

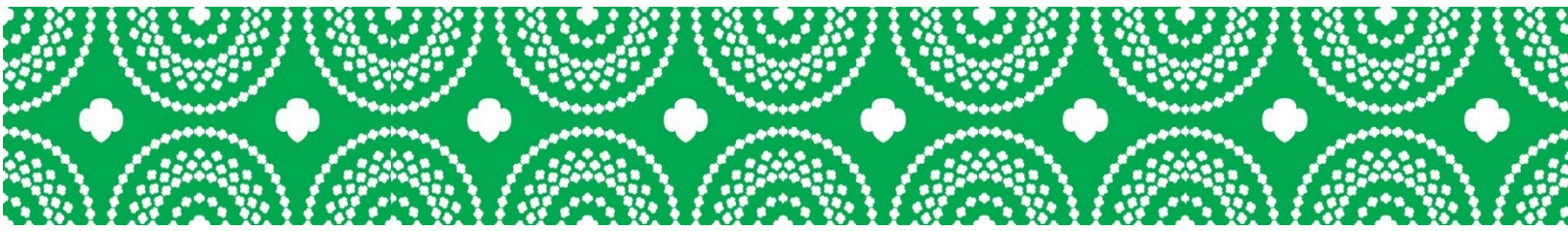
Texas A&M University-San Antonio Embracing Patriotism



Girl Scout Juniors

Girl Scouts of Southwest Texas
811 North Coker Loop
San Antonio, Texas 78216
(210) 349- 2404 or 1-800-580-7247
www.girlscouts-swtx.org

To learn more about Texas A&M
University-San Antonio and their
mission, visit <http://www.tamusa.edu/>





TEXAS A&M UNIVERSITY
SAN ANTONIO

About

As the fastest-growing university in the distinguished Texas A&M University System, TEXAS A&M UNIVERSITY-SAN ANTONIO (A&M-SA) is on a mission to build the future. It is also the only campus in the A&M System located in a major metropolitan area, where faculty and staff equip students with the skills, knowledge and experiences to pursue rewarding careers, responsible global citizenship and lifelong learning.

With the lowest tuition rates among four-year San Antonio universities, A&M-SA offers a quality education at an affordable price. Scholarships and financial aid are designed to minimize the amount of debt students graduate with, so they can focus on building successful careers after graduation. Nearly 70 percent of our students take advantage of available financial aid programs.

Like our student population, the university's academic offerings are rapidly expanding, with more than 40 undergraduate and graduate degrees. The College of Education and Human Development partners with a number of local school districts to produce highly sought-after teachers and administrators who are ready from day one to meet the challenges of the modern classroom. The College of Business features the flexible and highly marketable MBA and MPA degrees alongside exciting undergraduate programs in international business, information technology and cyber security. The College of Arts and Sciences provides high-impact research opportunities for undergraduate and graduate students to gain practical experience in fields such as political science, criminology, medicine and sociology. A&M-SA graduates are pursuing careers in local government, law enforcement, education, business, cyber security, human service agencies and more.

A&M-SA is a Military Embracing™ university, where nearly one in six students is military connected (veteran, active-duty, military spouse or dependent). All faculty and staff are required to take military cultural competency training, so they can better support military-connected students pursuing undergraduate or graduate education.

A&M-SA is committed to serving as an economic, research and social catalyst throughout San Antonio and South Texas, embracing all students, especially those from underrepresented communities.

The university opened the new 140,000-square-foot Science and Technology Building in fall 2018.

Girl Scouts of Southwest Texas & Texas A&M University-
San Antonio are proud to bring to you the...
Texas A&M University-San Antonio's
Embracing Patriotism Initiative



Texas A&M University-San Antonio is a contemporary university reflective of the diverse and heritage-rich community it serves. Texas A&M University-San Antonio is a Military Embracing™ higher learning institution that is committed to serving those individuals and their families who serve and have served in the armed services.

Promoting their 5 core values of commitment, respect, honor, courage and excellence.

Commitment - An agreement or pledge to do something in the future. Making a commitment involves dedicating yourself to something, like a person or a cause. Before you make a commitment, think carefully. A commitment obligates you to do something.

Respect - A feeling of deep admiration for someone or something elicited by their abilities, qualities, or achievements.

Honor - High respect, esteem, regard with great respect.

Courage - Ability to do something that frightens one. "She called on all her courage to face the ordeal" - strength in the face of pain or grief.

Excellence – greatness - the very best. Achieving excellence is never easy to do. Always strive for excellence.

Girls who earn the Texas A&M University-San Antonio Embracing Patriotism patch can proudly state they have pledged to honor and dedicate themselves to their country. Patriotism or national pride is the ideology of love and devotion to a homeland, and a sense of alliance with other citizens who share the same values.

Steps to Earn the Texas A&M University-San Antonio's Embracing Patriotism Patch

Girl Scouts is the premier girl leadership development program - girls have fun with a purpose! All activities are girl-led and girls should decide what activities to complete when earning a Business Patch Initiative (BPI) patch. In the spirit of Girl Scouting, girls may choose to participate in activities that are not listed in the booklets and/or supplements. If girls complete the minimum required number of activities based on the theme of the BPI, they have earned the BPI patch. For more information, contact Larissa Deremiah at lderemiah@girlscouts-swtx.org.

