

Lynchburg Campbell County Girl Scout Service Unit Amherst/Appomattox

August 2020

Why Be a Girl Scout?

A shy timid girl I once was. Now a strong independent leader. To join Girl Scouts or continue on the desolate path I was heading towards? This one choice opened up doors for me as far as the eyes could see. I have embarked on unforgettable adventures that I could never ever imagined experiencing before. I've learned the meaning of sisterhood while traveling with my troop to the Nation's Capital, zip lining atop a North Carolina canopy and spending many days at our beloved Camp Sacajawea. Furthermore, I have conquered leadership skills while at the National Girl Scout Convention in Salt Lake City, Utah, in the completion of my Bronze, Silver and Gold Awards and while working as a Camp Program Assistant and Counselor in Training at summer camps. All in all, I am humbled by my achievements; however, I am determined to continue shattering glass ceilings. Lora Callahan, Troop 217 LCCSU, Brookville High School 2019 Valedictorian, rising sophomore Virginia Tech Environmental Planning.

Why Be a Girl Scout Leader?

Listening to and sharing thoughts with young developing women was a significant part of the Girl Scout middle school experience for me. I clearly remember discussions during those years of the offensiveness of explicit song lyrics or ways to show closeness and appreciation to adults while remaining respectful.

As a younger Girl Scout, my daughter admired and tried to emulate the Cadettes and Seniors who led programs for her Brownie and Junior troops. Becoming a Senior Girl Scout enabled her and fellow Girl Scouts to be those girls for others. By staying in Girl Scouting throughout her high school years, she was able to experience what could not be offered by our family or by school. The camaraderie she developed with a diverse group of girls foreshadowed her college friendships and has endured into adulthood.

While I expected my daughter to grow through Girl Scouting, I was unprepared for the growth I would experience through Girl Scout leadership. Something as simple as preparing a meal for 15 or as complex as listening while a Girl Scout shared concern for her future were opportunities I would not likely have had otherwise. In working with other women I admired, I could learn by watching their skills in action and developing those attributes in myself.

To this day, I smile whenever I dump bowtie pasta in a pot to boil as I remember the reaction of one of our Girl Scouts as she introduced me to this new unfamiliar shape. My heart leaps when I see one of our Girl Scouts coming down the aisle at the grocery

store or when she proudly shows me pictures of her young children. Girl Scouting leadership is part of who I am today and for that I am grateful.

In Girl Scouting friendship and affection,
Claire '91 – 2004 Troop 2015

Helen's Gold Award Project – "The Scout Cup Project"

I'm working to help women in need manage their periods in a safe, sustainable and shame free way. Half of the human race menstruates and many women don't have access to the resources they need to stay sanitary. Reproductive health is extremely important, but for some women buying tampons or pads means the difference between sanitation and putting food on the table. Donations of disposable pads and tampons are always in limited supply and can often only provide enough resources for one period. My project aims to provide women with access to menstrual cups and menstrual cup education. A menstrual cup is like a reusable tampon. It is a silicon cup that holds up to 12 hours of menstrual flow and can last for years of periods. They provide a more comfortable period and reduce waste in the environment as one cup is the same as almost 6 years of tampons. I need your help to fundraise through my GSVSC approved etsy shop. I'm selling buttons, small plushies, patches and more. You can reach me via my online market place <https://www.etsy.com/shop/SupportTheScoutCup>

Thank you: Helen Cohen shop Owner

Questions: thescoutcup@gmail.com

Our upcoming Girl Scout year will be one requiring a lot of flexibility... by August 1 we are usually ready to complete our SU Calendar of Opportunities for distribution by mid August. Even though we have been very successful this far with '20-'21 program planning for our girls via phone and zoom, local Girl Scout events/activities are not "set in stone." Venues have been willing to pencil us in but as most of you know many have not opened up their own facilities. We will need current guidelines from GSVSC on how to safely manage an event, and then our non Girl Scout partners who serve as facilitators are on a wait and see basis. It will be at least another month before the SU Calendar is ready, but we can at least share our proposed events. **It is going to take All our brain power and ingenuity to pull it off and keep it going.**

Leader Appreciation Dinner, Thursday, September 3, 5:45 – 7:00. Invitation to leaders and troop's product sales manager

Candy-Nut Product Sales Training, Thursday, September 3, immediately following LA supper.

