

November



National Native American Heritage Month

Many American places have been named after Indian words. In fact, about half of the states got their names from Indian words. The name of **Kentucky** comes from an Iroquoian word (Kentahten), which means "land of tomorrow." **Connecticut's** name comes from the Mohican word (Quinnehtukqut), which means "beside the long tidal river." And the word "**Podunk**," meant to describe a insignificant town out in the middle of nowhere, comes from a Natick Indian word meaning "swampy place."

Alabama: may come from Choctaw meaning "thicket-clearers" or "vegetation-gatherers."

Alaska: corruption of Aleut word meaning "great land" or "that which the sea breaks against."

Arizona: from the Indian "Arizonac," meaning "little spring" or "young spring."

Arkansas: from the Quapaw Indians.

Chicago (Illinois): Algonquian for "garlic field."

Chesapeake (bay): Algonquian name of a village.

Connecticut: from an Indian word (Quinnehtukqut) meaning "beside the long tidal river."

Illinois: Algonquin for "tribe of superior men."

Indiana: meaning "land of Indians."

Iowa: probably from an Indian word meaning "this is the place" or "the Beautiful Land."

Kansas: from a Sioux word meaning "people of the south wind."

Kentucky: from an Iroquoian word "Ken-tah-ten" meaning "land of tomorrow."

Massachusetts: from Massachusett tribe of Native Americans, meaning "at or about the great hill."

Michigan: from Indian word "Michigana" meaning "great or large lake."

Minnesota: from a Dakota Indian word meaning "sky-tinted water."

Mississippi (state and river): from an Indian word meaning "Father of Waters."

Malibu (California): believed to come from the Chumash Indians.

Manhattan (New York): Algonquian, believed to mean "isolated thing in water."

Milwaukee (Wisconsin): Algonquian, believed to mean "a good spot or place."

Missouri: named after the Missouri Indian tribe. "Missouri" means "town of the large canoes."

Narragansett (Rhode Island): named after the Indian tribe.

Nebraska: from an Oto Indian word meaning "flat water."

Niagara (falls): named after an Iroquoian town, "Ongiaahra."

North Dakota: from the Sioux tribe, meaning "allies."

Ohio: from an Iroquoian word meaning "great river."

Oklahoma: from two Choctaw Indian words meaning "red people."

Pensacola (Florida): Choctaw for "hair" and "people."

Roanoke (Virginia): Algonquian for "shell money" (Indian tribes often used shells that were made into beads called wampum, as money).

Saratoga (New York): believed to be Mohawk for "springs (of water) from the hillside."

South Dakota: from the Sioux tribe, meaning "allies."

Sunapee (lake in **New Hampshire**): Pennacook for "rocky pond."

Tahoe (lake in California/Nevada): Washo for "big water."

Tennessee: of Cherokee origin; the exact meaning is unknown.

Texas: from an Indian word meaning "friends."

Utah: from the Ute tribe, meaning "people of the mountains."

Wisconsin: French corruption of an Indian word whose meaning is disputed.

Wyoming: from the Delaware Indian word, meaning "mountains and valleys alternating"; the same as the Wyoming Valley in Pennsylvania.

Did you know that we used the Navajo language during World War II?

Navajo Code Talkers *The code that was never broken*

Source: Department of the Navy

Guadalcanal, Tarawa, Peleliu, Iwo Jima: the **Navajo** code talkers took part in every assault the U.S. Marines conducted in the Pacific from 1942 to 1945. They served in all Marine divisions, transmitting messages by telephone and radio in their native language—a code that the Japanese never broke.

Why Navajo?

The idea to use Navajo for secure communications came from Philip Johnston, the son of a missionary to the Navajos and one of the few non-Navajos who spoke their language fluently. Johnston, reared on the Navajo reservation, was a



President George W. Bush honored Navajo Code Talkers in July 2001.

World War I veteran who knew of the military's search for a code that would withstand all attempts to decipher it. He also knew that Native American languages—notably [Choctaw](#)—had been used in World War I to encode messages.

Johnston believed Navajo answered the military requirement for an undecipherable code because Navajo is an unwritten language of extreme complexity. Its syntax and tonal qualities, not to mention dialects, make it unintelligible to anyone without extensive exposure and training. It has no alphabet or symbols, and is spoken only on the Navajo lands of the American Southwest.

Creating a Code

Early in 1942, Johnston met with Major General Clayton B. Vogel, the commanding general of Amphibious Corps, Pacific Fleet, and his staff to convince them of the Navajo language's value as code. Johnston staged tests under simulated combat conditions, demonstrating that Navajos could encode, transmit, and decode a three-line English message in 20 seconds. Convinced, Vogel recommended to the commandant of the Marine Corps that the Marines recruit 200 Navajos.