Step One:

1. Read through the Activities
2. Think about what you would like to do
3. Choose 3 out of the 4 Units
4. Complete 2 Activities from the 3 Units you chose

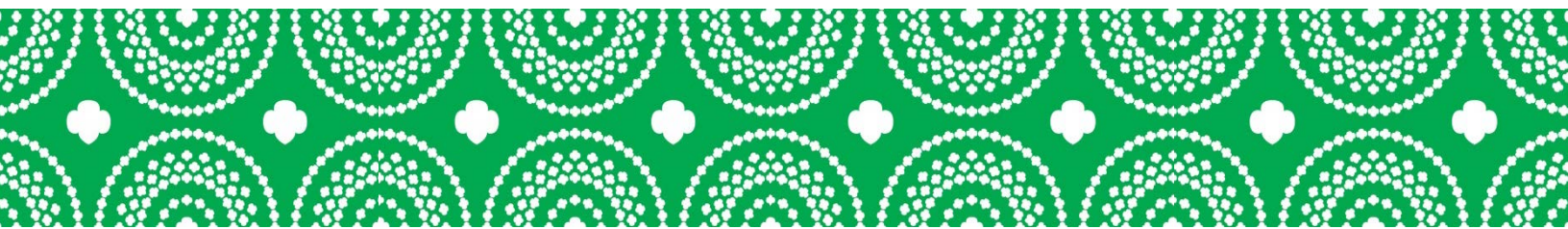
Step Two:

1. Complete the [Business Patch Initiative \(BPI\) Evaluation](#)
2. For more information, contact:
Girl Scouts of Southwest Texas
ATTENTION: Program
Phone: (210) 319- 5775
Toll Free: 1-800-580-7247
Fax: (210) 349- 2666
lderemiah@girlscouts-swtx.org



Step Three:

Receive your Texas A&M University-San Antonio Embracing Patriotism Patch!



The Girl Scout Leadership Experience

Girls at every level of Girl Scouting participate in the “*leadership experience*.” A *leadership experience* is an exciting way of working with girls in a series of themed activities focused on building leadership skills. By enlisting the three keys to leadership (*Discover*, *Connect*, and *Take Action*) girls learn that they can take the lead to make a difference in their community and the world. The three keys are at the heart of the Girl Scout philosophy of leadership:

Discover

Girls understand themselves and their values and use their knowledge and skills to explore the world.

Connect

Girls care about, inspire, and team with others locally and globally.

Take Action

Girls act to make the world a better place.

It’s not just “what” girls do, but “how.” When girls are engaged that creates a high-quality Girl Scout leadership experience. All Girl Scout experiences are built on three processes (*Girl-Led*, *Cooperative Learning*, and *Learning by Doing*) that make Girl Scouting different from school and other extra-curricular activities. When used together, these processes ensure the quality and promote the fun and friendship so integral to Girl Scouting.

Girl-Led

Girls play an active role in the planning and implementation of activities while adults provide age-appropriate facilitation, ensuring that planning, organization, set-up, and evaluation of all activities are done jointly with the girls.

Cooperative Learning

All members of a group work together towards a common goal that can only be accomplished with the help of others.

Learn by Doing

A “hands-on” learning process that engages girls in cycles of action and reflection resulting in deeper understanding of concepts and mastery of practical skills.

When Discover, Connect, and Take Action activities are girl-led and involve learning by doing and cooperative learning, girls achieve the desired and expected leadership outcomes ultimately resulting in Girl Scouting achieving its mission: **Building girls of courage, confidence and character, who make the world a better place.**



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Commitment

An agreement or pledge to do something in the future. Making a commitment involves dedicating yourself to something, like a person or a cause. Before you make a commitment, think carefully. A commitment obligates you to do something.

Fire Safety

For your Bronze Award Project, you can focus on fire safety.

Did you know that approximately 50% of home fire deaths occur in homes without smoke alarms? Cooking starts the most fires. Smoking causes the most deaths.

Interview firefighters at your local fire station and ask them about how you can educate people about fire prevention.

Research fire prevention techniques and safety. The [U.S. Fire Administration](#) is a good resource.

There are several ways you can use this information for your Bronze Award project:

1. Film a Public Service announcement for your school on fire prevention. Put it on YouTube. Remember to always be safe on the internet.
2. Create a movie about fire preparation. Teach people what to do in the case of a fire and how to escape.
3. Organize a fundraiser to buy smoke detectors. Invite the public to come to the fire station to pick one up. Invite the newspaper and television news stations to advertise. (**Please note:** Additional fundraisers/solicitations and media involvement require council approval. For information on how to submit requests, email customercare@girlscouts-swtx.org.)

YOU COULD SAVE A LIFE.

Never Give Up!

Commitment means not giving up just because something is difficult. Commitment is trying even if you think you will fail. If you do not even try, you cannot succeed.

View the following websites containing articles and videos on commitment:

- Website: [Explore the value of Commitment](#)
 - Video: [Good Stuff](#)
 - Video: [About Finish Line](#)
- Article: [I Can't Accept Not Trying](#)
- Video: [Michael Jordan: " I can accept failure, but I can't accept not trying.](#)

For this activity, you will think of something that you want to accomplish. It can be to get a better grade in one class or to get better grades in all classes. It could be to be able to run a certain distance or to run faster. It can be to change something; commitment to a cause. The commitment is something that is important to YOU. It could be to complete badges while you are a junior. Making a true commitment is not easy, so it needs to be something important to you.