Cadette Camporee, Outdoor Journey, weekend 9-26/27 at Sacajawea has been **rescheduled** to 3-27/28, 2021

Outdoor Ed Planning and Overnight Session at Sacajawea weekend October 2 – 4th

Robotics for our D-B-J, Saturday, October 10, at First Christian church

Sweet Treats (aka Sweet Shoppe) for our Cadettes, Saturday, October 17, at First Presbyterian Church

Junior Camporee, Amaze Journey weekend of October 24/25 at Camp Sacajawea

Girls' Tea (D-B-J) Saturday, November 7, at First Presbyterian Church

Silver Award Classroom Training, Sunday, 2 – 4, at First Christian Church

Sewing for Cadettes aka "Sew Glam," Saturday, November 21, at First Christian
Lynchburg Christmas Parade, Sunday afternoon, December 6
Super Service Day, Saturday, December 12, at First Presbyterian Church
New Leader Investiture, Thursday, January 7, at First Christian Church
Late Night Skate at FunQuest, Friday evening, January 8, 2021
GSVSC Annual Meeting, Saturday, January 30, 2021
Coding and robotics for Cadettes, Saturday, February 6, 2021
Sweetheart Dance, Friday, February 26, 2021
World Thinking Day, Saturday, March 6 at First Presbyterian Church
Skate Night at FunQuest, Tuesday, March 16, 2021
Cadette Camporee, March 26/27, 2021 at Sacajawea
Daisy Day at Camp Sacajawea, Saturday, April 17, 2021
Brownie Camporee at Camp Sacajawea, Saturday, April 24, 2021
Striving for the Gold Banquet, Saturday, May 1, 2021 at First Presbyterian Church
Bridging and Award Recognition, Saturday, May 16, 2021 at Timberlake United
Methodist Church
Leader appreciation Dinner, Thursday, June 3, at First Christian Church

Save the date SU Zoom meeting, Tuesday, August 11, from 7:00 – 7:45 led by Vivian Kidd, leader of recently graduated Troop 6. Her focus is to provide suggestions for 6 – 8 meetings this Fall. As we get closer to the date we will email information you will need to make this zoom connection. With a little adjustment you can make these program work for just about all levels.

For the Fall look into field trips (review GSVSC policies on carpooling) and consider transition to parks that have covered areas, maybe even venture out to Camp Sacajawea – Camp Sugar Hollow – Icimani. When using any of the GSVSC properties...

- Check out information online via GSVSC web site at www.gsvsc.org look for camps/program centers link – Girl Scouts of Virginia Skyline Council Camps/Program Centers Manuel #2164.
- You may call council headquarters at 1-540-777-5100 or 1-800-542-5905 to determine if the program center campsite is available on date/time you hope to use it. Then complete form #2150 on line "Camp/Program Center Reservation." they cannot pencil you in so don't wait to submit request form.
- Once reservation is confirmed by headquarters a confirmation letter will be emailed to you.
- After your adventure you need to complete form #2111 "Program Center Use Report"...submit on line.

Council Resources and Lending Library – Located at GSVSC headquarters in Roanoke (3663 Peters Creek Road, 24019). There is a Community Library that includes song books, lots of handbooks, badge work books, historical scout books and game books. May be checked out on site by using "Check Out Resources Box." Also, available numerous historical GS uniforms and cookie costumes to borrow. Contact info@gsvsc.org to borrow these items and check out the "Girl Scout suitcase."

Karen Camper, member of the Gold Award Committee, also serves as Lynchburg Campbell County SU **Gold Award Champion**. She can work directly with girls prior to submitting their proposals. She is a great asset, helping our girls with Gold Award proposals, budgeting and assisting in proof reading the proposal before it goes to the committee for review. Girls must have their proposal approved by the Gold Award Committee before they actually start on their project. Call/text/email: krcamper@msn.com or 434-221-5415.

