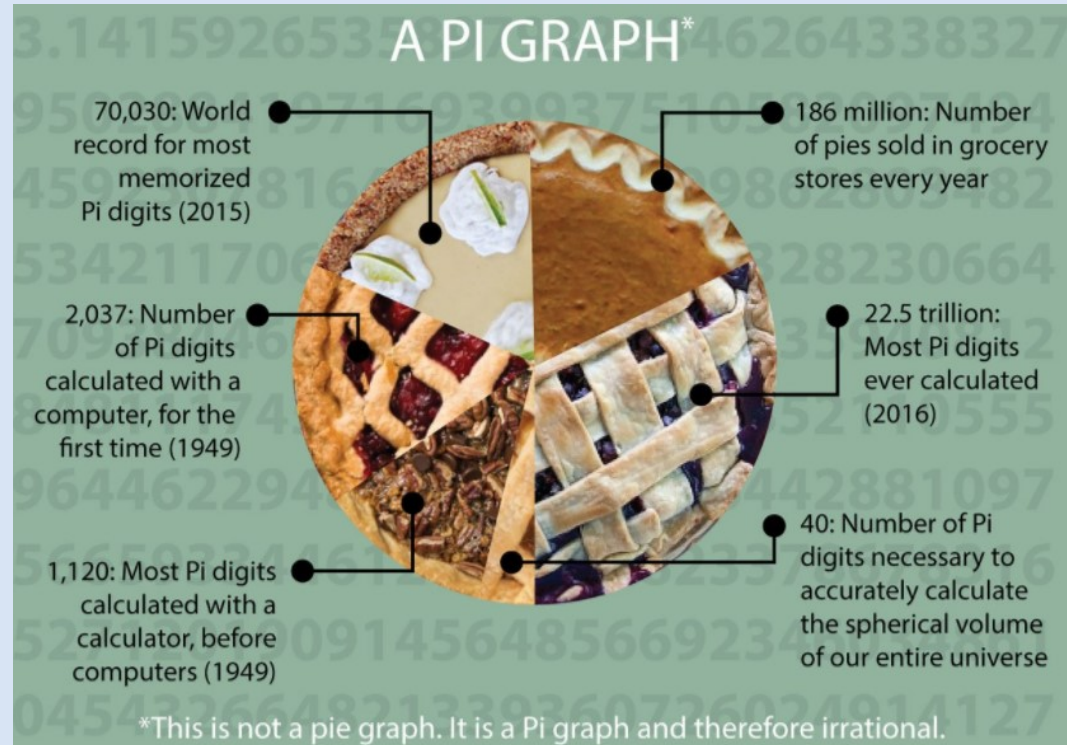


# Welcome and Happy Pi Day!

- Please introduce yourself, organization, and Collaborative in the chat box.
- Are you doing anything special for Pi Day?



(From the Department Of Energy's Office of Science)

March 14, 2018

# Agenda

- Presentation by Nancy Gruver, Founder of New Moon Girls
- Comments and Discussion
- Community Updates
- Next Meeting
- Closing



# New Moon Girls



**Nancy Gruver**  
Founder and CEO

# **New Moon Girls' Mission**

**Bringing Girls  
VOICES  
To the  
World**







# Be a *Sun* Chef!

Evelyn, 10, Minnesota, cooked up a treat using Earth-friendly solar energy. Try s'mores and more!

By Evelyn Hutton

Want to cook a tasty snack in a solar oven? Here's a quick oven to make. My moms got a pizza box, and we gathered some aluminum foil, black construction paper, tape, newspapers

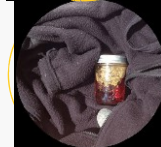
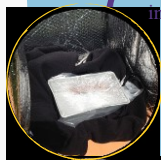


and clear plastic wrap. We needed to make a flap out of the top of the box, so we could use it to reflect heat onto the food we'd cook. So I measured an inch in from the edge on three sides of the top, and we carefully cut the flap, and folded it up. We put aluminum foil over the entire inside of the flap and taped it down.