Once you decide on what you want to accomplish, you can talk to people who have done what you want to do and ask their advice on how they did it. The library and the internet are excellent resources to do your research. A coach or mentor is good to have. Someone who can guide you, give suggestions and most importantly, remind you, when it gets difficult, why you made the commitment.

Here is a list of some people that didn't give up, even when they were told, often, that they should.

J.K. Rowling

J.K. Rowling had just gotten a divorce, was on government aid, and could barely afford to feed her baby in 1994, just three years before the first Harry Potter book, *Harry Potter and The Philosopher's Stone*, was published. When she was trying to get it published, she was so poor she couldn't afford a computer or even the cost of photocopying the 90,000-word novel, so she manually typed out each version to send to publishers. It was rejected dozens of times until finally Bloomsbury, a small London publisher, gave it a second chance after the CEO's eight year-old daughter fell in love with it.

Stephen King

King was broke and struggling when he was first trying to write. He lived in a trailer with his wife—also a writer—and they both worked multiple jobs to support their family while pursuing their craft. They were so poor they had to borrow clothes for their wedding and had gotten rid of the telephone because it was too expensive. King received so many rejection letters for his works that he developed a system for collecting them. In his book *On Writing*, he recalls: “By the time I was 14...the nail in my wall would no longer support the weight of the rejection slips impaled upon it. I replaced the nail with a spike and kept on writing.” He received 60 rejections before selling his first short story, "The Glass Floor," for \$35. Even his now best-selling book, *Carrie*, wasn't a hit at first. After dozens of rejections, he finally sold it for a meager advance to Doubleday Publishing, where the hardback sold only 13,000 copies—not great. Soon after, though, Signet Books signed on for the paperback rights for \$400,000, \$200,000 of which went to King. Success achieved!

Jim Carrey

When Carrey was 14 years old, his father lost his job, and his family hit rough times. They moved into a VW van on a relative's lawn, and the young aspiring comedian - who was so dedicated to his craft that he mailed his resume to *The Carroll Burnett Show* just a few years earlier, at age 10 - took an eight-hours-per-day factory job after school to help make ends meet. At age 15, Carrey performed his comedy routine onstage for the first time - in a suit his mom made him - and totally bombed, but he was undeterred. The next year, at 16, he quit school to focus on comedy full time. He moved to LA shortly after, where he would park on Mulholland Drive every night and visualize his success. One of these nights he wrote himself a check for \$10,000,000 for “Acting Services Rendered,” which he dated for Thanksgiving 1995. Just before that date, he hit his payday with *Dumb and Dumber*. He put the deteriorated check, which he'd kept in his wallet the whole time, in his father's casket.

Tyler Perry

Perry had a rough childhood. He was physically and sexually abused growing up, got kicked out of high school, and tried to commit suicide twice - once as a preteen and again at 22. At 23 he moved to Atlanta and took up odd jobs as he started working on his stage career. In 1992 he wrote, produced, and starred in his first theater production, *I Know I've Been Changed*, somewhat informed by his difficult upbringing. Perry put all his savings into the show and it failed miserably; the run lasted just one weekend and only 30 people came to watch. He kept up with the production, working more odd jobs and often slept in his car to get by. Six years later, Perry finally broke through when, on its seventh run, the show became a success. He's since gone on to

have an extremely successful career as a director, writer, and actor. In fact, Perry was named *Forbes*' highest paid man in entertainment in 2011.

Colonel (Harland) Sanders

Colonel Harland Sanders was fired from a variety of jobs throughout his career before he first started cooking chicken in his roadside Shell Service Station in 1930, when he was 40 years old, during the Great Depression. His gas station didn't actually have a restaurant, so he served diners in his attached personal living quarters. Over the next 10 years, he perfected his "Secret Recipe" and pressure fryer cooking method for his famous fried chicken and moved onto bigger locations. His chicken was even praised in the media by food critic Duncan Hines (yes, that Duncan Hines). However, as the interstate came through the Kentucky town where the Colonel's restaurant was located in the 1950s, it took away important road traffic, and the Colonel was forced to close his business and retire, essentially broke. Worried about how he was going to survive off his meager \$105 monthly pension check, he set out to find restaurants who would franchise his secret recipe - he wanted a nickel for each piece of chicken sold. He drove around, sleeping in his car, and was rejected more than 1,000 times before finally finding his first partner.

Oprah Winfrey

Oprah's dealt with a lot throughout her public life - criticism about her weight, racism, intrusive questions about her sexuality, just to name a few - but she never let it get in the way of her ambition and drive. When you look at her childhood, her personal triumphs are cast in an even more remarkable light. Growing up, Oprah was reportedly a victim of sexual abuse and was repeatedly molested by her cousin, an uncle, and a family friend. Later, she became pregnant and gave birth to a child at age 14, who passed away just two weeks later. But Oprah persevered, going on to finish high school as an honors student, earning a full scholarship to college, and working her way up through the ranks of television, from a local network anchor in Nashville to an international superstar and creator of her own network.