In 1942, there were about 50,000 Navajo tribe members. As of 1945, about 540 Navajos served as Marines. From 375 to 420 of those trained as code talkers; the rest served in other capacities.

In May 1942, the first 29 Navajo recruits attended boot camp. Then, at Camp Pendleton, Oceanside, California, this first group created the Navajo code. They developed a dictionary and numerous words for military terms. The dictionary and all code words had to be memorized during training. Once a Navajo code talker completed his training, he was sent to a Marine unit deployed in the Pacific theater.

The Navajo Code Talker's Dictionary

When a Navajo code talker received a message, what he heard was a string of seemingly unrelated Navajo words. The code talker first had to translate each Navajo word into its English equivalent. Then he used only the first letter of the English equivalent in spelling. Thus, the Navajo words "wol-la-chee" (ant), "be-la-sana" (apple) and "tse-nill" (axe) all stood for the letter "a." One way to say the word "Navy" in Navajo code would be "tsah (needle) wol-la-chee (ant) ah-keh-di-glini (victor) tsah-ah-dzoh (yucca)."

Not all words had to be spelled out letter by letter. The developers of the original code assigned Navajo words to represent about 450 frequently used military terms that did not exist in the Navajo language. Several examples: "besh-lo" (iron fish) meant "submarine," "dah-he-tih-hi" (hummingbird) meant "fighter plane" and "debeh-li-zine" (black street) meant "squad."

Success in the Pacific

Praise for their skill, speed and accuracy accrued throughout the war. At Iwo Jima, Major Howard Connor, 5th Marine Division signal officer, declared, "Were it not for the Navajos, the Marines would never have taken Iwo Jima." Connor had six Navajo code talkers working around the clock during the first two days of the battle. Those six sent and received more than 800 messages, all without error.

The Japanese, who were skilled code breakers, remained baffled by the Navajo language. The Japanese chief of intelligence, Lieutenant General Seizo Arisue, said that while they were able to decipher the codes used by the U.S. Army and Army Air Corps, they never cracked the code used by the Marines.

Department of Defense Honors Navajo Veterans

Long unrecognized because of the continued value of their language as a security classified code, the Navajo code talkers of World War II were honored for their contributions to defense on Sept. 17, 1992, at the [Pentagon](#), Washington, D.C.

Thirty-five code talkers, all veterans of the U.S. Marine Corps, attended the dedication of the Navajo code talker exhibit. The exhibit includes a display of photographs, equipment and the original code, along with an explanation of how the code worked.

Try out one of these recipes:

Indian Pudding

1/2 c Cornmeal, yellow
4 c Milk, whole; hot
1/2 c Maple syrup
1/4 c Molasses, light
2 Eggs; Slightly Beaten
2 tbsp Butter/Margarine; Melted
1/3 c Sugar, brown; packed
1 tsp Salt
1/4 tsp Cinnamon
3/4 tsp Ginger
1/2 c Milk, whole; cold

In top of double boiler, slowly stir cornmeal into hot milk. Cook over boiling water, stirring occasionally, 20 minutes.

Preheat oven to 300 F. Lightly grease 2-quart baking dish. (8 1/2" round). In small bowl, combine rest of ingredients, except cold milk; stir into cornmeal mixture; mix well. Turn into prepared dish; pour cold milk on top, without stirring. Bake, uncovered, 2 hours, or just until set but quivery on top. Do not overbake. Let stand 30 minutes before serving. Serve warm, with vanilla ice cream or light cream.

Navajo Fry Bread

1 cup white flour
1/2 cup whole wheat flour
1 tablespoon sugar
1/2 teaspoon baking powder
1/4 teaspoon salt
1/2 cup honey
vegetable oil

Mix dry ingredients. Add water to dry ingredients, mix well. Knead dough on a floured board till it becomes elastic. Let dough rest 10 minutes, covered. Roll out dough till it is 1/2 inch thick. Cut into squares or circles. Deep-fry at 370F till golden brown; drain on paper towels. Drizzle with honey and serve.

Corn casserole (serves 4-5 as main dish)

3 cups Monterey Jack or similar grated cheese
6 slices whole wheat bread torn up
1 lb canned creamed corn
1/2 cup chopped celery
1/4 cup chopped onion
1 cup corn
3 eggs beaten with:
1/2 tsp salt
1/2 tsp Worcestershire sauce
6 drops Tabasco sauce
1/2 tsp dry yellow mustard

Fry the onion and celery together. Layer the bread (bottom) vegetables, and cheese in an oiled casserole dish. Pour the creamed corn over the top. Then pour the egg mixture over

that. Let it stand 30 minutes, then bake in a 350° oven for 1 hour, placed in a pan of hot water.

Here are some games to try.

