

# TREASURED MEMORIES PROGRAM PACK



Program Age Levels: All Age Levels of Girl Scouting  
Purpose: To teach the skills of scrapbooking and journaling.





## Treasured Memories Program Pack

Girl Scouts of Silver Sage Council  
1410 Etheridge Lane  
Boise, ID 83704  
(208) 377-2011 or (800) 846-0079  
[www.girlscouts-ssc.org](http://www.girlscouts-ssc.org)

**Program Age Levels: All age levels of Girl Scouting.**

**Purpose: To teach the skills of scrapbooking and journaling to preserve Girl Scout memories.**

**Requirements: All levels need to complete #1 plus;**

**Daisy: Ten activities**

**Brownie: Twelve activities**

**Junior: Fourteen activities**

**Cadette and older: Sixteen activities**

- A scrapbooking glossary is attached for your convenience. Most of the words in the requirements have been explained in the glossary.

### Activities

1. Make a friends or Girl Scout album of at least 10-12 pages. Albums come in many different sizes. You can use any size.
2. Name the kinds of albums available.
3. Explain what acid free and lignin free is.
4. List several kinds of paper.
5. What does it mean to crop something? Use shape cutters to crop some photos. You can also mat a photo using a shape cutter.
6. Find out about colors and why it is important when planning a page for a scrapbook.
  - A. Explain what Primary, Secondary, and Tertiary colors are.
  - B. What is monochromatic?
  - C. Using a color wheel, what colors work the best together?
7. Learn about journalizing.
  - A. What is journalizing?
  - B. What are the different ways to journalize?
  - C. Journal at least 2 pages of your album.
8. What is a Title page? Find the different ways to make a title page and make one for your scrapbook.
9. What are the different kinds of markers, pens, pencils, etc., you can use for journalizing and making page titles? Use two or more to journalize or make a title on a page.
10. Borders are very important. They keep the eye focused on the picture instead of wondering off the page. Give two of your pages a border.
  - A. Use decorative scissors to make a border for a page.
  - B. Make a page using stickers as a border.

11. What are embellishments? What are the different ways to embellish your scrapbook?
12. Embellish 3 die cuts: 1 with chalk, 1 with colored pencils (don't forget you can blend colored pencils with a blender pencil), and 1 with markers to use in your scrapbook.
13. Use stickers to embellish a scrapbook page. They come in many different sizes, shapes, and themes (the overall emphasis of a page or scrapbook).
14. What are punches? What are the different ways they can be used? Use punches on a scrapbook page: paper piece (This is when you use many of the same punched shape and make a design out of them) or layer (to build up a design using many layers that are not always on top of each other) a page.
15. Not all items on a page need to have a straight edge. Try tearing the edges to make a border, design, or a mat for your photo or title. You can add chalk to the edges to bring your attention to a focal point or matted photo or title.
16. Make an embossed image on a page or card/invitation. You can make this by applying heat or by pressure.
17. What is Fake Faux? Use die cuts or punches create a page that would be "Fake Faux".
18. Try making a page with things that move. Use eyelets (a small grommet), jute (natural cording), embroidery floss or brads. NOTE: if using eyelets do not set tightly this will allow the item to move side to side.
19. Make a page using 1 double-mounted photo and 2 single-mount photos.
20. Make a pocket page to hold objects that relate to the page. Example: tickets, letter or a special card.
21. Make a page using vellum. When adhering vellum, use a Xyron, eyelets or brads. If you decided to use wet glue (liquid) only put the glue in a spot that will not show. Example: behind a photo matted to vellum.
22. If you have access to a Xyron or die cut machine. Try making a page using the machines.

### **Helpful hints:**

- On a **color wheel** the colors that work best are the opposites.
- Some popular **embellishments** – Stickers, Die Cuts, Eyelets, Chalk, Colored Pencils, Wire, Raffia, Jute, Ribbon
- Different types of **paper** are Card Stock, General Pattern, Handmade, Corrugated, Embossed, Vellum, Mulberry, Pre-embossed, Velveteen, Swede.
- **Scrapbooking** is a wonderful hobby to get into. There are many books and specialty shops that will be happy to help you if you need the help. Most scrapbook stores have a workspace that you can use. They usually let you use all of the punches and die cut machines for nominal charge. They also provide classes if needed. Future generation will be able to look back at these books

and remember or find out about the previous generations. What a great way to carry on the family traditions and memories.

