



## Mystic Seaport Museum: CT Mariner Girl Scout Troop 93052



Girl Scout Mariners provides teen Girl Scouts, grades 8 to 12, an opportunity to engage deeply in water-focused activities. As Mariners, girls develop skills in swimming, safety, and rescue; canoeing, kayaking, sailing, paddle boarding, or boating; and weather and navigation.

Mariners work together with their shipmates, build positive relationships, and band together on critical issues facing our waterways. While on the water, Mariners gain a unique perspective that encourages them to think critically about the world around them and consider how they can best address significant problems they are passionate about solving. Ultimately, Mariners will be taking the helm and sailing full speed ahead into actualizing their potential as leaders.

At Mystic Seaport Museum girls will explore on-water activities such as rowing, small boat sailing, boat safety, powerboat handling, and sailing on Schooner *Brilliant*. Our programs take place on the Mystic River and Long Island Sound, girls will also learn about the environment. During the winter months girls will learn about first aid, boat maintenance and woodworking. Girl lead projects can also include specific Girl Scout Badges, Journeys, Service Projects, and Awards.

### Meeting Dates: Zoom information sessions

**March 3 (6pm):** <https://zoom.us/j/99105577322?pwd=WUlxYk1MeG83ZDBkNjVtU0s0SjJmQT09>

Meeting ID: 991 0557 7322. Passcode: 256184

**March 23 (6pm):** <https://zoom.us/j/95320582502?pwd=eXV6MXZzZXpkbDgwbUhmZnNIYkY1dz09>

Meeting ID: 953 2058 2502. Passcode: 532200

### Troop co-leaders



Sarah Armour: Captain of Schooner *Brilliant* at Mystic Seaport Museum.

Sarah has spent the last decade working in youth sail training, traditional sail, and experiential education. Before coming to Mystic Seaport Museum, she worked on a number of other sail training vessels including *SSV Geronimo*, *Pride of Baltimore II*, Sloop *Clearwater*, and *Lady Maryland*. Sarah holds a 200 ton captains license and is a Wilderness First Responder. She has a degree in Earth Systems Science from [Cornell University](#), where she focused on applied ecology, sustainable agriculture, and environmental education.



Liz Sistare: Supervisor of Sailing Programs at Mystic Seaport Museum.

Liz has spent the past decade working at maritime museums leading experiential education programs both on and off the water. Before coming to Mystic Seaport Museum she sailed on *Onrust* out of the Connecticut River Museum and currently serves as relief captain. Liz holds a 50 ton captains license, and is American Red Cross waterfront lifeguard, first-aid, CPR, and AED certified. She also has U.S. Sailing's level 1 small boat instructor certification. She has a dual degree in History and English from [UConn](#) and her M.A. in American and New England Studies from the [University of Maine](#) where she focused on New England's maritime culture.