Pass the Stone Game

Guessing games were popular among Native American children. Try this one: Spread a blanket on the floor and invite children to sit with you in a circle on the blanket. Hold two balls of clay in your closed hand (one red and one green). Pass one of the clay balls to the child to your right, without letting the child see which ball you have passed. Ask the child to guess which color ball you have passed. If the child guesses correctly, give him both balls. This child then passes one clay ball to the next child. That child will guess which color ball has been passed. If this child guesses correctly, both balls are passed to her and the game continues. If the child guesses incorrectly, she moves out of the circle and the game continues. Continue the game until one child is left in the circle.

Guessing Dreams and Wishes

1. Tell the children that dreams and wishes are very important to the Iroquois people. At some festivals, people make up riddles about their dreams and others try to guess what the dream means.
2. Ask children to think of a dream or a wish that they have had. Provide children with paper and drawing materials. Ask children to draw a picture about their dream or wish.
3. During meeting time, invite several children a day to share their drawings with the class. Encourage children to guess what their classmates' drawings may be about. Ask each child to tell about her special dream or wish. Display children's drawings and include a dictated or written description.
4. Children can also play charades and act out their dreams and wishes.

Try some Native American Crafts

Kachina Doll Craft

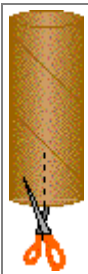
Kachina (pronounced kah-**CHEE**-nah) dolls are traditional, hand-carved wooden dolls made by Hopi Indians of the southwestern US. Each Kachina doll represents a spirit in life.

Some typical spirits represented by the Hopi in Kachina dolls include: the chief, the corn maiden, the ceremonial dancer, the singer, the ogre, the buffalo, the badger, the crow, the hawk, clouds, the sun, and the rainbow.

You can design your Kachina doll to represent anything you'd like. You can make it from a toilet paper tube, paint, fabric, felt, feathers, beads, and other items found around the house.

Supplies needed:

- A toilet paper or other cardboard tube
- Scissors
- Tape
- Hot glue (and paper glue if you're using construction paper for the clothing)
- A styrofoam ball or a ping-pong ball (or other object for the doll's head, like clay or a small box)
- Tempera paint, acrylic paint and/or markers
- Brushes
- Scraps of construction paper, felt and/or fabric
- Yarn
- Feathers, beads, buttons, shells, ribbons, and other decorative objects
- Thick cardboard, cut from a sturdy box (for the doll's base)



Make two slits opposite each other in a toilet paper tube - they should go about a third of the way up the tube.

Make two short cuts at the ends of each slit you just made, cutting a "T" shape on each side of the roll (the flaps under the "T"s will be the legs of the doll).



Curve each of the two flaps you just made into small cylinders - these will be the doll's legs. Make sure that the edges meet exactly. Use tape to secure each cylinder (doll's leg).



Using hot glue, attach a styrofoam ball or a ping-pong ball to the top of the tube (this will be the doll's head). You can use other objects for the head, like modelling clay or a small box.

If the ball is a bit too small for the tube, make a series of cuts along the top of the cardboard tube, forming flaps. Then fold the flaps into the tube. Glue the ball to the flaps. Let the glue cool and set.



First, think of the theme that your doll will represent. Then you can decorate and dress your doll.

Paint the head and let it dry. Then draw in the facial features using markers or paint. To make hair, glue on bits of yarn or felt scraps (or something else!).



Cover the body and legs with pieces of construction paper, felt and/or fabric. Glue them to the doll (hot glue works well with felt and fabric - tape or glue is better for construction paper).

Decorate the figure by gluing on feathers, beads, buttons, shells, ribbons, and/or other decorative objects.



Make a base (oval, circular, rectangular or another shape) for your doll out of thick cardboard.

Think of your doll's theme when making its base. If your doll represented water, you could design a base that looked like a pool of water; if your doll represented the sun, the base could look like a sunburst.

Using hot glue, attach the Kachina doll to its base.





Decorate the base using paint, paper, beads, or anything else that fits into the theme of your Kachina doll.

You now have your own Kachina doll.

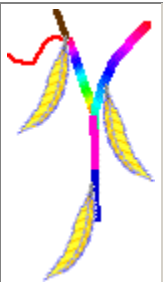


Native American Rattle Craft

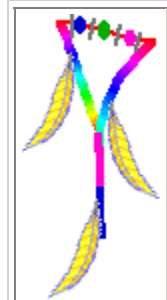
You can make a simple yet beautiful Native American rattle from a twig, yarn and beads. When you shake it, it makes a rattling sound.

Supplies needed:

- A y-shaped twig
- Yarn
- Scissors
- Tape
- Feathers, beads, buttons, washers, spools, and/or shells with holes in them.



Wind yarn around a y-shaped twig, covering it entirely. Start and end the winding with knots (or tape, if the children cannot make knots). Along the way, wind in a few decorative objects, like feathers or beads.