Leadership and Loyalty

As Junior Girl Scouts, you are developing your leadership skills which will serve you well as an adult. Leadership skills are important to teams of all types. Loyalty, trust and commitment are truly the glue that holds relationships together.

Loyalty is “showing my commitment through difficult times.”

Loyalty is like tape or glue that is really strong. It doesn't come apart easily. When your friends or family go through difficult times, you can practice loyalty by encouraging them and finding ways to help. Difficult times could be when people are sick, when they have a lot of work to do, when they feel stressed, or when things go wrong.

Do not be a “fair-weather friend” - someone who is a friend when everything is going well but leaves as soon as trouble comes. A “fair-weather friend” cannot be trusted.

Practice loyalty and you will be a better friend, a better family member, and a better student! (<http://characterfirsteducation.com/c/curriculum-detail/2272020>)

As a troop discuss the following scenarios.

- You are riding bikes to the store with your sister and some friends. Your sister can't go as fast as everyone else, so she is way behind. She keeps yelling for you to slow down, but your friends are in a hurry to get to the store. What is the right thing to do?
- Your parents are away for the evening and you are watching your young brother and sister while they are gone. You want to watch a TV show that you know your siblings are not allowed to watch. What is the right thing to do?
- You are talking to a friend and she starts to say mean things about one of your classmates. What is the right thing to do?

Practice being loyal. It will not be easy, but it is rewarding.

Additional Activities:

Read the story of Molly Pitcher Lady of Loyalty

A wall of British soldiers charged across the green field as the American soldiers retreated to higher ground. One of the Americans was wounded and could not retreat. Just then a woman came up, quickly lifted the wounded soldier and carried him to a safe spot. “You will be all right, soldier,” she said as she gave him a sip of water. The



woman's name was Mary Ludwig Hays, but most people called her Molly Pitcher. Molly's husband fought in the Continental Army under General George Washington. Even though he was at war, Molly stayed with her husband to help him and serve however she could. The day was hot, and Molly was very tired. However, she still moved among the wounded, carrying cool water to each soldier. Word spread that Molly had water, and the men began to call, "Molly, bring your pitcher!" The Americans were still fighting. "Ready! Aim! FIRE!" the officers shouted. The soldiers shot their rifles and reloaded. Molly's husband, William Hays, was in charge of a cannon crew and worked hard to run it well. Mr. Hays and his men lit the cannon's fuse and turned away. CABOOOOM!!! The men stood again and started to reload the cannon. The British soldiers fired back, and Molly dove for cover. When she looked up, she saw her husband stagger from a bullet wound and collapse to the ground.

Molly ran across the battlefield to his side. As the soldiers carried him away to a safer spot he whispered, "It's okay, Molly. I'll be all right." "We're going to move your cannon to the rear of the army," Molly heard an officer say to the crew behind her. She turned around and faced the men. "We've got a battle to win!" Molly said. "I can help run it. Even if I have to do it all by myself, this cannon must stay!"

The officer agreed, and Molly grabbed the cannon's ramrod. The soldiers cheered for Molly and her bravery. "Hurray for Molly! Hurray for Molly Pitcher!" they cried. Molly led her cannon crew in shot after shot against the British Army. The Americans fought bravely, and soon won the battle. Legend has it that just then, General George Washington rode up to Molly and her cannon crew. "Word has reached me of your gallant deeds today," the general said to Molly. "Thank you, sir," Molly replied. "It is the least I can do for my country." "You're very kind, Miss Pitcher," the general said. "And today I proclaim that Molly Pitcher is a sergeant in this Continental Army!"

Other articles & resources about Molly Pitcher:

- [Historic Valley Forge](#)
- [Molly Pitcher: American Patriot](#)

Respect

A feeling of deep admiration for someone or something elicited by their abilities, qualities, or achievements.



Fisher House

Brooke Army Medical Center is the burn center for the military. Many active duty service members are sent here after they are wounded in military conflicts. These hospitals take care of active duty members, their children and spouses and veterans.

[San Antonio Military Medical Center - SAMMC I, II, III, IV](#)

Manager: Inge Godfrey

Phone: 210-916-6000

Email: FHBAMC@aol.com

[Wilford Hall Ambulatory Surgical Center - San Antonio Military Medical Center I, II, III](#)

Manager: Philip Harralson

Phone: 210-671-6037

Email: AHM-Fisherhouse@sbcglobal.net

[South Texas Veterans Health Care System](#)

Manager: Erik Zielinski

Phone: 210-617-5542 ext. 61672

Email: erik.zielinski@va.gov

The Fisher House always needs help. As a troop you can discuss the opportunities to help while working on a legacy badge.

You can work on the New Cuisine badge and make snacks or a meal for families at the Fisher House. You can work on the community service award by helping at the Fisher House. Offer babysitting service and help play with the children to give the parents a break and some quiet time.

During the holidays will help with decorating, children toy drives, and gifts for those staying at the home through the holidays.

Veteran's Day Celebration

On November 11, we honor the wartime service and sacrifice of men and women in the armed forces. Originally proclaimed Armistice Day in 1919 to commemorate the end of World War I, it was renamed Veterans Day in 1954 to include American veterans of all wars. Veteran's Day is the day we honor all living veterans. Most cities and towns have a Veteran's Day parade or ceremony.