Hopefully, this program will put a spark in a few girls to keep future generations informed about the era that they lived in. Just think about your own family and what your mom or dad was thinking when they took that picture of you playing in the sand. The loss of your first tooth coming out; what did you do, and how did you feel? Wouldn't that be nice to tell your kids or even they could tell their kids about it? Scrapbooking is not rocket science. You do not need expensive equipment, just pictures, some acid free glue, acid free and lignin free paper, a pair of scissors, and you're set to go.

- **Journalizing** is also very important. This will explain what you were thinking about and why you took the picture. When you journal you should always say who it is in the picture, what they were doing, when it was taken, where it was taken, if it's a child, how old was that child, and the date, month, and year. Journalizing should be a short story of what was happening at that time. Use your five senses to describe the moment. When you make a scrapbook you do not have to go in chronological order, you could make a theme album. Such as seasons, birthdays, weddings, school days, high school graduation, and vacations.

When purchasing supplies, be sure it is marked acid free and lignin free or archival when it comes to paper. You can purchase a pen type marker to check the acid of the paper. Be sure everything else is acid free. Some markers, for example, are not. Newspapers and some memorabilia are not acid free; you will need to get de-acidification spray (archival mist) to make them acid free. If the items are not acid free it will contaminate the picture and they will deteriorate over the years.

In most areas you should be able to find scrap-booking supplies. You can find them in specialty stores, Wal-Mart, Michael's, Hobby Lobby, Franklin Crafts and Arts and Crafts stores. If you need more help there are many books to help from basic scrap booking to using wire to embellish your pages. You will also be able to find several magazines on the market.



## Scrapbooking Glossary

### A

Album – Blank book used to store photographs and scrapbook pages.

Analogous Colors – Colors that are next to each other on the color wheel.

Archival – Term used to describe a product or technique used in preserving artifacts, photographs, memorabilia and other items.

### B

Basic Templates – Templates in basic shapes, such as circles, squares, ovals, etc.

Blending Pencil – Tool used to blend colored pencils to create different shades of a color.

Buffered – Word used to describe products capable of maintaining the core of a solution. For example, buffered paper prevents acid from moving from a photograph to paper.

### C

Calligraphy – Formal, old-fashioned lettering.

Cardstock – thick, sturdy paper available in a variety of weights.

CL OK (Creating Keepsakes Okay) – Scrapbooking seal of approval. Items that have the CK OK are considered safe to use in scrap booking.

Clip Art – Art purchased in book or software form with pictures that can be applied to scrapbook pages.

Collage – An artistic composition made of various materials (paper, cloth, wood, etc.) that are glued onto a surface.

Color Wheel – Shows color relationships and placement.

Corner-Edger Scissors – Scissors that cut corners. Each pair creates four different types of corners.

Corrugated Paper – Thick, wavy cardstock available in many colors.

Crop – 1. To cut or trim a photograph. 2. A scrapbooking party hosted by an expert whom shares techniques, products and information with the group.

### D

De-acidification Spray – Spray that neutralizes acid in newspaper clippings, certificates and other documents.

Decorative Scissors – Scissors with a decorative pattern on the blade.

Die-Cut Designs – Paper designs cut from die-cut machines. Paper is placed on the die and pressure is applied either by rolling or pressing down on the handle.

Double-Mount – To place a photograph on two background papers.

### E

Embellishment – Any scrapbooking extra (stickers, die-cuts, punches, etc.) that enhance the pages.

Emboss – To create a raised surface by applying heat or pressure.

Encapsulation – A method of displaying three-dimensional memorabilia and protecting nearby items from acid contained in the memorabilia. Items are encased in stable plastics.

Eyelets- a type of grommet

## F

Faux – something that looks like it was embossed

Fine and Chisel Pens – this pen has a fine tip (0.5-mm) and a chisel tip (6.0-mm). The fine tip is good for lettering and it's extremely versatile.

Focal Point – The element of a design where lines converge. The eye is naturally drawn to the focal point in an image.

## G

Gel-Based Rollers – Pens with pigment ink.

Genealogy – The study of the descent of a person, family or group from an ancestor. Many people who wish to create a family tree by researching their family's genealogy.

