

# Women of Courage

## 12 Month Patch Program



### Discovering Your Courage

Welcome to the 2020 Women of Courage 12-month patch program. Throughout life, Girl Scouts will face many challenges, whether it is in the woods, on top of a mountain, in the classroom or at a job. Learning survival skills will provide Girl Scouts with the confidence and skills to face all life tests. Throughout this patch program, Girl Scouts will gain confidence as they face new challenges. The skills learned in Women of Courage will help participants develop healthy relationships and make good choices. It will encourage Girl Scouts of all ages to be brave and dream big. Most importantly, it will help Girl Scouts build confidence, courage and character.



### Girl Scouts of Black Diamond Council

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# VIEW SAFETY ACTIVITY CHECKPOINTS AT:

**[www.bdgsc.org/safetyactivitycheckpoints](http://www.bdgsc.org/safetyactivitycheckpoints)**

Safety Activity Checkpoints (SAC) is a resource that provides safety standards and guidelines for Girl Scouts of the United States of America (GSUSA) approved activities. Always review the Safety Activity Checkpoints carefully before participating in or leading an activity with girls.

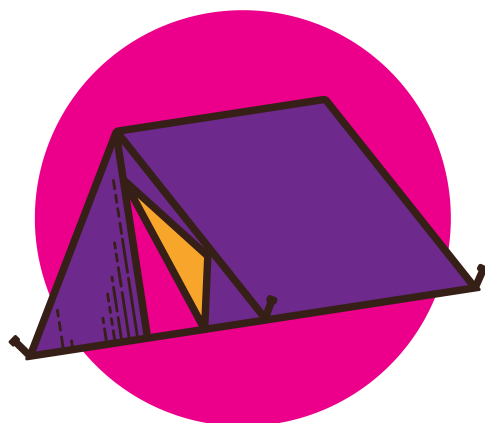
## ARE YOU AN ADULT WITHOUT TRAINING?

**Go to [www.bdgsc.org/trainings](http://www.bdgsc.org/trainings)**

We want to help you have a great Girl Scout experience. We provide all the tools and trainings you need to have a great experience! On the Girl Scouts of Black Diamond Council's Trainings page, you will find training videos, optional & topic-specific training videos, and handy toolkits.



HIKING CERTIFICATION



CAMPING OUT TRAINING



FIRE BUILDING SAFETY



## DISCOVER

### Problem

Imagine that you are walking through the woods with your troop leader and a thunderstorm suddenly strikes. How would you react? Mental readiness is the name of the game. Below are six tips to help you stay calm and survive on.

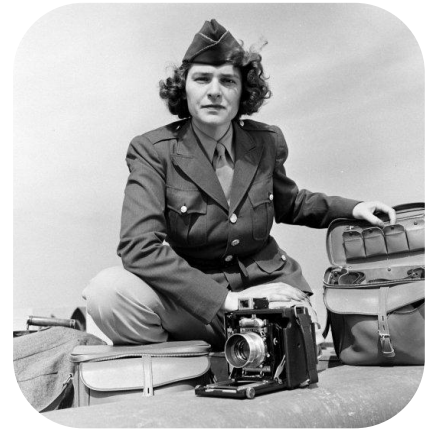
### Solutions

- 1. Prepare and Practice** - If you have a fear or are afraid of something, speak with a trusted adult to learn how to handle that situation. Just like fire drills at school, don't be afraid to practice difficult situations and choices. Know your options and your limits. Remember everyone brings something valuable to the table, including yourself.
- 2. Stay Calm and Survive on** - New situations can be scary. Take a moment to breathe and figure out what is happening. Understand your emotions. Can you take action? Sometimes you cannot and fear is the right response. Sometimes fear can stop you from taking action in a safe setting. Review safe or unsafe situations with a trusted adult to know when fear is good and when fear is stopping you from taking action.
- 3. Get Uncomfortable** - Stepping outside of your comfort zone can help you learn to breathe and take action in a safe or unsafe setting. If playing sports makes you nervous, try playing a new sport with your troop. If speaking in front of people makes you nervous, then work on public speaking with your troop.
- 4. Help Others** - Sometimes when we are nervous, unsure, or scared, helping others can inspire us to take action. How would you help a friend be brave during a thunderstorm in the woods?
- 5. Small Steps** - It is easier to chew a slice of bread than eat a whole loaf. Take big tasks and break them into smaller steps. Every small step is progress.
- 6. Stay Positive** - It is easy to think of all the stuff that could go wrong. Take a moment to imagine all the great things that could go right. Believe in your abilities!

# Margaret Bourke-White



*"If you banish fear, nothing terribly bad can happen to you."*



Margaret Bourke-White was born June 14, 1904 and was the daughter of Joseph White and Minnie Bourke. Margaret's interest in photography started as a hobby. She graduated from Cornell University with a Bachelor of Arts degree in 1927. She started doing commercial photography after college and her first client was Otis Steel Company. In 1929, Margaret got a job as an editor and staff photographer for *Fortune* magazine. In 1930, she was the first Western photographer allowed to take photos of life in the Soviet Union.

Margaret was hired as the first female photojournalist for *Life Magazine* in 1936. Her photographs of Fort Peck Dam were featured in *Life Magazine's* first issue. A photo from her Fort Peck Dam collection was used in the United States Postal Service's stamp series, called "Celebrate the Century."

During World War II, Margaret was the first female allowed to work in combat zones. Officials believed war zones were not a place for women. In the 1940's, women were considered fragile. However, Margaret was brave and photographed the shocking imagery of war with grace and calmness.

In 1953, Margaret started to see her first symptoms of Parkinson's disease, but this did not slow her down. In 1963, Margaret Bourke-White published her autobiography, *Portrait of Myself*. This book documented her life as a female photographer who broke boundaries. In 1971, she died at the age of 67 due to her Parkinson's disease.

Margaret's photos can be found in the Brooklyn Museum, the Cleveland Museum of Art, the New Mexico Museum of Art, and the Museum of Modern Art in New York. Many of her writings, memories, and photographs are found in Syracuse University's Bird Library Special Collections section.



## Choose 5 Activities:

- It's time to practice your breathing techniques. Take four seconds 1, 2, 3, 4 - to inhale, taking a slow deep breath. Hold that breath for four seconds - 1, 2, 3, 4. Exhale to the count of four - 1, 2, 3, 4. Relax for four seconds before taking the next breath.
- One of Margaret's first jobs was taking pictures of buildings and commercial properties. Find a big building and take different pictures. Then write an ad trying to sell the property.
- Imagine that you were lost in the middle of the woods. What would you need to do to make it back home safely? Write down your steps and share your list with your friends, family and sister Girl Scouts.
- Write a short story about a problem that you have had in the past. How did you fix it? Think of other creative solutions that would have worked.
- You never know what you might need. Build a survival kit. Resources to create a survival kit can be found here: <https://bit.ly/2MiWWQh>.
- Take this survival quiz: <https://bit.ly/2KCvgDY>. Find out if you have what it takes to survive.
- Explore your neighborhood and take pictures of nature. Think about how the world would have looked in Margaret's time. What do you think has changed?
- You've got a job at a big magazine and you have to write a feature article. Take a photo of something you love and write an article about it.
- Let's have a photo show. Hang your photos around a room and invite your friends, family and sister Girl Scouts to your photo show.
- Share some of your experiences and photos during the October Activities online at <https://bit.ly/2Z5rLhe>.