"Women pilots have as much stamina and endurance ... as male pilots doing similar work. Women pilots can safely fly as many hours per month as male pilots."

~ Jacqueline Cochran, Director of Women Pilots "Report on Women's Pilot Program" (1944)

View the following to see the amazing roles women have played in history:

Video: [The Original Fly Girls](#)

Photos:

- [United Nations bulletin. Women of Allied countries work and fight for the day of victory](#)
- ["I've found the job where I fit best!": find your war job in industry, agriculture, business](#)
- [Be a cadet nurse: the girl with a future.](#)

For this activity, while working on your Legacy Junior Drawing Badge, you can create a poster encouraging people to attend the Veteran's Day celebration in your city or town.

You can create a banner or signs to carry as part of the Veteran's Day Parade in San Antonio as part of the Texas A&M University-San Antonio Float.

Suggested Materials: Dependent on the desires and number of girls

- Large butcher paper
- Colored Markers
- Paint
- Paint brushes

Memorial Day Remembrance

Memorial Day is an American holiday, observed on the last Monday of May, honoring the men and women who died while serving in the U.S. military. Memorial Day 2018 occurs on Monday, May 28. Originally known as Decoration Day, it originated in the years following the Civil War and became an official federal holiday in 1971. Many Americans observe Memorial Day by visiting cemeteries or memorials, holding family gatherings and participating in parades.

[Vietnam Veteran's Memorial of San Antonio](#)

Veterans Memorial Plaza is designated as a central city location for the placement of military oriented memorials, plaques and statues. Additionally, this place of reverence is intended to be “hallowed ground” for military ceremonies and wreath laying vigils. Veterans Memorial Plaza is dedicated to the memory and sacrifices of those who served in our nation’s armed forces. Their willingness to meet and overcome the most difficult of tests will never be forgotten.

MEMORIAL DAY PAPER WREATH

Courtesy of Lifestyle...For Real Life “[Patriotic Paper Wreath](#)”



Materials

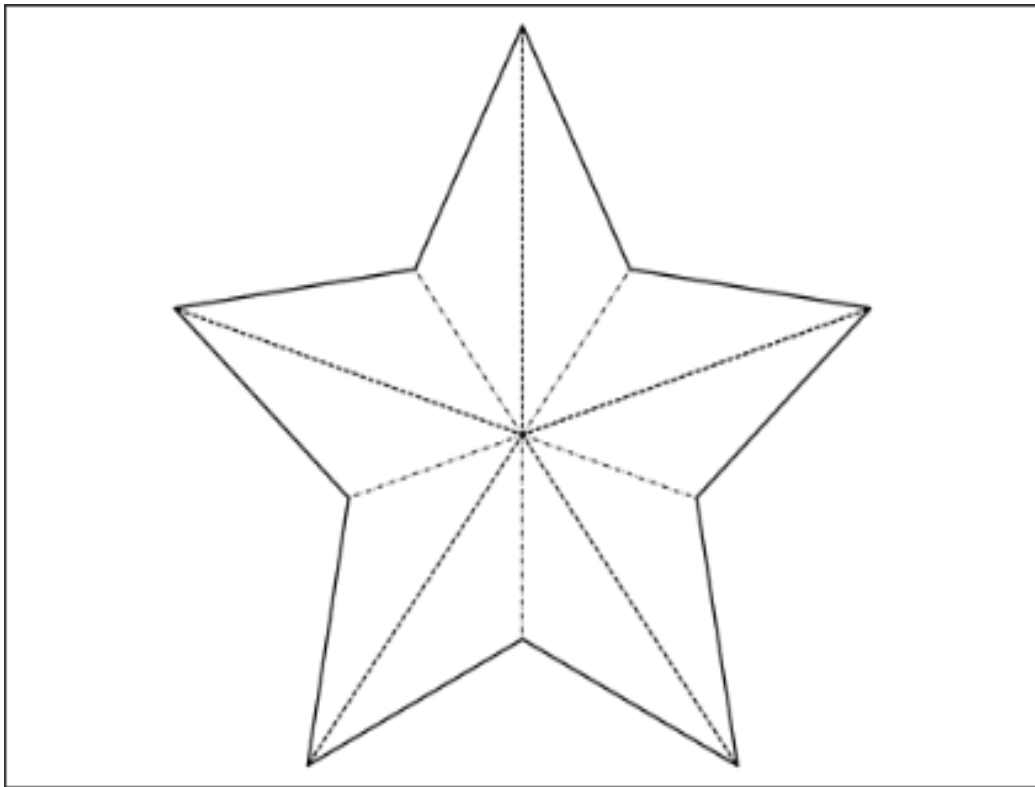
- 8-10 sheets each of Red, White and Blue cardstock or construction paper
- 1 sheet of gold cardstock paper (or a gold gift bag)
- Hot glue gun
- Scissors
- Cardboard, to cut circle out of (Shoe box or any cardboard box will work.)
- 6” piece of twine

Step 1:

Cut an approximate 4-inch circle out of your cardboard.

Step 2:

Fold your paper in half-length wise and then cut along the fold so that you have two pieces of paper.