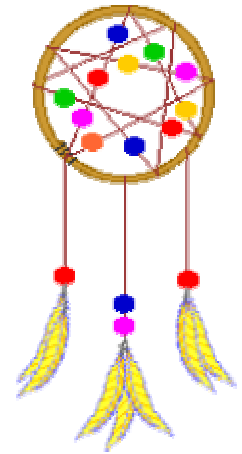
Tie a short piece of yarn to one arm of the "y." Thread a few beads, washers, spools, or other small objects onto the yarn. Tie the other end of the yarn onto the other arm of the twig.


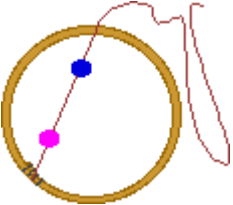
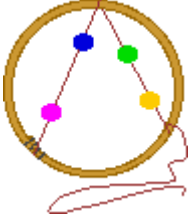
Dream Catcher

Dream Catchers are from Native American lore; they trap bad dreams and let the good dreams filter down to the sleeper.

For each dream catcher you will need:

- a bendable twig about 1 foot long
- a few inches of thin wire
- some twine
- beads with large holes
- a few feathers



 <p>Use thin wire to tie the ends of a twig together to make a hoop.</p>	<p>Have an adult make a hoop from a twig. To do this, wrap a short length of thin wire around the overlapping ends.</p>
 <p>Cut a few feet of twine. Tie one end of the twine to the twig hoop. String a few beads onto the twine and push the beads toward the tied end. Wrap the twine around the other side of the hoop.</p>	<p>Cut a few feet of twine. Tie one end of the twine to the twig hoop. String a few beads onto the twine and push the beads toward the tied end. Wrap the twine around the other side of the hoop.</p>
 <p>String a few more beads on the twine and then wrap the twine around the far side of the hoop. Repeat until you have an interesting webbing design.</p>	<p>String a few more beads on the twine and then wrap the twine around the far side of the hoop. Repeat until you have an interesting webbing design.</p>

Los Dias de los Muertos



The Day of the Dead is a Mexican holiday that mingles the Aztec culture and Catholicism. The Aztec goddess Mictecacihuatl governed a month long celebration for the dead. When the Spanish invaded Mexico, they brought with them the religion and practice of the Catholic Church, including new ideas about death. The festival was still held but it was greatly reduced. The Aztecs believed the souls of the departed remained on earth in the form of butterflies and birds. So with the return of the Monarch butterflies, who migrate to Mexico for the winter, the souls of the departed are welcomed home. 🦋

The celebration actually takes place over several days.

- October 27th bread and water are offered to those spirits who have no earthy survivors.
- October 28th bread and water are left in a corner of the church for those spirits whom have committed crimes of a violent nature, as they are not welcome in homes.
- The next few days bakeries and candy stores burst forth with edible skulls, skeletons and crosses.
- October 31st is the time when the souls of children return home. They remain and visit until midday on November 1st when they must return to the spirit world. Now it is time for the adult sprits to be remembered. 🦋

A lively procession with an open coffin parades though town. The "corpse" waves and smiles. Families gather in the graveyard. They clean, paint and repair the gravestones. An ofrenda (an altar) is constructed near the headstone. Candles are lit for each departed soul and [zenpasuchitls](#) adorn the grave. It is believed that the strong scent of these marigolds help the spirits make their way to this world. All day people prepare for this all night gala. This is by no means a somber event. The dead are welcomed happily. The favorite foods of the departed have been prepared. Roaming musicians play the favorite music of the departed. Some people even bring radios and televisions. Food vendors set up outside the cemetery gates for those who are not quite prepared or have late night munchies. At the close of the celebration people run around with skulls masks and ghost costumes to scare away any spirits that might not want to return to the other world. 🦋

Coffee Filter Monarchs 🦋

- skill level: easiest Best for Daisies and Brownies
- cost: under \$5

- craft time: 15 minutes plus drying time

Supplies Needed:

black chenille stem (pipe cleaners)
paper coffee filter
black and orange watercolor paints

have on hand
paintbrush
water
wire cutters
needle nose pliers

Cut the black chenille stem in half; set aside.
Paint the coffee filter with the watercolor paints and let dry.
Fold the chenille stem in half.
Twist the bent end about 1/2" from the bend.
Now pleat the coffee filter accordion style, about 1/2" pleats.
Slide butterfly in-between the ends of the chenille stem.
Twist the chenille stem above the butterfly, this will hold it in place.
Separate the ends of the chenille.
Curl one end of the chenille -to make the antenna, repeat with the other side.
Fan out the wings.