# November - Shelter from the Elements



## DISCOVER

### Problem

You're walking through the woods and you get lost. It is getting dark and it is starting to rain. You decide to build a shelter to keep you dry and warm for the night. Below are some basic shelters that can protect you from the elements.

### Solutions

- 1. The Cocoon** - This is a quick shelter to make when it's getting dark. Collect dry leaves and tree bark. Then pile the items two or three feet high. Use your height to determine the length of the shelter. It should be twice as long as you are. Burrow into the pile and cover yourself. Make sure you're lying on dry debris. This will protect you from heat loss.
- 2. The Fallen Tree** - An easy way to find shelter is to locate a fallen tree that has plenty of room for you to climb underneath. Lean branches along the side of the tree to keep wind out. If needed, build a fire on an open side of your shelter to keep you warm. Always practice fire safety to prevent injury and wildfires.
- 3. Lean-to Shelter** - Find a rock or a thicker tree. Then collect fallen tree limbs, dry bark or leaves. Lean the tree limbs at an angle onto the rock or tree that you have found. Cover the tree limbs with the leaves and bark. This will help keep you dry. Once you have built a thick wall, crawl underneath. If needed, you can build a fire on the open side of the shelter to keep you warm. Always practice fire safety to prevent injury and wildfires.
- 4. A Tarp** - If you are lucky enough to have a tarp or sheet of plastic with you and some rope or cord, you can tie the tarp up between two trees to create a shelter. You can place rocks on the ends to keep wind from blowing the tarp away and keep in heat. Always practice fire safety to prevent injury and wildfires.

### DO NOT BUILD:

- On wet or damp ground.
- On mountaintops or cliffs where wind can be colder.
- In narrow valleys where it gets colder at nights.
- In ditches or holes where water can collect.

## Emma "Grandma" Gatewood



*"If I'd been afraid," she said,  
"I never would have started  
out in the first place."*



Emma "Grandma" Gatewood was born October 25, 1887, in Township, Ohio. At the age of 18, she married Perry Gatewood and had 11 children. Due to marital hardship, in 1937, she left her husband and went to California to be with relatives. However, she returned to her husband because she missed her children. For over 30 years, Grandma Gatewood suffered from domestic abuse in her marriage. She often ran from her husband and hid in the woods. As a result, she viewed the wilderness as a protective and healing place.

In 1954, Grandma Gatewood attempted to hike the Appalachian Trail, but it ended badly. Starting in Maine, she broke her glasses, got lost, and was rescued by rangers. The next year after more planning, she started in Georgia and successfully hiked north. On her trip, she carried a small drawstring sack, which she had sewn. In this sack, she carried a shower curtain for shelter, a Swiss Army knife, a flashlight, Band-Aids, iodine, a pen, and a small notebook. For food, she carried Vienna Sausages, raisins, peanuts, bullion cubes, and water. During her adventure, she went through 7 pairs of canvas shoes.

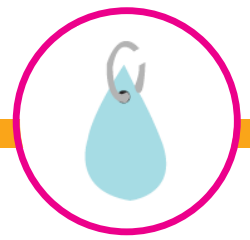
Grandma Gatewood didn't carry a tent and relied on strangers to provide her shelter. She spent many nights sleeping on the cold ground and under picnic tables. She even slept on a porch swing. She completed her first thru-hike in 146 days and averaged 14 miles a day; It was considered a remarkable pace. It was reported that a Boy Scout troop and their leaders could not keep up with her. At the age of 85, she died of a heart attack (1973). At this time, she had hiked the Appalachian Trail 3 times and was the first person to hike it more than once.

# TAKE ACTION

## Choose Five Activities:

- When you are planning a trip into the woods, it is good to leave an itinerary with a trusted adult. Create an itinerary for a hiking trip and share your itinerary with your sister Girl Scouts and troop leaders. Visit <https://bit.ly/2VksVQf> to get some ideas.
- Grandma Gatewood sewed her own sack that she carried on the Appalachian Trail. Her sack was made out of materials found at home. Create your own sack using materials you find at home. Share your creation with your friends and sister Girl Scouts.
- You have learned about the different types of shelters. Grab your friends or sister Girl Scouts and get outside to build two different shelters. Build a shelter that will fit two or more people.
- It is time to make your bed for your shelter. Make a bed that fits you and it should be at least 8 inches thick.
- Grandma Gatewood's main meal on the trail contained Vienna Sausages, raisins, bullion cubes, and water. Share this meal with your friends, family and sister Girl Scouts.
- With your troop and sister Girl Scouts, visit the Appalachian Trail. Before your trip check out the Appalachian Trail Conservancy website at <https://bit.ly/32aB5hw>.
- Grandma Gatewood was abused by her husband and often tried to find a safe place. Volunteer at a women's shelter or hold a supplies drive.
- Create a shelter we have not mentioned and share your ideas and experience with G.I.R.L. Stories at <https://bit.ly/2Z5rLhe>.
- Grandma Gatewood was well known for hiking the Appalachian Trail. In her honor, go on a 1-mile hike with your troop or family. Make sure an adult in your group has their Hiking Certification.
- Get a pair of canvas shoes and decorate them. Wear your canvas shoes like Grandma Gatewood.





## DISCOVER

### Problem

Imagine that you have lost your way on a trail and are running out of water. Your mouth is getting dry, you have a headache and you are getting dizzy. These are signs of dehydration and you must take action. You can hear a stream nearby, but you don't know the distance. What are some other ways to find water in the woods?

### Solutions

Finding a source of water in the wilderness can be tough, but here are some ways you can find water:

1. Listening to your surroundings can help you hear if there are any flowing sources of water. Streams and creeks are common water sources and if you listen closely, you can hear the water flowing.
2. Collecting rain water is another way to get water that is suitable for drinking. You can use a plastic sheet or tarp and put it over a hole so it can collect water. You also can collect rain water by sitting containers out.
3. Plant transportation is another way to collect water. Tie a bag around a branch with leaves at the end but do not tie it too tight. The water will go down the branch if it rains and collect in the bag.
4. If there is snow or ice, it can be melted and used for drinking water.

