



“Southern Illinois Explorer” – GSSI Cadette Council’s Own Badge

It’s the southernmost region of the state of Illinois and known as the hills of Little Egypt. The area is hilly and rocky and more closely resembles the Ozarks of Missouri than the vast flat land of Illinois. This beautiful and rugged area is home to the great Shawnee National Forest which covers seven wilderness areas and other National Natural Landmarks. The past and present will become one as you walk the Trail of Tears, visit historical monuments and enjoy the beauty of an untouched forest. Take a trip on the wild side and become a

“Southern Illinois Explorer” on your path to earning this one of a kind badge.

Special thanks to Junior Troops # 8552 & 8553, Jaime Watkins, troop leader, for creating this badge.

Steps

- 1. Visit a National Natural Landmark**
- 2. Discover a Symbol of Peace**
- 3. Walk the Trail of Tears**
- 4. Historical Connections**
- 5. Up, Up & Away**

Purpose

When I’ve earned this badge, I’ll have traveled to new destinations past and present and shared my experience with others.

Step 1 Visit a National Natural Landmark

Southern Illinois has eight National Natural Landmarks and seven wilderness areas. Learn where these are located. Then choose from one of these below and go hiking or backpacking at the site. Be sure to read and follow the safety check points for hiking or backpacking and pack a healthy and delicious lunch for along the trail.

CHOICES – DO ONE:

- **Visit Garden of the Gods.** Several trails run through the area including a several mile stretch of the River-to-River trail. All visits should begin with the 1/4-mile interpretive, Observation Trail, for an overview of the natural history and fascinating geology of the area.
- **Check out the Little Grand Canyon.** The Little Grand Canyon offers a 365 foot climb from the canyon floor and a panoramic view of the Big Muddy River and the Mississippi floodplain on this 3.6 mile trail. Discover why this area was so aptly named the “Little” Grand Canyon.

- **Take a hike at Heron Pond.** Try out the Heron Pond 1.5 mile trail and choose another after visiting the Barkhausen Center for all the possibilities. If adventurous, take a bike ride on the Tunnel Hill State bicycle trail which travels through 8 miles of the Cache River State Natural Area.

Tip – “Leave no Trace”... as a Girl Scout you must respect nature and leave things as good as or better than when you arrived. When you take your hike make sure you don’t litter. You could bring gloves and a bag and pickup any paper trash that you see on the trail.

Step 2 Discover a Symbol of Peace

Bald Knob Cross of Peace in Alto Pass, IL is North America’s largest Christian Monument. Discover what makes this monument a symbol of peace. Choose one of the three items below to complete.

CHOICES – DO ONE:

- **Research the Bald Knob Cross of Peace in Alto Pass, IL.** What is there today? Research other symbols or monuments for peace in Southern Illinois. What makes this monument and the other symbols special? What symbol would you use to demonstrate peace? Create a design of your choice for a monument of peace. Where would you build it? Why does it symbolize peace? Share you design with others.
- **Take a trip to the Cross of Peace.** While there either attend a ceremony or hold a ceremony of your own. If planning your own ceremony include the theme of peace and what it means to each of you in the ceremony.
- **Building the monument.** How was it built? What trades were involved in the process and research their careers. (Example - architects, engineers, construction workers, painters and etc.). Invite a woman with one of these careers to your troop meeting to learn more about design and construction.

More to Explore - Pinwheels for Peace is an art installation project started in 2005 by two Art teachers, Ann Ayers and Ellen McMillan, who teach at Monarch High School in Coconut Creek, Florida, as a way for their students to express their feelings about what’s going on in the world and in their lives. The project was quickly embraced by their students and the entire school community and by millions of art teachers, teachers, parents, children and adults who desire peace in our world. The first Pinwheels for Peace were installed on Sept. 21, 2005. Since then, they have grown from 500,000 pinwheels planted the first year, to four million pinwheels in 2013! In honor of the Bald Knob’s symbol of Peace, plan and implement a Pinwheels for Peace project at Bald Knob, your school or community on September 21st.

Step 3 Walk the Trail of Tears

The “Trail of Tears” National Historic Trail goes through Pope, Johnson, and Union Counties in Southern Illinois. The Cherokee Indians made several stops in these counties on their dreadful journey. Learn what the Trail of Tears was, why it was so tragic, and complete one of the tasks below.

