



Girl Scouts
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SUMMER'S HERE - GET READY FOR CAMP!

Girl Scout Summer Camp is a fun and vital part of the growing-up process for girls.

(Kansas City, MO) – More than 8,000 local Girl Scouts will experience camp this summer at one of five area camps, operated by Girl Scouts of Mid-Continent Council. From early June through the middle of August, girls will take part in a tradition that goes back to 1912: The Girl Scout Camp experience. And over 90 years later, that tradition is still a fun and vital part of the growing-up process for girls.

Research from the Search Institute in Minneapolis identifies a list of positive experiences and qualities that young people need to thrive, such as adult support, empowerment, constructive use of time, learning, positive values, and social competencies. Girl Scout Camp offers the perfect setting to nurture these resources. In the camp environment, girls meet and achieve challenges offered nowhere else. Adult role models are present, new skills are taught, value based decision-making is the norm, and social skills are advanced. In addition, girls learn about their natural environment and experience a sense of the larger community.

According to Lynda Madison, Ph.D., author of *Keep Talking: A Mother-Daughter Guide to the Pre-Teen Years*, “It is essential for adolescent girls to find ways to join with nature, to join with the earth. At this point in her life, a girl is focused on friends and her social group. Her problems seem so large, so huge. Being outdoors gives her a sense of scale, a sense of something bigger and beyond, an order and a beauty outside her own creation.”

In addition, girls today are clamoring for high adventure and physical activities that engage their bodies and minds. Camp offers high adventure activities, such as zip-lining, rappelling, horseback riding, and traverse wall climbing – all which appeal to today’s girls. “I love zip-lining. The first time I went I was scared but the more I did it, the easier it got. It’s taught me to face my fears,” says Chanelle Thomas, Cadette Girl Scout from Kansas City, Mo. In a supportive, all-girl environment, girls step up and take on challenges that instill personal power and self-esteem.

Local Girl Scouts have a variety of camps to choose from. Mid-Continent Council currently owns and operates five campsites, offering a wealth of natural resources in rural, urban, and suburban settings. Camps

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Girls Scout Camp

range from 80 to 420 acres and include a great combination of lakefront, farmland, forests, and open meadows. Specialty camps are also offered at a number of other locations throughout the city.

Camp activities are just as diverse. Girls can choose from a 10-day kayaking experience at Camp Oakledge on the Lake of the Ozarks to a four-day “Science Madness” camp at Park University. Horse enthusiasts can learn horse-jumping at a 10-day session at Winding River Camp & Ranch, or die-hard survivalists can pitch their own tents and cook over a fire at a “Roughin’ It” session at Camp Prairie Schooner. All activities are designed to increase girls’ confidence levels by accomplishing age-appropriate skills. (See attached time line for a sampling of camp activities happening this summer.)

Senior Girl Scout from Leavenworth, Kan., Mackenzie Smith, explained it best: “I was 10 years old the first time I went to Girl Scout camp. At the time I never imagined it would turn into such an important and meaningful part of my life. It was my first experience away from home and I remember being scared to try new things and meet new people. But when I got to camp it was great. The friends I made and the new things I tried taught me to be open to new experiences. Each time I’ve gone to camp I’ve developed a deeper appreciation of what it means to truly be a Girl Scout.”

Girl Scouting was founded on the belief that the outdoor environment helps build strong girls. Girl Scouts’ founder, Juliette Gordon Low, envisioned an organization that would bring girls out of their cloistered home environments to serve in their communities and experience the open air. Within months of the organization’s founding in 1912, girl members were hiking through the woods in their knee-length blue uniforms, playing basketball in a curtained-off court, and going on camping trips. By 1929, when Girl Scout membership was over 200,000, Girl Scout camps were setting national standards for safety and health.

Ninety-one years later, girls are still lured out to the open air. According to Barbara Collins, Program Director at Girl Scouts of Mid-Continent Council, “Through a setting that’s guided and directed by caring adults and facilitated by youth development experts, Girl Scout Camp is the single best way to deliver outdoor opportunities, in an affordable way, to thousands of girls in our community.”

Space is still available for girls at a number of Girl Scout Camps this summer. For more information, call (816) 358-8750.

Girl Scouts of Mid-Continent Council is an organization that, in partnership with committed adults, helps girls grow courageous and strong through a variety of enriching experiences. As one of the top 15 councils across the U.S., Mid-Continent Council serves more than 36,000 girls, ages 5 to 17, from all populations, religions and socioeconomic backgrounds in 18 counties, in and surrounding the greater metropolitan Kansas City area.