



## Discovering key life lessons: Camp Mosey Wood teaches Girl Scouts important skills

By Amanda Sandlin [asandlin@tnonline.com](mailto:asandlin@tnonline.com)

---

A young girl sits on a wooden ledge that's stapled to the side of a tree. She forces herself to jump as her harness tightens and she swings through the forest's tree tops. She's an adventurer. She's a conqueror. She's a Girl Scout.

Throughout the summer, girls have been gathering at Camp Mosey Wood at Lake Harmony, Kidder Township, located on 425 acres of pure nature in the heart of the Pocono Mountains.

Robyn Goldman, chief operating officer of Girl Scouts of Eastern Pennsylvania, says that the weeks spent at Mosey Wood serve as more than just a cure for summer boredom. The camp focuses on engaging girls in leadership development and building them up through courage and self-resilience.

"The camp teaches kids so much," Goldman says. "All these experiences in the outdoors help to challenge the girls. They have to be responsible out here."

The girls have opportunities to engage in a variety of recreational activities such as swimming, hiking, art, kayaking, and even archery, all of which are girl-led.

Goldman says that through these adventures, girls discover key life lessons and how to be a leader as well as a listener.

"They get these skills without even realizing it," she says. "It just becomes an innate part of who they are. They learn how to take care of themselves and they build their self esteem."

One noticeable difference between a Girl Scout camp and a typical summer camp is the practice of the Girl Scout Promise and Law, which includes to be "honest and fair," and to "make the world a better place."



*Katie, of Downington, climbs a tree ladder toward the beginning of the high ropes course while her fellow Girl Scouts act as her safety net.*

"Girl Scouts are a different breed," says Goldman, whose own daughter is attending Mosey Wood this summer.

The camp is open to all girls ages 6 to 18, and they do not need to be a Girl Scout to attend. At the age of 15 girls qualify to work at the camps, and some, like Jodi Saul, even continue to follow their passion for Girl Scouts well into their adult lives.

Saul, Mosey Wood camp director, knew she wanted to dedicate her life to Girl Scouts even before she went to college and majored in recreational and parks management.

As a 10-year-old, she became an official Girl Scout and from there she moved on to the leadership program, which enabled her to become a counselor.

She says that her longing to work for the camps was due to her own experiences when she attended as a girl.

---



*“The Blob” is one of the Girl Scouts’ favorite summertime activities. While one girl sits on the end, another jumps onto the blob, rocketing the other girl into the air to land in the water.*

“The counselors were the coolest people on the face of the planet,” Saul says, recalling her days at camp. “They were energetic and full of unconditional love. That was a great feeling.”

Saul offers her girls “little pieces of encouragement” to be the best they can be and take the world head on. She says that camp offers the girls a chance to grow through personal achievements like completing the high ropes course or cooking for themselves over a campfire.

“They learn here that people believe in them and they should believe in themselves,” she says. “It shows them that they truly have power in the real world.”

A typical day at Mosey Wood consists of a 7 a.m. wake up call and flag ceremony, which Saul says teaches the girls to respect the country, a very important message.

After breakfast and chores, the girls engage in morning recreational activities until lunchtime.

Two hours of science-style learning is integrated into every week of camp. With these requirements, Saul says they gain a wealth of practical knowledge.

The evenings consist of more leisurely activities like campfires, with sing-alongs, s’mores and all.

Different camp weeks focus on special activities. “All About Art” allows girls to get crafty with

sculptures, origami objects, and abstract art. Another art-style camp is called “Art to Wear,” where the girls can design and tie-dye T-shirts as well as make their own jewelry.

Other weeks are available such as “Go Green,” which centers upon eco-friendly activities and “Baker’s Bunch,” for aspiring cooks, just to name a few.

Not to mention, the girls love it. Katie, Stephanie, and Kayla, a group of friends from Downingtown, all decided to attend the camp together for a bonding experience.

The girls, complete with helmets and harness equipment, take a moment to reflect on their time at camp in between their attempts at the high ropes course.

“It’s just a lot of fun,” says Katie. “You learn a lot of things that will help you in life.”

Stephanie, who has been attending Girl Scout camps for six years, says, “You learn a lot about everything outdoors and even normal every day things.”

“We get to seek new adventures here,” says Kayla. “You can challenge yourself and make new friends at the same time.”

Opportunities are still available for girls to sign up at [www.gsep.org](http://www.gsep.org) or call (866) 564 4657.



*The Girl Scouts, who are paired up with a ‘buddy’ that they have to stick with throughout their swim, play in the lake. Despite a chilly day, the girls don’t hesitate to jump right in.*