CHOICES – DO ONE:

- **Follow the Trail of Tears.** Find out how many other states were in the Trail of Tears along with Illinois. Look on a map to see how far they had to travel. Find out how long this took. Find historic trail sites in two adjoining states. If possible visit one.
- **Take a ride on a ferry.** The Cherokee Indians crossed the Ohio River from Kentucky to Illinois in Golconda by the Lusk Creek ferry boat. Plan a campout at the Cave in Rock State Park. You can see the “Cave” at the park when you cross the Ohio River on the ferry.
- **Voices from the past.** Thousands of Cherokee people lost their lives during their forced removal from their homelands in the Southeast to the Indian Territory (Oklahoma) in the late 1830s. Road conditions, illness, and miserable weather conditions all took their toll on the Trail of Tears, now a National Historic Trail. Learn about 3 sites in Southern Illinois that are on the National Historic Trail and visit one. Discuss what it would be like to be a Cherokee Indian or a soldier on the trail. Research stories that were written about their experiences.

More to Explore - Try some Cherokee Cooking recipes.

Fry bread is popular among several Native American tribes although they are all made slightly different. To make the Cherokee version of fry bread, combine 1 cup of flour with 3/4 cup of milk, 1 tablespoon of baking powder, and a dash of salt. Flour and knead the dough gently, but don't overwork it. Roll the dough out to about a 1/2-inch thickness. Divide the dough into 4-inch flat discs and fry in hot oil for about 2 minutes on each side, until it is golden brown. Enjoy as is, sprinkled with cinnamon-sugar, or top it with meat like you would a taco and enjoy. To make Cherokee bean balls, combine 2 cups of brown beans with 4 cups of corn meal, 1/2 cup of flour and a dash of baking soda. Roll the mixture into 2 or 3-inch balls. Drop the balls into slow boiling water to cook for about 30 minutes.

Step 4 Historical Connections

Southern Illinois has several sites with great historical references, some of which you may not be familiar with. Pick two of the three listed below to learn about.

CHOICES – DO ONE:

- **Visit Magnolia Manor in Cairo, Illinois.** While there take a tour of the furnishings from the Civil War Era. How are the furnishings different from those of today? What U.S. President held a party there after his two terms as President?

For More Fun - Fashion was quite different for young girls and women during the Civil War period. Research what women wore during this time and design an informal and formal outfit on paper. Share your designs with others.

- **“Walk Where Lincoln Walked.”** Start at the Jonesboro square and follow the footprints to the Lincoln Memorial Park in Jonesboro, the site of the third of seven debates between Abraham Lincoln and Steven A. Douglas for the 1858 Illinois U.S. Senate seat. Don’t forget to take a picture with the Lincoln Statue. Plan a picnic at the park.
- **Research General John A. Logan.** Learn what holiday he established as a national holiday? As a troop, talk about what you can do to honor and observe this national holiday. Optional: Visit the John A. Logan Museum in Murphysboro, IL his home town.

More to Explore - The Civil War was the first time in American history were women played a significant role in a war effort. Find out about the many roles women served during this turbulent time as you learn more about the Civil War era.

Step 5 Up, Up, and Away

Massac County is the home of Metropolis, Illinois, the official home of Superman and much more. Choose one of the following to learn more about Massac County and what it has to offer Southern Illinois.

CHOICES – DO ONE:

- **Visit Metropolis.** Check out the huge Superman Statue and statue of Lois Lane. Research Superman comic books before you go. Make a comic book with a super hero of your own design from the Civil War era or other period of historical significance. How would your hero’s powers help people from the past?
- **Fort Massac visit.** Metropolis is also home to Fort Massac State Park, the first state park in Illinois. Visit Fort Massac, you will not only enjoy the breath taking views of the Ohio River, but you will take a walk back in time by visiting the 1802 replica of the fort that once served to protect French, British and American troops. Check out the museum on site and research 4 items of interest found in the museum.

- **Check out the historical, archeological site of Kincaid Mounds in Massac County.** It is the only nationally registered historical landmark in Southern Illinois. This site dates back over 1000 years ago. Visit <http://www.southernmostillinoishistory.net/kincaid-mounds.html> to learn more about the history and to see photos of the mounds. Find out what an archeologist does and why their job is important. Do you think this is a job that you would like to do?

More to Explore – In Superman, Lois Lane was a very independent, professional journalist for the *Daily Planet* newspaper. Turn your trip to the home of Superman or Fort Massac State Park into a “Dailey Planet” newspaper article. Don’t forget to take a picture or pictures for your article. Plan a field trip to your local newspaper and find out what it takes to be a journalist.

Add this Badge to Your Journey

Capture your memories by taking photos and keeping a journal during your adventures as a Southern Illinois Explorer. Check with your local newspaper or school paper to share your experiences. Share your memories with younger Girl Scouts, friends or classmates to encourage them to travel and experience the world. **MEDIA journey**

Now that I’ve earned this badge, I can give service by:

- Planning a campout for younger Girl Scouts.
- Volunteering to help at my local historical society to keep my communities memories alive.
- Researching other sites in Illinois for visiting and sharing this information with classmates, Girl Scouts, family and friends.