General Pattern Paper – Paper with patterns (stripes, dots, plaids, etc.) that can be used for any occasion.

Gift Album – A compilation of photographs and mementos created with a person or event in mind.

## H

Handmade Paper – Paper made by hand that is often rough and uneven in texture. There are flowers and leaves in the paper sometimes, which can add to the natural look.

Handmade Scraps – Embellishments made from layered-looking die-cuts.

Heading – The caption or title that explains the theme of a layout.

## I

Idea Books – Books usually about one aspect of scrapbooking. Some are written for particular themes (weddings, babies, pets, etc.) while others are devoted to a particular product (stickers, die-cuts, templates, etc.).

Intensity – The strength of a color based on how true it is to the primary color.

## J

Journalizing – Any words you write in your book or on the scrapbook page, from titles and captions to long descriptions, poems or stories. Journalizing in your own handwriting will mean more to future generations.

Journalizing Templates – Templates with space left for writing.

Jute – natural cording

## L

Layout- The grouping of pages in your scrapbook that go together. Some layouts fit on one page, most fit on two and some are put on panoramic layouts.

Letter Templates – Templates in the shape of letters of the alphabet.

Light Refraction – Light bent through a prism that shows the colors of the visible light spectrum: red, orange, yellow, green, blue, Indigo and violet.

Lignin – A naturally occurring acid substance in wood that breaks down over time. Paper with lignin is not suitable for archival projects.

## M

Master Family Album – Holds photographs of everyone in the family and family documents, typically in chronological order.

Memorabilia – Certificates, documents and other items that tell a story. Memorabilia can include souvenirs from trips and mementos from special occasions or historical events.

Monochromatic Color Scheme – Employs different values of the same color.

Mount – To adhere a photograph, embellishment or other item to another piece of paper.

Muted Colors – subdued tints or shades of colors that tend to be more suitable for backgrounds.

## P

Page Protectors – Plastic sheets that display and protect pages.

Page Toppers – Hand-drawn illustrated phrases in bright colors meant to be used as titles at the top of pages.

Page Exchange – Participants are invited to create a page to share with other scrap bookers.

Often, a theme is given (Halloween, Christmas, etc.). Each participant brings enough copies of an original page to trade with the others.

Paint Pens – Pens with soft, brush-like tips. The pressure that is applied to the tip controls the amount of ink dispensed.

Paper Trimmers – Paper-cutting tools used by placing paper, lining it up on a grid and moving down a blade.

Pattern Paper – Paper with designs repeated on the entire page.

Perforated Punches – Shapes that the scrap booker can use as embellishments on a page by punching out on the perforations.

pH Level – Measurement that tells a scrap booker how acidic or basic something is. For scrap booking, you want to use products with a pH level of seven or above.

pH Testing Pen – A pen used to test the acidity of paper. The pen mark changes colors depending on the level of acid present.

Photo Activity Test (P.A.T.) – This test, created by the American National Standards Institute, determines if a product will damage photographs. If a product passes the P.A.T., it is safe to use with your photos.

Photo Corners – Paper with adhesive on the back used to adhere photographs to a page on the corners. Used to adhere photos in scrapbooks and photo albums without applying adhesive directly to the photograph.

Polypropylene, Polyethylene and Polyester – Stable plastics that are safe for photographs.

Post-Bound Albums – Albums that are held together with metal posts that run through the pages.  
Pre-Embossed Paper – Paper with a raised design. Some of it is thick, like cardstock, and some is vellum.

Product Swap – A scrap bookers’ swap meet where the host gathers up duplicates of products or tools that she/he doesn’t use anymore. The guests also bring their unwanted scrapbooking items to trade.

Punch – 1. A tool used to create small shapes. 2. The shapes created by the punches.

Puzzle Templates – Templates in puzzle shapes.

PVC (Polyvinyl Chlorides) – Because this substance is harmful to photographs, scrap bookers should avoid it and use products that are composed of polypropylene.

## R

Red-Eye Pen – Used to take red-eye out of flash photographs.

Reversible Adhesive – An adhesive that can be undone.

Rubber Stamp – A detailed, intricate design cut out of rubber and mounted on wood or foam.

Applying color to the rubber and imprinting on paper makes a design.

## S

Scroll and Brush Pens – Pens that have one tip for coloring and one for writing.