### Common Ways to Purify Water:

1. Boiling Water Over Fire
2. Iodine or Chlorine Tablets or Drops
3. Water Filters
4. Sunlight/UV Light
5. Building Your Own Filter

## Krystyna Chojnowska-Liskiewicz



*"If I did not believe that I could take such a cruise, I would not be on board MAZURK."*



Krystyna Chojnowska-Liskiewicz was born July 15, 1936 in Poland. She went to school to become a shipbuilding engineer. She began sailing in 1966 and soon received her captain's certificate. Krystyna decided to sail around the world and set sail in March of 1976. She started her trip from the Canary Islands on her 32-foot yacht, named Mazurek. She developed a serious kidney problem, which forced her to be hospitalized in Australia. After a few weeks of hospitalization, she set sail again.

She arrived in South Africa in 1978. Krystyna gathered more supplies and made sure her boat was okay before she set sail again on February 5th. She found herself in a competition, because a similar trip was being attempted at the same time by Naomi James and Brigitte Oudry. On April 21, 1978, she arrived safely at the Canary Islands and became the first woman to sail by herself around the world. She completed her trip in 401 days, proving that a woman can master as much courage and resourcefulness as a man can.



## Choose Five Activities:

- With the help of an adult try cleaning water using two different techniques. Gather some water from a local stream or creek and notice the color of it before trying to clean it. Try boiling the water over fire, using a filter or using sunlight. To find more ideas, check out <https://bit.ly/2YJu1vb>.
- Aquatic insects help us determine the health of water sources. Visit a stream and search for insects. What do these insects tell you? To help you identify these aquatic insects, check out <https://bit.ly/2fhcgNq>.
- Contact your local watershed and schedule a cleanup day with your sister Girl Scouts. Take photos and share your experience at <https://bit.ly/2Z5rLhe>.
- Learn about pollutants and germs that make water unsafe to drink. Visit <https://bit.ly/2Mcx4la> to see what can pollute our water.
- Visit <https://bit.ly/2Q1H6bN> and play the watershed game. Make the right decisions to keep the watershed clean.
- Visit <https://bit.ly/33zV0bi> to learn the 10 steps to sailing a sailboat. Watch the video at the end of the 10 steps to learn basic terms of a sailboat.
- Using materials that you find around your house, craft your own boat. Then have a boat race with your sister Girl Scouts. Check out <https://bit.ly/2meMflX> for some ideas.
- Watch <https://bit.ly/33x5qss> to learn about a family that has been sailing for 9 years.
- Imagine you were on a voyage around the world in 401 days. Write about your experience as you imagined it.
- Contact a local watershed or the Department of Environmental Protection and see if they could come talk to your troop about water quality and safety.



## DISCOVER

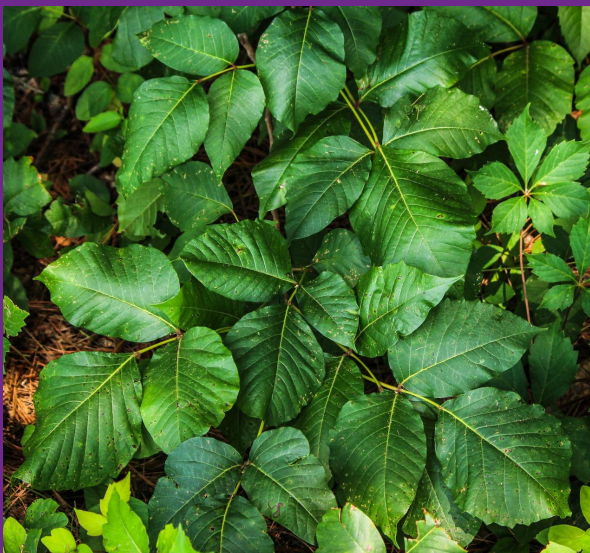
### Problem

Imagine that you are walking through the woods and you brush up against a plant you haven't seen before. Your leg starts itching. You look down and notice a rash. What type of plant would have caused this? What do you do?

### Solutions

Plant identification is a good life skill to have. Let's discover some of the ways you can identify plants.

1. Research the common plants that are in your area. Using the internet, you can determine which plants are harmful and which plants are edible.
2. Learn about plant species by contacting a naturalist with the help of a adult.
3. Go to a local library and see what information they have on plants. With the help of a librarian, find a plant guide or a book on flowers and use the resource as a guide to teach yourself.
4. Take a First Aid class to learn about treating rashes in the wilderness.



Poison Ivy



Pokeweed



## Ynes Enriquetta Julietta Mexia



*“Ynes Mexia is not your “normal” scientist. She didn’t follow the “normal” path. She blazed her own trail, did things her own way and in her own time.”*

*- Danielle Connolly*



Ynes Mexia was born on May 24, 1870 in Washington D.C. Ynes was the daughter of Enrique Mexia and Sarah Wilmer. When her parents separated, she went to live with her mother. Her early education started at the age of 15, where she attended Saint Joseph's Academy in Maryland. After she finished school, she moved to Mexico City for 10 years and took care of her ill father, who died in 1896. Ynes had plans to become a nun, but her father's will said if she did, she was to be cut out from the inheritance that she shared with her stepsister.

In 1897, she married Herman de Laue, but the marriage ended soon, as he passed away in 1904. Her second marriage to D. Augustin Reygadas was also short-lived. He was 16 years younger than Ynes. In 1908, she divorced her husband after he poorly managed her poultry business, while she was receiving medical treatment in San Francisco. In 1921, she began her career in social work. While taking classes at the University of California, Berkley, Ynes learned about botany on a trip with the Sierra Club. This trip changed her interests and she dropped out of school.

She began collecting plants in 1922 and she ended up joining a trip led by E. L. Furlong, a Berkeley paleontologist. She soon realized that she could accomplish more on her own and left the group. She traveled around the country for two years collecting more than 1,500 plant types. On one of her trips, she canoed 3,000 miles in two and a half years down the Amazon River. In addition to collecting the plants, she also wrote articles and gave lectures about her adventures. She later passed away on July 12, 1938 from lung cancer, after falling ill on a plant collecting trip in Mexico.

## Choose Five Activities:

- Go on a hike with your sister Girl Scouts and keep a plant journal to draw the various plants that you find along the way. Share some of your drawings at <https://bit.ly/2Z5rLhe>.
- Go to: <https://bit.ly/3092os8> and complete the bean seed dissection activity. Do this activity with your friends and sister Girl Scouts.
- Visit <https://bit.ly/2KKTgn8> and complete the seed experiment. Share your findings with your friends and sister Girl Scouts.
- Go to: <https://bit.ly/2KNQKfW> and complete the flower dissection. Do this activity with your friends and sister Girl Scouts.
- Create an herb garden at home and journal the plants' growth. Share your results with your friends and sister Girl Scouts.
- Visit <https://bit.ly/349GgQR> and complete the leaf rubbing activity. Do this activity with your friends and sister Girl Scouts.
- Discover the type of schooling you need to become a botanist. With the help of an adult, contact a local college or go online to research if there are any colleges around you that offer botany classes.
- With the help from an adult, contact a naturalist and schedule a Nature Hike.
- Create a map of a park and mark where you can find all the different types of plants and flowers.
- Print off some pictures of local plants and flowers in your area and paint a watercolor picture to share with your family and friends.