Next, we taped black construction paper over the bottom part of the box. Dark colors like black will help hold the heat of the sun to further heat up whatever you'll cook. We rolled up newspapers and put rolls on the inside four sides of the box bottom. That keeps the heat from escaping out of the box—it's like insulation in a house.

## Easy Solar Eating

Don't let those sunrays go to waste—get cooking! Make an oven like Evelyn's pizza box oven or one like Kelly made (next page). Kelly put a smaller cardboard box inside a bigger one, and put foil over and between the bigger box's flap. She put insulating material (sheep wool) in the space between the boxes, and lined the inside of the box with black paper.



Or you can simply prop a car windshield reflector on a chair, surround your food container with something dark and heat-absorbing like a fleece jacket, and cook. NMG editor Helen recently cooked a hot dog and steeped mint-hibiscus tea that way, and baked cookies in a pan (above right) on the inside of her car window. YUM!



Evelyn enjoying s'mores and her new solar oven



Then we put a sheet of clear plastic on the box lid to cover the square where the flap had been. That will let the sun rays in and trap the heat created inside the box. After putting the s'mores in the oven (inside the box), we used a pencil to prop the flap so it reflected the most sunlight onto the s'mores.

We started cooking the s'mores at 4:15 p.m., when it was 69 degrees Fahrenheit outside. By 5:00 p.m., the s'mores were melty and hot! The chocolate was really sticky, and the marshmallow nice and warm, though not as melty as the chocolate. With the graham cracker on the bottom and the chocolate and marshmallow squishy on top, it was really good and messy and delicious.

I love solar power because it saves a lot of energy, and it works great on a sunny day. This project was fun, and it was tasty too, because it included pizza dinner for us so we could get the box, and really good s'mores.

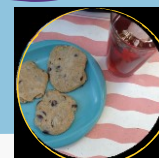
Some tips for solar success:

\*Position your solar setup so it gets the most direct rays, and move it as the sun moves. Arrange the reflective surface so rays beam right at the food.

\*Put food in a covered glass container or cover container in clear plastic.

\*DO use hot pads—solar ovens get HOT!

\*Cook when the sun's the hottest, usually around 10 a.m. to 3 p.m. But try solar anytime the sun's out and tell us what you cooked! Try nachos, pizza, quesadillas, baked apple or potato slices, or just about anything! Search "solar cooking" at NMGmembers.com for ideas to eat well and save energy.





## Super Solar Power

The sun could supply all the energy needed in the world, and many places such as Germany are using the sun for one-fourth of their energy use. Have you seen solar panels on top of houses or huge fields of solar panels? Here's how they work.

The photons (tiny particles that make light) in sun rays make electrons transfer between layers in a solar cell, creating electricity. The energy can be

used on the spot or transferred elsewhere or stored in batteries. Solar cells can range from small ones that charge phones and laptops to huge panels that keep thousands of households energized. Cars, boats, and planes can be solar-powered. This group of Maryland kids are excited that the solar-powered car they designed and built is headed for a national competition!



## Sunny Solutions

When Kelly Redshirt was 9, she and her family spent Christmas day bringing baked treats to family who lived in rural areas of their Navajo Nation in New Mexico. She noticed that many families lacked electricity and running water, so they had to cook on fires and often ate packaged foods that weren't very healthy. Kelly started thinking about solutions, which led her to start researching solar ovens during elementary and high school. She refined an oven made from everyday items that cooks anything a normal oven can cook, including mutton—a favorite dish for many Navajos in a sheep-raising area—and all kinds of healthy fresh food. The oven materials are nearly free, and so is energy from plentiful sunrays.

Kelly's work won her worldwide recognition, including winning an international engineering award and an award to travel to Germany and teach high-schoolers there about solar ovens. Kelly now studies environmental engineering at the University of Oklahoma, focusing on ways to provide water sustainably to all. We asked Kelly to share some details about her work—thanks, Kelly!