Shade – A color with black added to it.

Shape Cutters – Tools designed to cut shapes (ovals, circles, squares, etc.). The cutters can be adjusted to create different sizes of these shapes.

Single-Mount – To place a photo on one background paper

Specialty Paper Books – Books that contain information about different papers, both pattern paper and plain. Some may come with extras, such as templates.

Spiral-Bound Books – Albums that are secured with a metal or plastic spiral binding running up the side of the album.

Stationery – Paper with a decorative border that is blank on the inside.

Sticker – An adhesive decorative accent ranging in size from a few centimeters across to a full page.

Strap-Binding Albums – Albums secured with plastic traps that run through a holder directly on the pages and keep the book in place.

## T

Tape Roller – A device that distributes tape on the back of photographs and scrap booking pages.

Template – A stencil used to trace shapes onto scrapbook pages or photographs.

Theme – The overall emphasis of a page or scrapbook.

Theme Album – A scrapbook devoted to one idea. Some popular theme albums focus on birthdays, weddings and school days.

Time Capsule – A container holding historical records or objects that represent a culture and that is deposited for preservation.

Tint – A color that has had white mixed in.

Title Sheets – Pages with a variety of premade titles. They are often used as the starting point for a section in a scrap book.

## V

Vellum – A lightweight, translucent paper.

Velveteen – An archival paper with fabric-like, velvety texture.

Vivelle – An archival paper with fabric-like texture similar to a terry cloth towel.

## W

Wax (or grease) Pencils – Soft pencils designed for use on photographs.

Wide-Edge Scissors – Decorative-edge scissors that make a cut that is five times deeper than normal scissors.

Workshop – A class usually held at a scrapbooking store and taught by an expert. Participants bring photographs and pages to work on and get advice from the instructor.

## X

Xyron Machine – A machine that applies adhesive to pages and can also laminate.

Use this chart to organize your troops chosen activities to accomplish this program.

Activity	Materials Needed
Example #1	List of Emergency Numbers, Poster Board, Markers

## PROGRAM PACK EVALUATION

Troop \_\_\_\_\_ Service Unit \_\_\_\_\_ Age Level \_\_\_\_\_

Leader's Name \_\_\_\_\_

Address \_\_\_\_\_

Street City Zip \_\_\_\_\_

Phone (h) \_\_\_\_\_ (w) \_\_\_\_\_

Our troop of \_\_\_\_\_ girls worked on and completed the \_\_\_\_\_

\_\_\_\_\_ Patch Program.

Please complete the following evaluation with responses from the girls.

1. Why did you choose this program? \_\_\_\_\_

\_\_\_\_\_

2. How much time did you spend on it? \_\_\_\_\_

3. What outside resources did you use? (people, facilities, equipment, etc.) \_\_\_\_\_

\_\_\_\_\_

4. What part did you like best? \_\_\_\_\_

\_\_\_\_\_

5. What would you do differently another time? \_\_\_\_\_

\_\_\_\_\_

6. What are some things you learned to do for the first time or better? \_\_\_\_\_

\_\_\_\_\_

7. How did the adults feel about the program? \_\_\_\_\_

\_\_\_\_\_

Patches can be purchased at the council.

## Other Program Packs Available

PROG001	SAFE AND SOUND AT HOME ALONE	
PROG013	SIGN LANGUAGE	
PROG015	RIDE THE OREGON TRAIL	(THIS IS A COUNCIL OWN BADGE)
PROG016	VALUING DIFFERENCES	
PROG018	GOOD TURN PROJECT	
PROG029	ONE WARM COAT	
PROG035	LEWIS AND CLARK	
PROG036	HAND IN HAND	
PROG060	MILK: IT DOES A BODY GOOD	
PROG063	BROWNIE SMILES	
PROG064	INTERNATIONAL FRIENDSHIP: COUNTDOWN TO THINKING DAY	
PROG065	DIMES FOR DAISY	
PROG066	HEALTHY LIVING	
PROG067	BULLYING STOPS HERE	
PROG068	BREAST CANCER AWARENESS	
PROG075	TREASURED MEMORIES	
PROG086	CHICAS	
PROG140	IDAHO POTATO	(THIS IS A COUNCIL OWN BADGE)
PROG149	SEW EZ	