## DISCOVER

### Problem

You're on a hike in the woods and it starts getting dark outside. The temperature is dropping and you need to find a heat source quickly. What are you going to do?

### Solutions

It is important to know the different types of materials you need to start a fire. It is also important to build a heat source in a safe and contained area to prevent forest fires. Here is a list of materials you should look for:

1. Dry Wood - This is important because it is hard to start a fire with wet wood.
2. Dry Kindling and Tinder - Kindling is the smaller wood used to start your fire. When looking for tinder search for dry leaves and bark.
3. Safe Area - Look for a space that is not surrounded completely by trees, bushes, leaves or anything else that can catch fire. Build a small fire pit or use a campfire ring. If you create your own campfire ring be careful not to use sandstone rocks. They explode when heated. Keep the fire in a contained space.
4. Matches - These will help you light your fire. Keep them in a plastic bag to prevent them from getting wet or damp.
5. Water - Have a bucket of water nearby, in case you need to extinguish your fire.
6. Rake and Shovel - Using a rake or shovel will help you move the coals to help them cool off after you sprinkle your water.

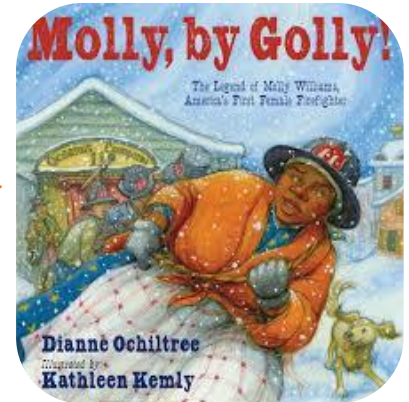


## Molly Williams



*'When a fire call came in, the sturdy slave — in her checked apron and calico dress — was the only one standing. She hauled out the pumper with as much strength and speed as any man and answered the call to duty.'*

- Ginger Adam Otis



Molly Williams was the first woman firefighter in the country, but she was also a slave. She was owned by a New York merchant who was a volunteer with the Oceanus Engine Company #11. In Firehouse #11, Molly cooked and cleaned for the firemen. She also had the job of cleaning the hand-pulled water pumper (see photo below). She showed as much strength and dedication as the men in the firehouse by doing back-breaking work.

During a blizzard in 1818, most of the men were sick with the flu and unable to fight fires. Molly was the only one well enough to pull the pumper through the blizzard and fill it up, bucket by bucket, with water to extinguish the fires. She was seen putting out fires in her calico dress and checkered apron. The men in the firehouse made her an unofficial member of their team and she was known as Volunteer 11.

There is not a lot of information on Molly, but she made an impact that has given women the right to become firefighters today.





## Choose Five Activities:

- With the help of a trained adult, practice safely building a fire. Watch the following video for some tips: <https://bit.ly/2YO1sgd>.
- There are different techniques to starting a fire. With the help of an adult, go online and research different ways to start campfires. Create a tip sheet to keep with your hiking and camping gear.
- Look though the Girl Scouts of Black Diamond Council's Fire Building Self Study at <https://bit.ly/31UwQXr>. Practice safely putting out a fire with the help of a trained adult.
- Take a camping trip and have a campfire with your friends, family and sister Girl Scouts. Make sure to pack the s'mores. Remember to have a trained adult to help with the campfire.
- Contact a local firehouse and see if they can help you create a mock training course for you and your Girl Scout sisters.
- How is today's firefighting different from the 1800's? Visit a firehouse to learn about the techniques and technology they use today.
- Molly didn't have a uniform to fight fires in. She just wore her dress and apron. Create a fun and safe outfit to show off as your firefighting suit.
- Watch <https://bit.ly/2YS9EMv> to hear from a female firefighter. Learn about the training process. Do you want to be a female firefighter?
- Gather some of your friends and sister Girl Scouts to have a race. Using a hose and four buckets, race to the finish to see who can fill up their other bucket first. Imagine putting a fire out using buckets by yourself. It is challenging and back-breaking work, but Molly did it and so can you.
- Share some of your experiences during the February Activities with G.I.R.L. Stories at <https://bit.ly/2Z5rLhe>.



## DISCOVER

### Problem

You're out on an adventure in the woods with your friend during a very hot day. She says she is starting to feel dizzy and her head is starting to hurt. What should you do?

### Solutions

It is important to know how to recognize the symptoms of heat exhaustion and know how to treat it. Below are the next steps to take:

1. Find a cool place either indoors or under shade. Have your friend sit down and relax.
2. Get your friend some water. Have them take sips and not drink it all at once.
3. Keep time for 15 minutes and if your friend is not doing better seek medical help right away.

### Signs of Heat Exhaustion

1. Confusion
2. Dark-colored pee
3. Dizziness
4. Fainting
5. Headache
6. Muscle cramps
7. Nausea or vomiting
8. Pale skin
9. Sweating
10. Fast Heartbeat

## Susan LaFlesche Picotte



*"My office hours are any and all hours of the day and night."*



Susan LaFlesche Picotte was born June 17, 1865 on the Omaha Reservation in the United States. When Susan was a child, she witnessed a sick Native American woman die because a white doctor refused to treat her. This moment influenced her decision to practice medicine.

She began her education at a mission boarding school on her reservation. Here, Susan and other Native Americans were taught to abandon their traditions for those in "white society." Susan left the mission school and studied at Elizabeth Institute for two and a half years. She returned to her reservation in 1882 and taught school. She then decided to continue her education at the Hampton Institute, where she graduated at the top of her class. She applied for medical school soon after she graduated.

Susan was accepted into the Woman's Medical College of Pennsylvania. While attending medical school, she began to change her appearance. She started to dress like her white classmates and wear her hair on top of her head like her female peers. During her second year in medical school, she returned home to help her family after many of them had fallen sick with measles. Throughout the rest of her schooling, she wrote letters home giving medical advice.

In March 1889, Susan graduated from the top of her class after attending medical school for three years. After graduating, she became a physician at the Omaha Agency Indian School where she remained for several years. Susan died from bone cancer in Walthill, Nebraska on September 18, 1915.

