logo project. The directions were clear, simple, so I thought what the heck, I'll try it. I was able to do the logo alteration, I was also able after that to do a few other things in photoshop using the simple directions you gave. To teach a Mommy over 30, to do something on the computer that her college professors couldn't teach her, you've got to be good! Thank you for sharing. Your skills are valuable, little girl! NEVER, NEVER, NEVER doubt the value and potential you hold!
Miss Suzanne, Mom to Pioneer Frontier Girl Beth, Dolphin Level

Yes, April did a great job! We made transfers for bags using her ideas. We added our names to the bottom of the logo so we could keep track of our new F.G. notebook supply bags.

Make a Difference

Community Service Ideas for November

- Trim a mitten Christmas tree to donate mittens to local schools and homeless shelters.
- Decorate a Christmas tree at a nursing home, hospital, school or homeless shelter.
- Ring the bell for Salvation Army during the holidays.
- Serve Christmas dinner at your local veteran's hall.

Becky from Colorado also submitted the following community service ideas to add to your files:

Project #1

We are a group of 2 Frontier Girl Pioneers (1 penguin/1 otter) and along side our sons' homeschool Cub Scout troop decided to paint "Thank You" pumpkins for our local Fire Fighters during Halloween. Along with the pumpkins the kids made "Thank You" cards and baked yummy goodies for them. We delivered them on Halloween dressed up in our costumes. It was a nice surprise to them because they were thinking we were there to get treats, but instead we were there to deliver them treats!

Project #2

We just started working on making Christmas cards for our veterans. After browsing the Frontier Girls YahooGroup I came across a letter a Girl Scout group had received about making cards for hospitalized veterans. I am waiting on a call back from the company...not for sure if it was the right contact number due to the fact this letter was a few years old. Hoping they will call me. I have been searching the web trying to figure out how to get more recent contact info not much luck though. The program was called Operation Appreciation, but when I search for it it has nothing to do with sending cards to hospitalized veterans. So if this route fails we have a local veteran's home in the area we will be personally delivering them to.

Project #3

I found a "pink ribbon" patch pack on the Making Friends website. It includes stickers and pink ribbon to add to homemade cards. We are going to start making cards to deliver to a local hospital with a cancer ward. They will be able to hand these out to patients on their first visit. The card will let the patient know we are thinking of them. We hope to get a nice stock pile going before making our first delivery and then with high hopes plan to continue this project year round. We are just a group of 2 Frontier Girl Pioneers, so along side the girls' brothers we will make this possible. We have found the same pink ribbon stickers on Oriental Trading and are on the hunt for the pink ribbon. We hope to find these items in bulk and stock up.

If you have a community service project to share, please email them to Kerry@frontiergirls.com with the subject line NEWSLETTER.



Girl of the Month

Mya Lewis - Otter, Troop #101

Mya is an amazing little dynamo. She is the youngest member of a large multi-age troop, but is always willing to jump right in with the big kids. Over the summer, Mya worked hard learning about geography and earned badges for a variety of different countries around the world. She even took the time to create a wonderful display of what she learned so that she could share it with the rest of her troop.

Mya is always willing to help out both at meetings and other events. She has a perpetual smile on her face and brings joy wherever she goes. She is a great example to our other Otters and Penguins, showing that just because you are little, doesn't mean you can't make a difference.

Great job Mya!

If you have a girl you think should be featured in Girl of the Month, send her story to kerry@frontiergirls.com with the subject line, "Girl of the Month".



Contest

For our December Contest, write and submit an original poem for our newsletter. All poems will be posted in the newsletter, and the best submitted from each level will win \$5.

The winners of our recipe contest from November are:

- Penguin: No entry
- Otter: No entry
- Dolphin: No entry
- Butterfly: Katrina Amen
- Eagle: No entry

You can read the winning recipes at the end of this newsletter

Winning Recipes From November

Sour Cream and Onion Mashed Potatoes

Submitted by Katrina Amen, Butterfly, Troop #101

Ingredients

4 scallions
2 pounds small red potatoes
4 tablespoons unsalted butter
1 cup sour cream
1/2 cup half and half
salt
pepper

Utensils

cutting board
chef's knife
dutch oven
saucepan
whisk
colander
rubber spatula
liquid measuring cups
dry measuring cups
measuring spoons

Steps:

- Trim roots and dried out dark green parts of the scallions. Slice the green parts thin, and mince the white parts separately.
- Bring the potatoes and enough water to cover by 1 inch to a boil in a dutch oven high heat.
- Reduce the heat to medium and simmer until the potatoes are tender, about 30 minutes.
- Melt 4 TBSP butter in a medium saucepan over medium-low heat. Cook scallion whites until translucent, 5 minutes.
- Whisk in 1 cup sour cream, 1/2 cup half and half, 1 tsp salt, and 1/4 tsp pepper. Remove from heat, cover, and keep warm.
- When the potatoes are cooked, drain them in a colander and return to the Dutch oven. Let the potatoes stand for 5 minutes.
- Using a rubber spatula, break the potatoes into large chunks.
- Fold in the sour cream mixture until incorporated and only small chunks of potato remain.
- Stir in the scallion greens and season with salt and pepper.
- It's ready to eat!