Step 3:

Roll the paper into cones. Use the glue gun to secure the cone

Step 4:

Repeat the cone rolling with the red white and blue paper. You will need anywhere from 10-16 rolls of each color depending on how full you want your wreath to be.

Step 5:

Start adding the cones to the cardboard circle with your glue gun.

Step 6:

Continue adding the cones to the wreath, layering the second color on top of and sort of in between the first. Continue with all three colors until you have three layers: red, white and blue.



Step 7: You can use this included template to make your center star. You can copy and adjust the size as you like. Adhere the gold star with the glue gun, you can add some duct tape to the back of the star if you need something to keep it secure. Using the template, the dotted lines are where you will fold the paper to make it 3D!

Step 8:

Form your piece of twine into a loop and hot glue it to the back of the wreath to help with hanging.

These videos show how to make cone wreath and a 3D star. You may get ideas for other important events.

- [Stampin Up! Paper Cone Wreath](#)
- [Simple 3D Paper Stars](#)

You can take these wreaths to the Vietnam Memorial or Ft. Sam Houston Cemetery or you can lay it on the grave of a family member that died in a war. This wreath can be your way of remembering the sacrifices of service men and women who died fighting for their country.

Honor

High respect, esteem,
regard with great respect.

How Do You Know What is Honorable?

The dictionary says that honorable means “characterized by integrity: guided by a keen sense of duty and ethical conduct. When you recite the Girl Scout Promise, you are saying that you want to act ethically and with integrity. “Ethically” means morally or honestly and “Integrity” means you do the right thing, even when it is difficult.

Watch this video:

[Kids Caught Doing Good](#)

(The video is 11 minutes long.)

For this activity, you will discuss with other Juniors in your troop how you can tell if something is the right thing to do. Role play these situations first and then discuss it as a group what should the person or people do in each situation. Talk about what could happen and what actions you should take.

1. You pass an empty old house. In front of the house, there is a “No Trespassing” sign. But the front door is wide open. You really want to go in and see what is inside. No one is around. What do you do?
2. You are walking home from school and you are really hungry because you forgot to bring your lunch that day. You pass by a fruit stand and the fruit looks so good you can almost taste it! “They won’t miss just one apple,” you think to yourself. No one is looking. What do you do?
3. A group of kids who you think are really cool are picking on another kid. They want you to join them, and they say you’re a nerd if you don’t. You don’t want to be left out, but you think picking on the other kid is unfair. What do you do?
4. Your best friend asks you to help her cheat on her test. She has never done it before and she promises she will never do it again. What do you do?

Materials:

- Tablet/Computer to watch the video
- Costumes or old clothes, hats, sunglasses for role playing. It is limited only by supply and imagination of the girls.

Medal of Honor Stories

The Medal of Honor is the United States of America's highest and most prestigious personal military decoration that can be awarded to recognize U.S. military service members who distinguished themselves by acts of valor. The medal is normally awarded by the President of the United States in the name of the U.S. Congress.

Either by yourself or with your junior troop members watch one or both of these videos about Medal of Honor winners.

[Medal of Honors recipients' stories](#)

[Clarence Sasser](#) (Medal of Honor Foundation Educational Program)

San Antonio, Texas is home to the Audie Murphy Veteran's Hospital. Audie Murphy was from Kingston, Texas, northeast of Dallas. Audie Murphy was America's most decorated combat soldier of World War II. Audie Murphy earned and received every decoration for valor that the United States had to offer plus 5 decorations presented to him by France and Belgium. After the war, he became a famous movie star.

Audie Murphy wrote an autobiography "To Hell and Back." A movie, "To Hell and Back" was made. If you want to know what it was like for Audie Murphy during war, you can read the book or watch the movie.

To learn more about Audie Murphy see the following resources:

- Video: [Audie Murphy – Actor - Biography](#)
- Article: [Audie Murphy – Arlington National Cemetery](#)
- Website: [Audie Murphy Memorial Website](#)



Citizen Heroes

Every day in this country, ordinary Americans become extraordinary. It can happen in a single instance of bravery or through service to others. These acts of courage and self-sacrifice symbolize the American spirit and are recognized every year on National Medal of Honor Day by our nation's greatest heroes.

Each year a nationwide search is organized by The Congressional Medal of Honor Foundation, which selects four United States citizens and one organization to receive the Citizen Honors awards. The honorees receive this award from a group of Americans whose actions have defined the words courage and selfless service: the living members of the Congressional Medal of Honor Society. Medal of Honor recipients receive their Medal of Honor for their acts of valor performed during wartime.

Activity:

- Watch the video about [Citizen Heroes](#).

Virgil Smith

Virgil Smith was selected for the Young Hero Award for his heroism in assisting several neighbors stranded during Hurricane Harvey. Before emergency professionals arrived, Smith used an air mattress to rescue 17 neighbors trapped in their homes due to high water.

- Read this article about this young hero: [Teen Harvey Hero will Receive Congressional Citizen Honors Award](#)

Katelyn Ibarra

Katelyn Ibarra of Steamboat Springs, Colorado, was selected for her heroism in assisting several citizens injured in a traffic accident. Before emergency medical professionals arrived, Ibarra provided critical first-aid assistance and removed injured passengers from the immediate accident scene. Ibarra was trained in first aid through the Girl Scouts of Colorado.