**NMG:** What key steps did you take with your idea?

**Kelly:** As Navajo people we are very communal, so I brainstormed with many relatives, community members, and local elders. I used their wisdom and life experiences and traditional teachings,



Kelly's oven bakes cookies and much more.

Women's Work

Kelly in the Navajo Nation

which is why I don't look at my solar oven project as my own. I then spent many hours in school experimenting about the solar aspect of the project because there weren't many people who were experts in solar energy in the community.

**What's the most satisfying part of your work?**

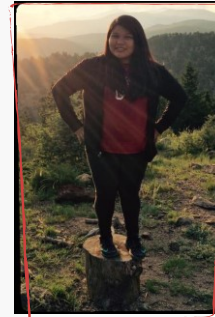
It was great to get a breakthrough to a successful working oven, after many failed trials and altering the design and brainstorming again. I also enjoy how the story of my project inspires and empowers other people. There is greatness in everyone—we just have to believe in it.

**What's your advice for girls who want to create solutions but aren't sure how to start?**

Sometimes we are all scared of failure, but it is necessary for us to grow and find better things. Whatever you want to create, give your idea your best work, research it, ask questions, and keep evolving your solution. If you gave it your best work, you will already have made a difference, and accomplished steps toward something amazing.

**What are your favorite solar-cooked foods?**

I really love chicken! Chicken cooked in the solar oven is amazing—it's very tender and juicy. I also enjoy the cookies we bake in the ovens, as well as other meats like pork chop and steaks.



# Brain Change: It's Normal!

Your brain is going through big changes, which can be tough and confusing. Knowing what's going on can make things smoother.

By Nancy Gruver

I really related to the character of 11-year-old Riley in the film "Inside Out." I moved to a new town when I was 10, and after that my life felt much more complicated and hard. I loved how the movie shows how feelings affect our thoughts and actions.

How about you? Have you ever felt that life was tougher and your feelings were all over the place when you had a big change? Anything that happens when you're a tween or teen can give you those kinds of feelings. Maybe it's having a new baby in your family, or a new school you go to, or your parents decide to get divorced.

The reason those kinds of things feel tougher and confusing during puberty and adolescence is because our brains go through huge changes in those 10 years. It turns out that the changes in my brain were actually a lot more important to how I felt than my family's move was.

Inspired by feelings she had as a girl, Nancy started NMG. Here she is with pup Maggie!



Really?! Here's why. Humongous changes in your brain start at puberty because of the much higher level of the hormone estrogen your body has then. While the changes in your body only take two to three years, your brain keeps changing until your early 20s.

Your brain begins to work in new ways. That plus your new experiences, friendships, and learning can change your feelings and your understanding of people and life. These changes are how you grow into an adult who will be able to live on your own and make good decisions.

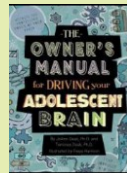
That's one of the best things about the changes. There are also hard things you'll need to adjust to. Knowing how your brain changes will help you understand yourself and what you can do to help yourself and your friends through the hard things.

## Great Brain Secrets

Nancy says: I wish I had known these smart insights when I was a girl. I learned these from talking with JoAnn Deak (left), who wrote *The Owner's Manual for Driving Your Adolescent Brain* with Terrence Deak. JoAnn is an expert on children's brain development. Here are a few treasures from her.



Making mistakes helps your brain work better! When you have to struggle, figure out your next steps, fail, and try again, you're giving your brain a workout.