## Choose Five Activities:

- Knowing what to say when you call 911 in an emergency is always good to practice. With your Girl Scout sisters make up some scenarios and practice how to respond. Check out <https://bit.ly/2m2LKvj> to get some ideas and tips.
- Create your own first aid kit with your family, friends or troop. Visit <https://bit.ly/2OWSJ6I> to get ideas on what to put in your first aid kit.
- Get a group of your friends or sister Girl Scouts together and practice treating injuries. Pretend that one of your friends fell and broke her leg. What are you going to do? Work together and find something to use to keep her leg from moving. Practice using everyday objects to splint a leg. For more info, check this reference out: <https://bit.ly/2MiDSla>.
- Take a first aid class with your sister Girl Scouts.
- Invite a nurse, doctor and EMT to your troop meeting. Set up a panel discussion for you and your Girl Scout sisters.
- Discover how many years of school you would need today to become a doctor. With the help of an adult, contact a college or university and schedule a tour.
- With the help from an adult contact a local hospital or doctor's office and see if you can set up a tour for you and your Girl Scout sisters.
- Complete 3 of the steps towards your First Aid Badge.
- Learn about life on a Indian reservation. Imagine that you live on an Indian reservation. Write a short story about what you think it was like for Susan to grow up on a reservation. What would her life have been like? Share your story with your friends, family and sister Girl Scouts.
- Susan sent letters to her family back home and gave them medical advice. What kind of information do you think she put in these letters? Do you think they helped? Write some letters that give proper medical advice to people you know. Share the contents of the letters with your Girl Scout troop.





## DISCOVER

### Problem

Your tent starts to blow away in the wind and you need to tie and stake it down. You do not know any basic knots to use. What are you going to do?

### Solutions

Knots are important to many outdoor adventures, including hiking, camping, rafting, and climbing. Learn how to tie each of the following knots and the purpose(s) for them:

1. Square knot
2. Clove hitch
3. The Bowline
4. The Figure 8
5. Taught line hitch

Check out  
<https://bit.ly/2z2R198>  
if you need help!



## Junko Tabei



*"There was never a question in my mind that I wanted to climb that mountain, no matter what other people said."*



Junko Tabei was born September 22, 1939 in Japan. Junko was the fifth daughter in a family of seven kids. She was considered small and weak as a child, but she began mountain climbing at age 10 with her class on a trip to Mount Nasu. She did not get to climb much as a child or through her high school years because her family did not have the money.

From 1958 to 1962, she studied English Literature and Education at Showa Women's University and became a member of the Mountain Climbing Club. After Junko graduated, she formed the Ladies Climbing Club. Her club's slogan was, "Let's go on an overseas expedition by ourselves." Junko stated that she started the club because she was treated poorly by male mountaineers. Some of the men refused to climb with her, while others thought she was climbing to find a husband. During this time, she climbed Mount Fuji in Japan and the Matterhorn in the Swiss Alps.

In the 1970's, Junko's climbing group joined a team known as the Japanese Women's Everest Expedition. This team was going to attempt to climb Mount Everest. Most of the women in this group were working women and some were mothers, including Junko. She tried to find sponsors for her climb, but was told that women "should be raising children instead." However, she didn't take no for an answer and was able to raise funds for her trip from the Yomiuri Shimbun newspaper and Nippon Television.

After a long training period, Junko and her team began the expedition in 1975. While camping, an avalanche struck and the team and guides were buried under the snow. Junko lost consciousness and was dug out by her guide. On May 16, 1975, twelve days after the avalanche, Junko became the first woman to reach the summit of Mount Everest. Junko never quit climbing and in 1992 she became the first woman to complete the Seven Summits, climbing the tallest mountain on each continent. Junko was diagnosed with cancer in 2012, but continued to climb until she died in October of 2016.

# TAKE ACTION

## Choose Five Activities:

- Grab a group of your friends and practice your knot tying skills. Share some of the knots you know with your friends and learn some new ones together. Check out <https://bit.ly/2z2R198> if you need some ideas.
- Research the type of knots used to tie down a tent or a tarp. With your friends and sister Girl Scouts, use different knots to create a shelter using a tarp. Take pictures and share the experience at <https://bit.ly/2Z5rLhe>.
- What type of knot would be used to tie together sticks if you were trying to create a wooden shelter structure? Brainstorm with your friends and sister Girl Scouts and attempt to build the structure. Take pictures and share your experience at <https://bit.ly/2Z5rLhe>.
- Test your knot-tying skills with a blindfold on. Have a friend or family member name the type of knot then try to tie it with the blindfold on.
- Research to see if there are any mountaineering/climbing clubs or groups near you. Contact them with the help of an adult to see if they can come speak to you and your troop.
- Knots help keep mountain climbers safely attached to their ropes. What types of knots are used by climbers? Visit <https://bit.ly/2MhcAf3> to get some ideas.
- Research which mountain tops create the Seven Summits. Create a drawing of the mountains to share with your friends and sister Girl Scouts.
- Sit in a circle and have every girl roll two dice. Have them look at the list below and tie both knots: Overhand knot = 1 | Square knot = 2 | Slip knot = 3 | Clove hitch = 4 | Figure 8 knot = 5 | Knot of your choice = 6.
- Research the type of equipment that you will need to climb a mountain like Mount Everest. Then watch a tribute to Junko Tabei and notice all the gear she was carrying <https://bit.ly/2Z9NGjv>.
- Make a chart of the temperatures of each of the seven mountains in the Seven Summits, showing the warmest to coldest at each of their highest elevations. Share your chart with your friends and sister Girl Scouts.





## DISCOVER

### Problem

You're walking through the woods and accidentally wander off the path. Suddenly, you realize you are lost and don't know which way to go. How do you find your way back?

### Solutions

Below are some steps to take if you become lost:

1. Stop, stay calm and don't move. Panic is your greatest enemy.
2. Think about what direction you came from. Do you see anything that looks familiar? Do not move until you have a reason to do so.
3. If you have a compass or GPS try and determine directions based on where you are standing.
4. If you are on a trail, stay on it. Look for trail blazes or signs.
5. If it becomes dark stay put. You do not want to wander deeper into the woods.





## Mina Hubbard



*"They said to me they never were on a trip before where the women didn't do what they were told."*



Mina Hubbard was born April 15, 1870 in Ontario, Canada. She was the seventh of eight children. She received a primary education in her village school and later went on to teach in the same school for two years. In 1899, Mina graduated as a nurse from Brooklyn Training School for Nurses and went to work for a small hospital in Staten Island, New York. In 1900, she served as a nurse for a journalist named Leonidas Hubbard, while he was hospitalized with typhus. They fell in love and got married on January 31, 1901.

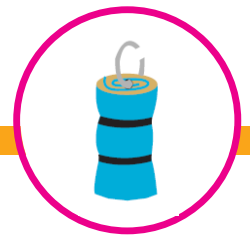
Her husband died on an expedition to Labrador in 1903 and Mina asked Wallace, a surviving member of her husband's group, to write about their experiences as a memorial to her husband. He published a book titled *Lure of the Labrador Wild*, but Mina was not happy with it. She found out Wallace was responsible for her husband's death and believed his book damaged her husband's reputation.

In 1905, she created a team to clear her husband's name and complete the Labrador expedition before Wallace. Both teams started on the expedition on June 27th and the press called it a race. The 576-mile trip was an efficient and well-organized trek through the Labrador wilderness. Mina's team arrived at the George River on August 29th, about seven weeks before Wallace's team.