Tissue Paper Marigolds

- skill level: easiest Best for older Brownies and Juniors
- cost: under \$5
- craft time: 10 minutes

Supplies Needed:

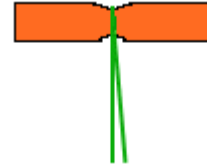
bright orange tissue paper
chenille stem (pipe cleaner)

have on hand
pencil or pen
ruler
scissors

Cut tissue paper into rectangles, it's up to you how big (or small) you would like your flower. Stack 6 pieces of tissue paper and accordion pleat the tissue paper working from the long side of the rectangle.



Wind one end of the chenille stem around the center of the pleated tissue paper. Carefully separate each layer pulling it upward toward the center of the flower.

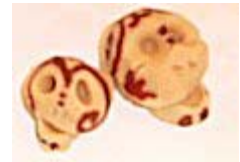


For Juniors and Up

Marzipan Skulls

Marzipan skulls are easy and fun to make. Want to make this even easier? Use store-bought marzipan. You can also make little coffins.
makes 2 pounds

1 pound blanched almonds, finely ground
1-2 teaspoon orange extract
1 pound powdered sugar
food coloring
paintbrush, thin bristle



Combine ground almonds, sugar, and orange extract in a saucepan.

Cook until mixture leaves side of pan.

Remove from hot pan, cool slightly.

Take pieces of the marzipan and shape into skulls.

With the paint brush and food coloring, paint design details on the skulls.

Place on wax paper to dry for 2 hours.

Veterans Day

*On the eleventh hour of the eleventh day of the eleventh month peace was finally reached.
On November 11, 1918 World War I came to an end with the signing of an armistice.
The "war to end all wars" was at an end.*

Veteran's Day commemorates the armistice that ended World War I and honors those who fought. It is known as Remembrance Day in Canada and was formerly known as Armistice Day in the United States.

Armistice Day was made a legal holiday in the United States in 1938, twenty years after the end of World War I. Originally this day honored veterans of World War I but with World War II and the Korean War the need to honor all veterans was apparent. In 1954, the 83rd Congress amended the Act of 1938 and Armistice Day became known as Veteran's Day. On June 1, 1954, November 11th was established as the official observance of Veteran's Day.



In some European countries this day is still known as Armistice Day and still commemorates the signing of the armistice that ended World War I.

During World War II the trenches could be seen across fields of brilliant poppies. Often wreaths of poppies are used as gravesite decorations on Veteran's Day.

Federal and most state employees get the day off from work. If the date falls on the weekend the nearest weekday is observed as the holiday. (For example, if November 11th falls on Saturday the holiday would be on Friday.)

In Flanders Fields

by Major John McCrae

*In Flanders fields the poppies blow
Between the crosses, row on row,
That mark our place; and in the sky
The larks, still bravely singing, fly
Scarce heard amid the guns below.*

*We are the dead. Short days ago
We lived, felt dawn, saw sunset glow,
Loved, and were loved, and now we lie
In Flanders fields.*

*Take up our quarrel with the foe
To you from failing hands we throw
The torch; be yours to hold it high.
If ye break faith with us who die
We shall not sleep, though poppies grow
In Flanders fields.*

Poppy Pin

- 🟡 skill level: easiest Best for Daisies and Brownies
- 🔴 cost: under \$5
- 🟦 craft time: 5-20 minutes

Supplies Needed:

red and black felt
black pom-pom
jewelry back pin

Cut out 2 of the poppy shapes in red felt.

Glue the 2 shapes together in the center with the shape shifted slightly. This way they look like petals.

Glue the pom-pom in the center.

Glue the pin to the back of the poppy.

Poppy Sponge Art

- 🟡 skill level: easiest Best for Brownies
- 🔴 cost: under \$5
- 🟦 craft time: 5-20 minutes

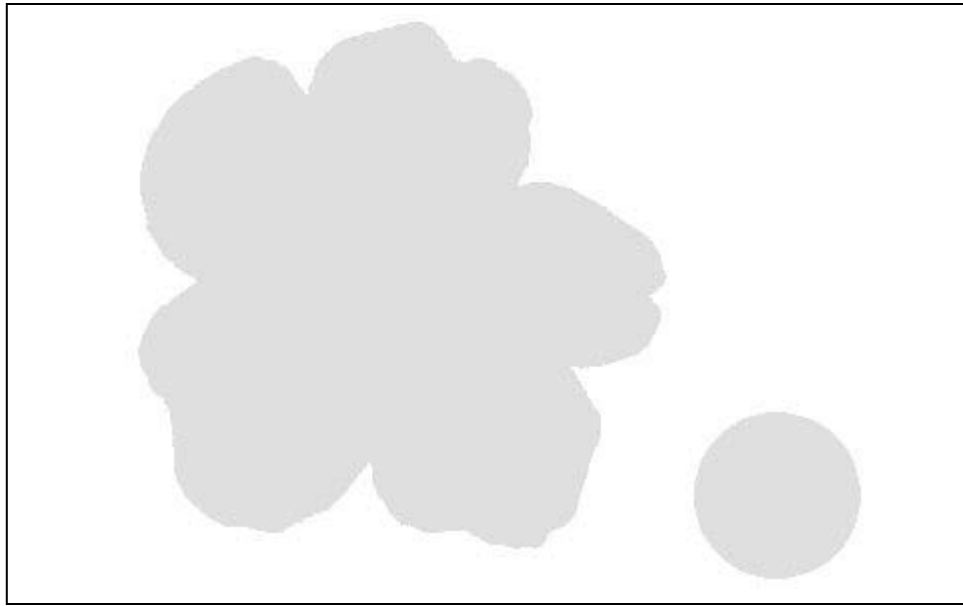
Supplies Needed:

