



Girl Scouts of Southern Illinois

Corporate Service Center
4 Ginger Creek Parkway
Glen Carbon, Illinois 62034
618.692.0692
Regional Service Center
4102 S. Water Tower Place
Mt. Vernon, IL 62864
618.242.5079

www.gsofsi.org

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Contact:

Erin Johnson

ejohnson@gsofsi.org

Holly Martin receives the Girl Scout Gold Award... the highest individual achievement in Girl Scouting

Glen Carbon, Illinois -- The Girl Scouts of Southern Illinois (GSSI) is pleased to announce that Holly Martin from Scott AFB has received the Girl Scout Gold Award, the highest award a Girl Scout can receive.

For her Girl Scout Gold Award project called, *Fitness, Friendship, & Food 4 U*, Holly designed, planned and held a health and fitness workshop for girls. The workshop addressed three important themes for girls: fitness, friendship and food. Girls attending the workshop not only learned about the importance of physical fitness, self-esteem, and healthy eating, but also the importance of friendships to a girl's overall well-being.

Through her Girl Scout Gold Award project, Holly said, "Having been a Girl Scout for 13 years, I now realize that the leadership opportunities in Girl Scouting have surpassed anything I have ever experienced in other programs." While working on her Girl Scout Gold Award project, Holly said she used a tremendous amount of organizing, planning, coordinating and leadership skills and was able to improve her time management skills.

Holly is the daughter of Rick and Barb Martin. Holly is a senior at Mascoutah Community High School and plans to attend the University of Texas at Austin where she will major in communications.

The Girl Scout Gold Award, the highest award a Girl Scout can earn, recognizes a Girl Scout's commitment to excellence as she develops skills and values to meet present and future challenges in her life. To earn the Girl Scout Gold Award, a Girl Scout Senior or Girl Scout Ambassador must design and carry out a project that fulfills a need within a girl's community, creates change, and is sustainable. The project must be completed with a suggested minimum of 80 hours of work. Only about 6 percent of eligible girls earn the prestigious Gold Award.

Today, Girl Scouts of the U.S.A. is the largest voluntary organization for girls in the world. Its sole focus is to meet the needs of all girls (ages 5-17) from diverse racial, ethnic and socioeconomic backgrounds. Today's Girl Scouts not only enjoy camping and crafts, but they also explore math and science and learn about diversity, good citizenship, leadership and teamwork. Girl Scouting is the place where girls experience the fun, friendship and power of girls together.

The Girl Scouts of Southern Illinois is a not-for-profit organization supported by various United Ways throughout the region. The Girl Scouts is a Proud Partner of United Way. For more information, please call Erin Johnson at 618.692.0692.

Also check us out at: www.gsofsi.org