After she completed the expedition, she went on a tour through Europe, where she met Harold Ellis in 1908. They married and had three children together, but divorced in 1926. She returned to Canada in 1936 to go on a canoe trip down the Moose River. Mina died in Coulsdon, United Kingdom in 1956 at the age of 86. Mina Benson Hubbard Ellis became listed as a National Historic Person in 2018.

## Choose Five Activities:

- Go to <https://bit.ly/2Zecyuw> and find out how to make your own compass. Share it with your friends and sister Girl Scouts.
- Hike along a trail and see if you can find any trail blazes. Would these trail blazes be useful if you were lost? Do they help keep you on the trail?
- Stars can help with finding direction. With your troop or family go outside on a clear night and look for constellations. Visit <https://bit.ly/1WDxseZ> to learn about the constellations and their meanings.
- Go on a hiking trip with your family or troop. When you are deep into the trail, stop and listen for noises. What can you hear? How can these noises be used to help find your way?
- Nighttime can be a scary time in the woods. Take a camping trip with your family or troop to have an overnight forest experience.
- Be the leader of your group and take them on a hike. Share with them the important things to remember if they get lost.
- Write a short story about a trip you have taken. In your story, remember to add details about the different sites you saw and explored, as well as, the people you met. Share your story with your friends and sister Girl Scouts.
- Create a map of a local park to take with you on your hike. Along the hike, mark where you see trail blazes or signs.
- Look up the National Historic Person records to find information about Mina. How does this record inspire you? Share your inspiration with friends and sister Girl Scouts.
- Mina felt her husband was being bullied. Discuss the importance of being kind to others. Design a poster to stop bullying.



## DISCOVER

### Problem

You're going on a backpacking trip and you don't know what to pack. You know to bring the basics like a tent, a sleeping bag, and a first aid kit, but you don't know what else to pack. What should you do?

### Solutions

Learn what to pack in your bag for trips or adventures. Items to bring include:

- Backpack and Rain Cover
- Tent
- Sleeping Bag
- Sleeping Pad
- Sunscreen
- Bug Spray
- Compass
- First Aid Kit
- Map
- Flashlight
- Whistle
- Extra Batteries
- Toilet Paper
- Hand Sanitizer
- Extra Socks
- Rain Jacket
- Knife or Multi-tool
- 50 Feet of Nylon Cord

For cold months include:

- Extra Layers for Cold Nights
- Insulated Jacket
- Gloves
- Hat

**This isn't a complete list. You can contact a Park Ranger or check online to find the items you will need when you are going on an outdoor trip.**

## Mary Anderson



*"For more than 30 years, she continued to connect people to nature through her work"*

- REI co-op



Mary Anderson was born on December 7, 1909 in Yakima, Washington. After graduating high school, Mary moved to Seattle, Washington and taught public school. While she was there, she met Lloyd Anderson and married him in 1932. They both joined the Mountaineers, a non-profit organization that teaches outdoor skills. During this time, Mary and her husband learned about the tools needed for climbing.

Mary and her husband were unhappy with the ice axes available in the United States in the 1930's. Their goal was to supply gear at a cheaper price, while returning some of the profits to their members. By doing this, they hoped it would encourage outdoor activities. Their company, REI (Recreational Equipment, Inc.) grabbed the attention of their climber friends and in 1938 twenty-one of their friends paid \$1 each for a lifetime membership. Their company began to soar and by the end of the year, membership had more than quadrupled.

Over the next few decades, Mary and her husband ran REI from their Seattle home. By the 1960's, the company had outgrown their home and expanded to a catalog and more than 140 stores in the United States. Mary retired in 1968 and was followed by her husband in 1970, but REI continues to grow.

Shortly after Mary's 100th birthday in 2009, REI announced a grant in her name to encourage young people to be more engaged with nature and outdoors. In 2016, REI reported a profit of \$2.56 billion and had more than 6 million active members. Mary Anderson died at the age of 107 on March 27, 2017.

**Is your family a member of REI?**

# TAKE ACTION

## Choose Five Activities:

- Let's work on our gear lists. With a Girl Scout sister, make a list of things you would need for the ultimate camping trip. After your list is made, gather up those items. Plan a trip with your family and friends, so you can use your gear list.
- Gather the gear you need for a backpacking trip. Try and fit all the gear into your backpack and carry it on a short hike or walk. Heavy isn't it? Brainstorm some ideas of ways to make your pack lighter with your friends and sister Girl Scouts.
- Gather some friends and sister Girl Scouts and practice setting up a campsite. Try putting up a tent for two people. Next set up a bigger tent that will sleep 4 or more people.
- When you are preparing for a camping or backpacking trip, you must plan your meals. Remember, you will have to pack your food in and out. You don't want food that is heavy or that will spoil. With your troop or family, plan your meals for a two-day camping/backpacking trip. Then prepare a sample meal using a campfire or camp stove.
- Planning out your trip and making an itinerary to leave with a friend or family member is a good idea. Plan a trip and create an itinerary to leave with someone you know. Visit <https://bit.ly/2ZeCs1e> to get ideas on what to include in your itinerary. Make sure you follow the Safety Activity Checkpoints!
- Write a business plan for an outdoor gear store and present it to a mock bank made of your sister Girl Scouts to see if your company would get funded.
- REI has partnered with a coalition group to help protect West Virginia's birthplace of rivers. Check it out at <https://bit.ly/2z2m3yc>. Visit a park and see if you can do a conservation project there. Share your experience at <https://bit.ly/2Z5rLhe>.
- Plan a hike with your troop. If you are older Girl Scouts, plan an overnight camping trip. An adult that is certified in hiking or camping out must be with you.
- REI has a section on their website that is all about women in the outdoors. Check it out at <https://bit.ly/2nTMnFT>. After learning about women in the outdoors try a new outdoor activity.
- Mary and her husband joined the Mountaineers, which focused on outdoor safety. With your sister Girl Scouts, learn a new outdoor skill that will keep you safe. Share your experience at <https://bit.ly/2Z5rLhe>.





## DISCOVER

### Problem

Imagine that you got lost in the woods or got stuck on a deserted island while you were canoeing. All you have is what's in your backpack. You do not have cell phone service. What are some things you can do to communicate for help?

### Solutions

Knowing some ways to communicate without using your cell phone is a good idea. Make sure to always pack a method of communication that does not rely on cell phone service. Below are some of the types of communication that do not rely on cell phone service:

1. Whistle
2. Mirror
3. Handheld Flares
4. Flags
5. Smoke from a Fire.
6. Survey Tape



## Sarah Winnemucca



*"Be kind to bad and good, for you don't know your own heart."*



Sarah Winnemucca was born in Humboldt Sink, Mexico in 1844. As a child, she grew up in the San Joaquin Valley of California. She was able to speak both English and Spanish. Sarah's original birth name was Thocmectony or Tocmectone, meaning Shell Flower.