black construction paper
sponge cut into flower shape (pattern below)
sponge cut into a circle (pattern below)
red-orange paint
black paint

Dip flower-shaped sponge into red-orange paint and press lightly onto the black construction paper.

Next, use the circle sponge and press on on a black center.

Continue making more poppies.



These are poppy shaped sugar cookies with bright colorful icings.

cookies

1 cup granulated sugar
1 cup butter or margarine, softened
1 teaspoon vanilla
1/4 teaspoon ground nutmeg
1 egg
2-1/4 cups all-purpose flour

icing

1 cup powdered sugar
2 teaspoons milk
2 teaspoons light corn syrup
1/4 teaspoon vanilla or almond extract
red and black (or brown) food coloring

Preheat oven to 375°F.

Beat sugar, butter, vanilla, nutmeg and egg in until smooth.

Gradually stir in flour.

Shape dough by teaspoonfuls into balls and place on an ungreased baking sheet 2 inches apart.

Gently flatten dough. (Cookie should be about 1/4-inch thick.)

Bake 8-10 minutes, or until edges are just golden brown.

Cool cookies on baking sheet 1 minute, then remove to wire rack.

Cool and decorate. Store in airtight container up to one week.

Make the icing:

Whisk the powdered sugar and milk until smooth. Whisk in corn syrup and extract until icing is smooth and glossy.

If icing is too thick, add more corn syrup.

Divide into separate bowls, and add food colorings to each to desired intensity, red and black (or dark brown).

Paint cookies red with black centers.

Diwali

Diwali also known as Deepavali and Divali is the Hindu festival of lights. Diwali translates as the "row of lights". This five day festival is a spectacular display throughout India as dipas/deepas (clay oil lamps), brighten every windowsill. The festival honors the Hindu goddess Lakshmi, the goddess of fortune, good luck, riches and generosity. She will visit every home during the festival. Diwali also celebrates the triumph of good over evil.



The date of this holiday varies each year according to the Hindu calendar. It is held on the 14th day of the dark half of Aashwayuja to the 2nd day of the bright half of Kaartik, which falls in October or November in the Gregorian calendar. The celebration comes just as the monsoon season ends and the weather is calm and mild.

There are many legends that describe the origin of this holiday. In the North, the folklore tells of the homecoming of Lord Sri Rama to Ayudhya and the defeat of Rawana by Rama. The Hindu classic "Ramayana" tells of this defeat in 5,000 verses. In the South the tale tells of the victory of Lord Krishna over the evil demon, Naraksura. Lord Krishna was welcomed home by the people and gods alike and yet another story tells of the victory of Ram over Ravan. All the stories share the same belief that there was no moon present on the night of the homecoming so dipas were placed in every window and fireworks illuminated the sky. This tradition follows every year.

Prior to the festivities houses are cleaned and fresh flowers are placed all around to adorn the home. A rangoli is drawn at the entrance of the home. Rangoli's are intricate designs drawn with a mixture of rice flour and water. They are created for all special occasion but during Diwali they are filled in with bright colors. A dipa is placed on every windowsill and on the steps of outside stairways.

Traditionally the day starts with an oil bath. New clothes are worn and the doorways are

sprinkled with clean water. The first day of the festival includes a breakfast that has *fourteen* different dishes. Prayers are said either at the temple or at home. Friends and families visit each other and partake of various sweets. At night, brilliant firework displays take place sometimes lasting for hours. Cities by rivers float little boats with lighted candles on the water. In Southern India, girls adorn their heads with flowers and wear anklets of little bells, while boys create elaborate mud castles.

Diwali is also the start of the new year. Businesses and households perform *muharat puja* "to clean up the accounting".

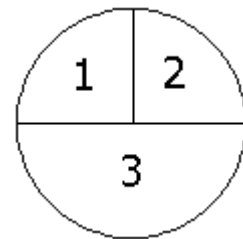
Colored Sand Rangoli

- skill level: easy Best for older Brownies and Juniors
- cost: under \$5
- craft time: 20 minutes

You can also create a chalk rangoli to decorate your entry. Patterns vary from geometric patterns to pictures.