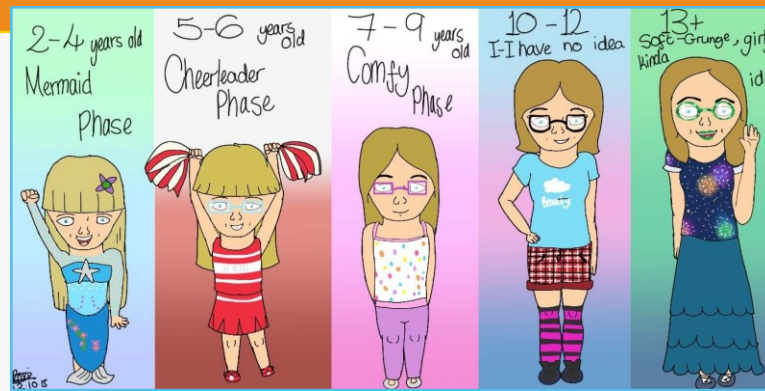
The most awesome thing about your brain is that it can be changed. It's always growing new pathways. You can actually change your thoughts and feelings by using more of the neural pathways you want to strengthen. And you can weaken the ones you don't want, too.



Teens act more impulsively than adults because the decisionmaking part of their brain isn't all grown up until their early 20s. So STOP and give yourself extra time to check in with yourself. Remember that even though your friends are good, smart people, their brains aren't grown up yet either.



One especially difficult change is starting to feel like friends, and even people you don't know, are judging you. Younger girls don't have that feeling as often. They usually feel confident about themselves and think the world appreciates them for who they are. They know what they want and are able to ask for it. They see things from their own point of view, kind of like they are at the center of everything.



Roxi, 13, England, drew each phase of how she expressed herself with clothes and other favorites through her years. Every "phase" you have is wonderful and unique. How would you draw your fave history? Show us at [NewMoon.com/how-to-get-published-New-Moon-Girls](http://NewMoon.com/how-to-get-published-New-Moon-Girls). Celebrate each phase (grownups have them, too!) and try not to be dorked out by the "you" you were!

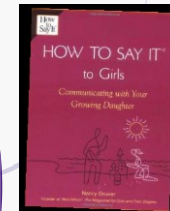
That changes in adolescence because all the different parts of our brain start to connect with all the other parts much more. This is a good thing in the long run! We start to see the world through other people's perspectives as well as our own. This has good results such as more empathy and more rational thinking when we try to feel and understand what life is like "in another person's shoes."

But it can also make girls lose touch with their own sense of who they are for a few years. This happened to me when I was in middle school and everything felt topsy turvy. I got hyper-sensitive to what my peers thought of me. I wanted to never make any mistakes. I felt like the real me wasn't

enough. I lost my view of the world from inside out, from my center, and tried to change myself from the outside in to be what I thought other people wanted me to be. I stopped saying what I wanted and even stopped knowing what I wanted until I was about 16.

It was painful for me. It's why I started NMG, so girls have friends and a place for support and to keep knowing and being who they are from the inside out.

Ever feel like your parents don't quite understand? Tell them to check out Nancy's awesome book, **HOW TO SAY IT to Girls!**



## Dealing with Changes

When life gives you tough stuff, it's great to have a sympathetic ear. Girls at NMG's online community get great support and advice about friends, siblings, changing bodies, school, and more.

Recently, a girl posted on Ask a Girl about a friendship: "My BFF who I have known since preschool started semi-ignoring me and hanging out with this girl she'd only been friends with for a few weeks. How do I talk to her about this without sounding rude?"



"Just ask her why she has not hung out with you as much," advised a girl. "Maybe there's something that you are completely oblivious to that is bothering her." Another asked if the friend's interest had changed—"try talking with her about her latest hobbies." Another suggested a long hangout to explore any problems.

Being a good listener and sharing your life—both good and bad—makes life's changes much easier!







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# Community Updates

- 2018 conferences coming up:
  - National AfterSchool Association in Atlanta, GA
  - BOOST in Palm Springs, CA
  - NCWIT in Grapevine, TX
  - Infosys Crossroads in Scotts Valley, CA
- LEAP National Leadership Institute
- Framework for Action update
- Updates from any of you?



# Next Meeting April 11, 2018

Topic is 'Collaborative Choice'.  
**What would you like to see covered?**



**Thank you!**  
Have a great Pi Day!