In 1860, she briefly attended a convent school in San Jose, California. Unfortunately, parents of white students did not want Sarah at the school and she was forced to leave. In 1860, Sarah attempted to serve as a peacemaker during the Paiute War, a war between the Northern Paiutes, Shoshone, Bannock tribes, and white settlers. Sarah lost several family members during the war. After the war (1868-1871), she served as an interpreter at Camp McDermitt in northeastern Nevada. In the year 1872, she accompanied her tribe to a new reservation in southeastern Oregon.

During the Bannock War in 1878, Sarah learned her father and others had been taken hostage. Sarah offered to help the Union Army scout the Bannock territory. Sarah located the camp after searching more than a hundred miles of trail in Idaho and Oregon. She rescued her father and many others. She also returned to General O.O. Howard with valuable information. She became a scout, aide, and interpreter to Howard during the remainder of the Bannock War.

In 1879, she lectured in San Francisco about the sufferings of her tribe. This grabbed the attention of President Rutherford B. Hayes, who promised that Sarah and her people could return to their reservation. She went on to teach at a Native American school in the Vancouver Barracks. There she met and married L.H. Hopkins, an Army Officer, in 1881. In 1883, Sarah published a book titled *Life Among the Piutes: Their Wrongs and Claims*. From 1883 to 1886, she taught in a Paiute school in Lovelock, Nevada. In 1886, her husband died and she fell ill. Sarah moved to one of her sisters' homes in Monida, Montana and she later died in 1891.

# TAKE ACTION

## Choose Five Activities:

- With a group of your friends find a wide open space outside and spread out. Now each of you take turns whispering and see if you can hear each other. Next, talk in a normal voice. Can you hear each other? Lastly, yell a sentence at each other. Does the sentence stay the same throughout the group?
- Get a whistle and go into the woods. Walk a little bit away from your friend and blow the whistle. Can they hear it? Whistles are a good way to communicate in short distances. Why would a whistle be important if you were lost in the woods?
- Watch <https://bit.ly/2KAElgh> to learn how to properly signal for help. Share what you have learned with your friends and sister Girl Scouts.
- Practice signalling for help with a fire. Remember to get help from a trained adult. Notice that the smoke from the fire goes upwards. This can be useful when you get lost or stuck somewhere. Watch <https://bit.ly/33DqsW4> to learn about other methods of communication using fire.
- Have you ever seen a movie where people are stranded somewhere and they make SOS signs? This is useful if you are in an open area. When planes or helicopters are flying above, they can see the SOS. Practice making an SOS sign in a yard or field.
- Sarah was an interpreter at Camp McDermitt. Let's contact an interpreter, with the help of an adult, and ask them about their job. What type of schooling did they have? How many languages can they speak? Why did they become an interpreter?
- Sarah spoke several languages. Now it's your turn to learn. Start by learning how to say, "My name is" in another language, and share it with your friends.
- Sarah believed in helping her people and making the world a better place. Why were Sarah's actions important? How can you help people in your community? Helping out at a food kitchen or collecting for a homeless shelter can be a great start.
- Sarah wrote a book about her life with the Piutes. What would you write a book about? Share your ideas with your friends and sister Girl Scouts.
- Research life on a Native American reservation. How did tribes end up on a reservation? What are some struggles that Native Americans on reservations face? Talk about these struggles with your troop.



## DISCOVER

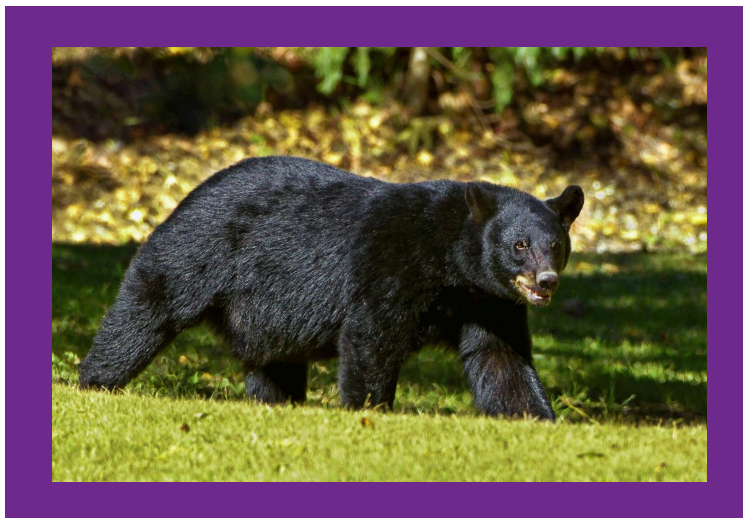
### Problem

You're walking through the woods and you find some animal footprints that look fresh. You are curious about the animal that made these prints. How can you identify them?

### Solutions

Knowing the local animals in your area is important. Some animals present greater risks than others. Here are some tracking tips that can help you identify animals:

- Measure the length and width of several prints. On many mammals, the front feet will be larger, since they support more of the animals' weight.
- Measure the stride (length between prints) and the straddle (width between prints), this can give you an idea of how quickly the animal was moving.
- Look for a heel. Count the number of toes and look for any claw marks.
- Find tracks and note any patterns. Where do they like to hangout? If the tracks lead to a den or resting place, respect your furry friend and do not disturb them!





## Ada Blackjack



*"It's a tremendous credit to her skills of adaptability and canniness in the wilderness that she survived."*

*- John McCannon*



Ada Blackjack was born May 10, 1898 in Solomon, Alaska. She was not taught anything about hunting or wilderness survival growing up. Instead, Ada was raised by Methodist missionaries who taught her the English language and housekeeping skills. At age 16, Ada married Jack Blackjack and they had 3 children together, but only one survived. Jack left Ada and their son on the Seward Peninsula in 1921 and they had to make their way 40 miles back to Nome. She placed her son in an orphanage so she could work and get money for them.

Ada joined an expedition with four others to Wrangel Island. She was hired to be a cook and seamstress. Conditions turned bad for the team when food rations ran out and they were not able to get enough food from the island to survive. On January 28, 1923, three of the men tried to cross the Chukchi Sea to Siberia for help and food. They left Ada and one other settler behind. The settler soon developed scurvy and Ada cared for him until he died on June 23, 1923. The three settlers that tried to cross the sea were never seen again and Ada was left alone. Ada adapted to the freezing conditions until she was rescued on August 19, 1923.

Once she returned to Canada, Ada picked up her son from the orphanage. Ada used the money she saved to take her son, Bennett, to Seattle for medical care. Her son had tuberculosis. While she was in Seattle, she remarried and had another son named Billy. Ada returned to the arctic, where she lived until age 85.