Supplies Needed:

6 x 6 inch poster board
utility brush
white glue, thinned with a little water
colored sand (you can color sand with food coloring)



Lightly draw a 5-circle on the poster board.
Divide that into 4 sections.
Create your design by drawing lightly in pencil.
Using the utility brush apply glue to portions of your design, sprinkle with sand, shake excess and away and let dry.
Continue this process with the other colors.

Option: Create a symmetrical pattern. Section 2 should mirror section 1. Section three should mirror section 1 and two.

Chalk Rangoli

- skill level: easy (easy This can be adapted for Daisies by using a very simple design or teens by using an elaborate design)
- cost: under \$5
- craft time: 20 minutes

Traditionally a paste of rice flour and water is made and use to create the rangoli. For this version we simply use chalk, this way the children can really become involved. If younger children participate, have an adult or older child draw the design and let the younger ones fill it in. Patterns vary from geometric patterns to pictures.

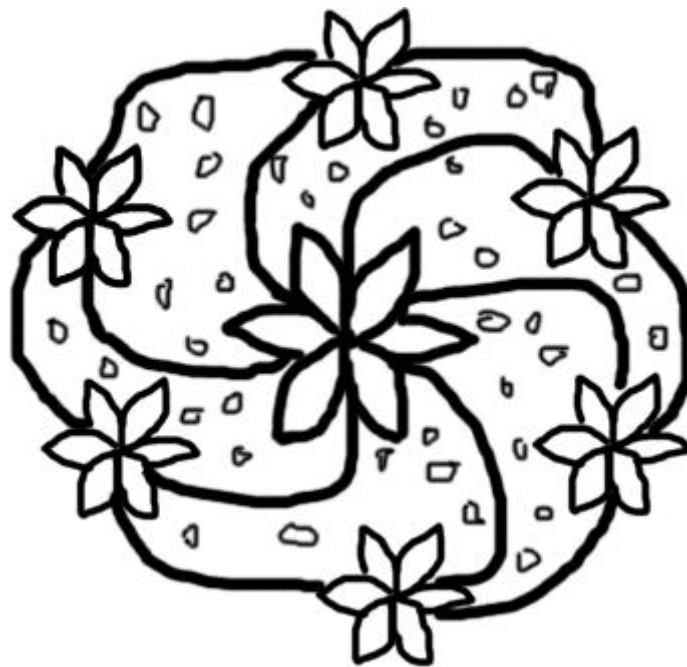


Supplies Needed:

chalk in various colors
a pattern

Simply draw the pattern in white and color it in.

Here is a pattern to get you started. The pattern is a simple guideline. Embellish and personalized the design to *your* fit your personality.



Diwali Lamp

- skill level: easy
- cost: under \$5
- craft time: 20 minutes

Supplies Needed:

self hardening clay
paint
sequins, beads, etc.
varnish, optional
tea light

Take a chunk of clay the size of a small apple.
Shape clay into a shallow pot, the bowl need to be large enough to hold the tea light.
With the thumb and forefinger gently pinch one side of the pot at the top and pull slightly outwards to form a spout (think gravy boat without a handle)
Smooth out pot and let dry.
Paint inside and out and dry.
Accessorize.
For a more permanent finish add varnish.
Add tea light.

Barfi

This recipe is courtesy of [The Cookie Tin](#).
This is like a nutty candy.
makes: 2 dozen

4 teaspoons butter, unsalted
13 ounces evaporated milk
1 cup finely chopped almond
1/2 cup finely chopped cashews, unsalted
1/2 cup finely chopped pistachio nuts
1 cup granulated sugar
1 tablespoon rosewater*

Lightly grease 9" square pan.

Melt butter in a skillet.
Add milk, stir constantly, bring to a boil.
Lower heat and cook until mixture thickens.
Stir in nuts, sugar and rosewater.
Continue to stir occasionally and cook for 10 minutes.
Remove from heat.
Immediately pour the mixture into pan and let cool.
Cut into squares and serve.

* Rosewater may be found in many supermarkets and is also available by mail-order. If you've never tried rosewater before use it sparingly, this stuff is strong. Of course, you can always opt for vanilla extract.

Did you know that November is:

Aviation History Month Learn about women like Bessie Coleman, Jacqueline Cochrane, and Amelia Earhart who were pioneers in aviation. Work on the Space Explorer Try-It, Aerospace Junior Badge, or Space Exploration IP.

National Peanut Butter Lover's Month Use peanut butter to make a healthy snack for your family, a troop meeting, or camping trip. Check out Eat Right, Stay Healthy Try-It, Highway to Health Junior Badge, and Creative Cooking IP.

Children's Book Week You could do a service project related to books and literacy. Read a book to children at a story time, donate a book to the library, hospital, or a shelter, put a book on tape and donate it along with the book. You could work on Read to Lead Issue for Girls. The reading bug is one you definitely want to "catch".