- Read this article about this sister Girl Scout hero. [GIRL SCOUT SAVES LIVES AFTER BUS CRASH: KATELYN IBARRA RECEIVES MEDAL OF HONOR FROM GIRL SCOUTS OF THE USA](#)

Discuss what you think the Citizen Hero Award means and how someone can receive it. Do you think this is an award you can set as a goal? Is this an award you can prepare for?

Courage

The ability to do something that frightens one. "She called on all her courage to face the ordeal" - strength in the face of pain or grief.



Who is YOUR Hero?

We view paintings, see photos and read books, magazines, graphic novels and comics about heroes all the time.

For this activity, you can work on the Drawing Legacy Badge while learning about a courageous and heroic person. Maybe it someone you have heard of before or maybe it is someone you think people SHOULD learn about.

Draw someone that you think showed extraordinary courage in their life. Below are a few ideas:

- Watch this video and write about: [Malala Yousafzai, 16, and Her Miraculous Story of Surviving Being Shot by the Taliban](#)
- Write about someone you admire for the extraordinary courage he or she showed in his or her life.
- Write about a historical person like Mahatma Gandhi, Mother Teresa, Martin Luther King or Rosa Parks.
- Write about acts of courage during 9/11 or other heroic deeds.

Then review the Drawing Legacy Badge steps in the Junior Girl's Guide to Girl Scouting book to depict your hero or idea of a hero:

1. Experiment with different materials
2. Learn to add shading
3. Get some perspective
4. Use your imagination like a graphic artist
5. Make your masterpiece-show it off!

Materials: Depends on the number of girls and their desires.

- The Junior Girl's Guide to Girl Scouting book has a detailed suggested list for materials for each badge step.

Additional Activity:

- Take your masterpiece and present to a Daisy troop. Teach them about what you learned about heroic people.

Commit to a Cause

For this activity, you can work on your Inside Government Legacy Citizen Badge. Look around your neighborhood or city. Read the newspaper. Is there something that you believe needs to be fixed or could make life better for the people in your neighborhood or city? You can raise awareness about a topic that is important to you.

Create a flyer or poster talking about your issue. *Remember to ask permission before you pass out your flyer or put up a poster.*

Your cause can be:

- The Environment
- Pollution or littering
- Graffiti

Suggested books for research: (Available in the San Antonio Public Library System)

- Reducing Pollution and Waste by Jen Green
- Saving Ocean Animals: Sharks, Turtles, Coral and Fish by Michael Centore

Suggested video:

[5 Easy ways to reduce pollution for everyone](#) (1:08 minutes)



Tenacious Courage

Often, we think of courage as either one single act in the face of danger or an emergency. More often, courage is achieved by tenacity and persistence. Tenacious courage is achieved through determination to overcome fear.

At your Girl Scout meeting, with friends or family practice having the courage to do something you are afraid of. If you practice, visualize it or sometimes simply DO the thing you are afraid of, it is enough to overcome your fear.

Watch the video "[The Present](#)" and talk about why you think the boy was so angry. Did he show courage at the end?

Practice Courage

Role-play circumstances in which you might need to act courageous. Your leader, family members or other Girl Scouts can engage you in a bully scenario and you can practice ways to deal with it courageously and without violence.

If you are nervous about a speech you have to give in class, practice in front of your family, friends or troop. You will feel much more confident and less fearful of the situation.

Excellence

Excellence means greatness - the very best. Achieving *excellence* is never easy to do.
Always strive for excellence.



San Antonio Heroes 9/11 Run- Practice with Purpose

For this activity you can work on the Junior Legacy Badge - Practice with Purpose.

Train for the Heroes 9/11 Fun Run/Walk. The 9/11 Heroes Run 5k +1M fun run/walk welcomes runners and walkers of all levels and of all ages. Events take place all over the world, on or near September 11th, and are 100% organized by local community volunteers. While remembering those who died on 9/11. It is the perfect opportunity for you to personally come out and thank your local veterans, their families, and first responders in an annual, fun, and family-friendly environment!

Practicing with purpose is organized and methodical.

Below is a training plan for 7 weeks to prepare for a 5k as a runner or walker.

<https://www.mayoclinic.org/healthy-lifestyle/fitness/in-depth/5k-run/art-20050962>

Week 1 On run/walk days, walkers walk only. Runners run for 15 seconds/walk for 45 seconds		Week 2 On run/walk days, walkers walk only. Runners run for 15 seconds/walk for 45 seconds.	
Monday	Run/walk 30 minutes	Monday	Run/walk 30 minute
Tuesday	Walk 30 minute	Tuesday	Walk 30 minutes
Wednesday	Run/walk 30 minutes	Wednesday	Run/walk 30 minutes
Thursday	Walk 30 minutes	Thursday	Walk 30 minutes
Friday	Rest	Friday	Rest
Saturday	Run/walk 3 miles (4.8 km)	Saturday	Run/walk 3.5 miles (5.6 km)
Sunday	Rest or walk	Sunday	Rest or walk