## Choose Five Activities:

- Go online and discover the wild animals and insects local to you. Make a map of your area and list the type of animals and where they can be found.
- With a trained adult, go on a hike and look for animal tracks. Use the tips listed above (provided in the solutions) to identify the animal.
- With the help of an adult, contact a local entomologist (bug specialist) and have them come speak to your troop. Your state Division of Natural Resources is a good place to find a wildlife specialist.
- Pick an animal that you want to know more about. Create a presentation to share with your friends and sister Girl Scouts.
- Find a wildlife center nearest to you to visit. Take a tour with your friends, family and sister Girl Scouts.
- Research the arctic conditions see what Ada had to live through. Do you think you would have been able to survive? With your troop or friends, write a play and reenact the living conditions.
- Ada took care of the sick settler, while the others went to look for help and food. With your sister Girl Scouts and friends, make a list of what you would need to help someone who was sick in the arctic conditions.
- Ada was hired as a seamstress for an expedition. Let's practice our sewing skills. With the help of an adult, create something to share with your friends, family and sister Girl Scouts.
- Create an arctic explorer menu. What would you cook? How would you prepare it? Would this be a difficult task? Prepare a meal with your troop or family based on this menu.
- Volunteer and collect items for a foster home. Contact a local foster care agency to see what items they need and start a collection with your troop and family.

# September - Be a Sister to Every Girl Scout



## DISCOVER

### Problem

In Girl Scouting, we are all sisters. What are some ways that we can help our sisters in stressful situations?

### Solutions

Knowing ways to help others in stressful situations can be a useful skill. Here are some ways to help:

1. Talk to someone to help them stay calm.
2. Check on them to ensure they are safe and unhurt.
3. Just be there, so they know that they are not alone.



## Mary Edwards Walker



*"Let the generations know that  
women in uniform also  
guaranteed their freedom"*



Mary Edwards Walker was born on November 26, 1832. She was the youngest of seven children. She had five sisters and one brother. Her elementary education was at a local school that her parents started. They founded the first free schoolhouse in Oswego, New York in the late 1830's. After finishing school, Mary and her two older sisters attended Falley Seminary in New York. Falley was an institute of higher learning, as well as, a place of modern social reform in gender roles, education, and hygiene. In her free time, Mary would look over her father's medical books.

Mary taught at a local school until she had enough money to attend Syracuse Medical College, where she graduated in 1855 with honors. She was the only woman in her class. She married fellow classmate, Albert Miller, on November 16, 1855 shortly before her 23rd birthday. Mary and her husband set up a joint medical practice in New York, but it did not flourish. Female doctors were not respected at the time. She and her husband later divorced, because she was not able to have children.

When the American Civil War started, Mary volunteered as a surgeon for the Army. She was offered a nurse's position, but declined. Instead, she chose to volunteer as a surgeon for the Union Army. During this time, she served at the First Battle of Bull Run, Battle of Fredricksburg, and the Battle of Chickamauga. Mary was the first female surgeon in the Union Army.

In September 1862, she wrote to the War Department requesting to become a spy, but her request was denied. Mary was later appointed assistant surgeon of the 52nd Ohio Infantry. She would frequently cross battle lines to treat civilians. In 1877, Mary received the Medal of Honor, becoming the first woman to receive one. She later became a writer and fought for women's rights. She died on February 21, 1919 at age 86.



# TAKE ACTION

## Choose Five Activities:

- Grab a group of friends and sister Girl Scouts and play some team building games. Go online with the help of an adult and discover some team building games to play with your friends. Some examples include the hula hoop pass, the human knot and the trust walk.
- With your troop or friends, share something about yourself. This can be a hobby, interest or story. Getting to know each other is beneficial in stressful situations.
- Everyone has a best friend or someone that they can rely on. Write down some of the things that you like about your friends and share it with them.
- Go on a hike with your friends, family and sister Girl Scouts. Take turns leading the hike. This will help create leadership skills in every girl. Remember to have a certified adult to go on your hike with you.
- Let's develop our listening skills. Go online with an adult and look up the telephone game. Grab a group of your friends to play and see what silly things are said.
- Mary was not able to volunteer for the Army as a surgeon because she was a woman. Contact a local female physician and see if she can come and talk to your troop and see what types of barriers she had to overcome by being a female physician.
- Mary knew she wanted to go into the medical field. Create a dream board highlighting the career you would like to have someday and talk with your sister Girl Scouts about your dreams.
- Did you know women played many roles in the Civil War. Watch this education video, <https://bit.ly/31HzRug> and learn about the sacrifices women made during the Civil War.
- Mary taught at a local school, until she had the money for medical school. With your troop, volunteer with a younger group of Girl Scouts and teach them something new. Share your experiences at <https://bit.ly/2Z5rLhe>.
- Learn about Mary Edwards Walker at <https://bit.ly/33DqsW4>. Make a poster honoring Mary Edward Walker's life as the only female to receive the Medal of Honor.

# SURVIVAL QUIZ

1. It's getting dark outside and you need to set up camp. Where is the best place to set up your campsite?
  - a. On the side of a cliff
  - b. Beside a creek
  - c. On a dry flat spot with some tree cover
2. You are hiking in the woods with your friend and you have lost your way. What is the best thing to do?
  - a. Scream for help
  - b. Stay where you are and wait for someone to find you.
  - c. Run in the direction you think you came from.
3. What is the color easiest for people to search for if you are lost in the woods?
  - a. Red
  - b. Blue
  - c. Yellow
4. What is hypothermia?
  - a. Another name for hot weather
  - b. Dangerous loss of body heat
  - c. A needle used by doctors
5. What is the best way to attract the attention of people who are searching for you?
  - a. Jump up and down, wave your arms, yelling
  - b. Be as quiet as you can
  - c. Hide
6. What is another way you can signal for help if you do not have a cell phone?
  - a. Yelling until you lose your voice.
  - b. Running around until you find someone.
  - c. Blowing a whistle.

## SURVIVAL QUIZ CONTINUED

7. What are three main items to pack for a camping trip?
  - a. Bug spray, Sunscreen, Flashlight
  - b. Rope, Matches, Sleeping bag
  - c. First Aid kit, Sleeping bag, Tent
  
8. You need a drink of water and you do not have any water in your bottle. What is the best way to search for a water source?
  - a. Listen of the sound of flowing water.
  - b. Dig a big hole.
  - c. Run around until you find water.
  
9. What is one way to lower stress and keep a clear head if you get lost in the woods?
  - a. Start talking to a tree.
  - b. Realize that you are never going to be found.
  - c. Stay calm and start thinking of what to do next.
  
10. What are three main things needs before you start a fire?
  - a. Matches, Wood, S'mores
  - b. Campfire ring, Water, Shovel
  - c. Tinder, Wood, Rake
  
11. What is NOT a way to find direction in the woods?
  - a. Looking at the stars.
  - b. Look at how the moss grows on the trees.
  - c. Compass.
  
12. What is the most important thing to put on your itinerary for a trip?
  - a. Where you will be going.
  - b. Who you will be talking to.
  - c. What food you are going to eat.

## REFLECTION

Take some time to reflect on what you have learned. How will you use this information? How will you help your Girl Scout sisters in a time of crisis?

[illegible]



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