National Geography Week Where in the world would you like to go? What would you like to do and who would you like to meet? Dig out your maps or globe and learn about a place you would like to visit. Look at the Around the World Try-It, Junior badges Traveler and Celebrating People and Travel IP.

November has many different health campaigns. Some of the most important are:

American Diabetes Month - Learn to eat healthy and get regular exercise to help you avoid diabetes. Here is helpful information on choosing foods. A quick way to make sure you're eating a variety of healthful foods at each meal is to "Rate Your Plate." When you sit down for a meal, draw a couple of imaginary lines to divide your plate. About one-fourth of your plate should be filled with carbs. Another fourth should be protein -- foods like meat, fish, eggs, cheese, or tofu. That leaves half your plate you can fill with vegetables and salad. Then you can add a small roll or slice of bread and you're ready to eat! "Rating your plate" will give you a good, balanced meal with plenty of those nutrients, vitamins, and minerals!

Some of us really hate to exercise. Here are some tips for "couch potatoes": Not everyone is a natural athlete. Maybe you feel clumsy or uncoordinated. Maybe playing sports is not your style. Or maybe you'd just rather read, watch TV, or play a video game.

There is good news. You don't have to be an athlete to get the benefits of exercise. Just 20 minutes of exercise a day can improve your health, lower your blood glucose levels, and give you more energy. Yes, even 20 minutes a day sounds like a lot if you don't exercise much. But it's OK to start with only 5 minutes a day and build up from there. In fact, it's healthier to start slow and increase exercise gradually. Jumping in with both feet can leave you with sore muscles and even less reason to try it again.

Try these strategies for adding more exercise to your life.

- Take a stroll around the block before or after school.
- Take the stairs instead of the escalator or elevator whenever you can.
- Dance around your room to your favorite music (singing along is optional!).
- Use your parents' stationary bike or other exercise machine while you watch your favorite show.
- Try walking around a museum or taking a bike ride with some friends
- Walk your family dog, or borrow a friend's!
- Exercise with a friend. You can encourage each other!
- Listen to your favorite book on tape as you walk around the neighborhood. Or stride to your favorite tunes on a portable tape or CD player. (Don't do this if you walk along busy roads where you need to listen for cars.)

It takes commitment to change your habits to include exercise. The key is to add activity slowly. Don't get down on yourself if you get out of breath or you give up for a few days. Just begin again when you're ready.

Lung Cancer Awareness Month One big way to prevent lung cancer is to not smoke. Work on the age appropriate *Girl Scouts Against Smoking Issue for Girls*. Research shows that people who don't smoke before age 18 will probably never smoke. National Great American Smoke Out day is November 18. Encourage someone you love to stop smoking.

Healthy Skin Month - One of the best ways to keep your skin healthy is to make sure you always wear sunscreen when you are outside. You can get a sunburn any time of year. Here are some fun "natural" skin recipes to try:

Recipe for Lettuce Mask for the Face

You will need two large lettuce leaves which have been dipped in olive oil and sprinkled with lemon juice. Place a leaf on each cheek and cover the leaves with a paper towel which has been dipped in mineral or distilled water.

Reduce Fine Lines

Bad habits like smoking and excessive sunbathing cause wrinkles. How to treat: Mix a paste of 1 tablespoon honey and 1/2 cup mashed papaya, apply to your face (avoiding your eye area) and lie down for 10 minutes. Rinse with cool water. The fruit acid in papaya exfoliates your skin and reduces the appearance of fine lines. The honey hydrates your skin.

Banana Bread Masque

The Ingredients

- $\frac{1}{2}$ really ripe mashed banana - moisturizing
- 2 Tbsp. ground oats - soothing
- milk or cream, add as necessary - softening
- pinch nutmeg - antiseptic
- 2 Tbsp. whole wheat flour - antioxidant



The Instructions

Whip ingredients together, adding cream or oat flour as necessary to get a smooth, paste-like consistency. Spread on clean face and leave for 5-10 minutes, then rinse thoroughly and pat dry.

Ground Oats: use rolled oats and a clean coffee grinder or blender to grind the flakes to a fine powder

Body Cleanser

Total Body Care ▼



By 2 hours drink a cup of hot water with lemon juice. It flushes out built up toxins.

Sea Salts also draws toxins out of the body. Make a paste of sea salt & water and rub onto your body before a shower, allow it to sit for at least a minute before washing off. Feels refreshing.

Just Peachy Facial Mask (normal skin)



The Ingredients ▼

- 1 medium peach
- 1 tablespoons honey
- oatmeal

The Instructions ▼

Cook peach until its soft, mash with a fork, add honey and oatmeal until its a thick consistency. Apply to skin. Let sit for 10 minutes, rinse well with cool water.