Week 3 On run/walk days, walkers walk only. Runners run for 20 seconds/walk for 40 seconds		Week 4 On run/walk days, walkers walk only. Runners run for 20 seconds/walk for 40 seconds.	
Monday	Run/walk 30 minutes	Monday	Run/walk 30 minutes
Tuesday	Walk 30 minutes	Tuesday	Walk 30 minutes
Wednesday	Run/walk 30 minutes	Wednesday	Run/walk 30 minutes
Thursday	Walk 30 minutes	Thursday	Walk 30 minutes
Friday	Rest	Friday	Rest
Saturday	Run/walk 2 miles with Magic Mile*	Saturday	Run/walk 4 miles (6.4 km)
Sunday	Rest or walk	Sunday	Rest or walk

Week 5 On run/walk days, walkers walk only. Runners run for 25 seconds/walk for 35 seconds.		Week 6 On run/walk days, walkers walk only. Runners run for 25 seconds/walk for 35 seconds	
Monday	Run/walk 30 minutes	Monday	Run/walk 30 minutes
Tuesday	Walk 30 minutes	Tuesday	Walk 30 minutes
Wednesday	Run/walk 30 minutes	Wednesday	Run/walk 30 minutes
Thursday	Walk 30 minutes	Thursday	Walk 30 minutes
Friday	Rest	Friday	Rest
Saturday	Run/walk 2 miles	Saturday	Run/walk 4.5 miles
Sunday	Rest or walk	Sunday	Rest or walk

Week 7

On run/walk days, walkers walk only. Runners run for 30 seconds/walk for 30 seconds. There are many books on running and race walking.

Suggested Books: (Available through the San Antonio Library system.)

- 80/20 Running: Run Stronger and Race Faster by Training Slower by Matt Fitzgerald
- The Champion Mindset: An Athlete's Guide to Mental Toughness by Joanna Zeiger



Flowers for Patriots

Plants and flowers help people with anxiety and depression. Being around nature and flowers can have a very calming effect on people.

For this activity, while you work on your Legacy Flowers Badge from your Junior Girl's Guide to Girl Scouting book and learn about flowers, think about how you can help veterans and other patriots with flowers by doing some of the following:

- Create bouquets of flowers. You can ask flower shops to give you flowers that have broken stems or are not perfect for their customers. This will give you the opportunity to be creative in creating bouquets.
- Create container gardens with flower plants or you can even start with seeds. You can take them to the Veteran's Hospitals near you.

Audie Murphy Veteran's Hospital
7400 Merton Minter Blvd.
San Antonio, TX 78229

Kerrville VA Hospital
3600 Memorial Blvd
Kerrville, TX 78028

Many of these patients do not have families.

The Patriots' Casa at Texas A&M University-San Antonio is a focal point for veteran students. Contact the school and see if you and your troop can plant some flowers on the property or in containers around the Patriots' Casa. You may be able to get donations from stores.

[How to Plant Beautiful Containers with Annual Flowers: Garden Space](#)

Excellence: Better Together

Girl Scouts are Go-getters, Innovators, Risk-takers and Leaders. Girl Scouts learn that as part of a team, each girl can achieve even more. They learn that as part of a T.E.A.M., Together Everyone Achieves More!

For this activity play some team building games. These games will teach patience, cooperation and how to have fun. You can do these games as part of a meeting or as a camp activity.

Material required will depend on the games chosen.

- Helium Stick – Deceptively simple teamwork activity. Form two lines facing each other. Lay a long, thin rod on group’s index fingers. Goal: Lower to ground. Reality: It goes up!
- Toxic Waste – A popular, engaging small group activity. Equipped with a bungee cord and rope, a group must work out how to transport a bucket of “Toxic Waste” and tip it into the neutralization bucket. This activity can be used to highlight almost any aspect of teamwork or leadership.
- Mine Field – Objects are scattered in an indoor or outdoor place. In pairs, one person verbally guides his/her partner, a blindfolded person, through the minefield.

Video: [Good Teamwork and Bad Teamwork](#)








YOU DID IT!



CONGRATULATIONS!



 TEXAS A&M UNIVERSITY - SAN ANTONIO

<p>2009 Established</p> <p>6,500 Enrollment</p> <p>73% First-generation</p> <p>70% Hispanic</p> <p>18:1 Student-to-faculty ratio</p> <p>24 Average class size</p> <p>40+ Clubs and organizations</p>	<p> 42% Enrollment growth at A&M-SA since 2015</p> <p> Lowest Tuition Among four-year universities in San Antonio</p> <p> 30+ Majors and programs offered at A&M-SA</p> <p> 18% Students are veterans, currently serving, spouses of veterans or dependents</p> <p> 10,000+ University alumni</p> <p> 700 Acres the campus is situated on</p> <p> 20 Minutes away from downtown San Antonio</p>
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Texas A&M University-San Antonio (A&M-SA) was founded at a specific time and place for a specific purpose: to provide high-quality education to all people, particularly residents of the historically under-represented South Side of San Antonio. We are committed to equipping our students with the skills, knowledge and experiences that prepare them for rewarding careers, responsible global citizenship and lifelong learning.

A&M-SA has experienced remarkable growth since we became a standalone university in 2009. In fall 2018, more than 6,500 students will be enrolled in our undergraduate and graduate programs.

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End of Booklet

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www.girlscouts-swtx.org

To learn more about Texas A&M
University-San Antonio and their
mission, visit <http://www.tamusa.edu/>