First Aid Certification

- Council approved First Aid/CPR/AED class providers
 - American Red Cross
 - American Heart Association
 - National Safety Council
 - American Safety + Health Institute
 - Medic First Aid
 - SOLO (Stonehearth Opening Learning Opportunities)
- Caution: First Aid/CPR training that is available entirely **online does not satisfy Girl Scout's requirements**. Such courses do not offer enough opportunities to practice and receive feedback on your technique. Get approval from council prior to enrolling in a course with any online component.
- The presence of an **advanced first aider** (MD, EMT, etc.) is required at resident camps, day camps...For large events, with 200 people or more there should be additional first aiders, one advanced first aider for every 200 participants. The following healthcare providers may serve as advanced first aiders for large groups: physician, physician assistant, nurse practitioner, registered nurse, licensed practical nurse, paramedic, military medic and emergency medical technician.
- **American Red Cross Discount Code:** GSAUSAVA 200922
 - 20% discount
 - Expiration date: 9/16/22
- **Wilderness First Aider:** if you will not be able to get help within 30 minutes (arrival time/minimal cell service with you) you will need a WF Aider.

Health Histories: Along with your girls you should have a current/completed health history on everyone participating with the troop. This would include leader/co-leaders, drivers, chaperones, product sales manager, troop assistants (parent helpers), etc. All adults must complete and submit Form 4250, "Adult Volunteer Position," have a cleared background check (updated every three years), complete any required training and be registered with the troop. Please note that writing in "up to date" is not considered a completed health history form for your girls.

Program and Training Updates

1) Adult membership and background checks are required:

- When chaperoning or providing supervision of girls (other than their own) to fulfill the girl to adult ratio

- When providing direct service (program or training) to girls without the presence of troop leaders or approved GS volunteer chaperones
- When driving girls (other than their own) to and from all GS activities
- When handling/managing GS products (fall products/cookies)
- When attending a GS trip and/or overnight

2) Event Planning

- Program events require proper planning and proper budgeting.
- Event Director responsible for:
 - Creating the budget
 - Ensuring event committee members are well trained, know their role, expectations and budget limits
 - Communicating changes in plans, budget, guidelines and expectations to all committee members and helpers
- Budget to the minimum participants to cover all expenses to ensure events break even. Do not recommend allowing registration and payment at the door.
- Break - even events – net less than \$100

3) Additional money-earning fundraising efforts must have council pre-approval.

Submit: Additional Group Money-Earning Activities #2131 via info@gsvsc.org

4) - Each troop must have at least one or more co-leaders who are not related. All co-leaders are required to complete training, complete adult membership application to be a member of that troop, and have a cleared back ground check. All of this is done on line.

- Men may serve as troop leader when a non-related adult female is present.

Check out local venues to assist you with your own yearly planning/check web sites to determine operating status.

- **Green Adventure Project** offers innovative and curriculum rich programming in the Blue Ridge Mountains, based in Charlottesville. The 35 acre site includes a Nature Environment Science and Technology Education Center (VEST) and an area for troop camping with cabins and tents. They can customize an itinerary for your troop including a Journey. infor@greenadventureproject.org
- We encourage all troops to use GSVSC properties... **Icimani, Camp Sacajawea or Camp Sugar Hollow** from tent camping to cabin camping or just go for a couple of hours. There is a lot to do at all three camps. For any camping adventure you really need to plan/reserve way in advance. If you need help with planning, let us know. For Camp Sacajawea check out "Camping and Things to Do at Camp Sacajawea" on the LCCGSSU web page www.lburgccgirlsouts.weebly.com

Archery equipment usage is available at our 3 program centers (Sugar Hollow, Camp Sacajawea and Icimani) to certified archery instructors who provide archery activities to Girl Scout groups/troops on site at these program sites. A copy of current **Level 1 or Level 2 certification** is to be on file with council at time of reservation. Approved application for **archery equipment** (form #1076) is required 3 weeks prior to the archery activity. Equipment approval does not reserve the camp or archery range. Please reserve camp/range (form #2150) before reserving equipment to ensure space

is available. Must have a valid Level 1 or Level 2 certified archery instructor with you at all times while on the range. Their USA Archery Certification is valid for 3 years.

Girl Scout Programming Available with

- **Amazement Square** – Badges for D-B-J-C and It's Your Planet-Love It" Junior Journey 434-845-1888 or email at visitus@amazementsquare.org
Location: 27 9th Street, Lynchburg, Va. 24504
- **Camp Kum-Ba-Yah at Cosby Woods** – Badges for D-B 434-384-1755 or email at cosbywoods_programs@gmail.com Location: 4415 Boonsboro road, Lynchburg, Va. 24503
- **Claytor Nature Center** – Badges for D-B-J-C-S email at racke_d@lynchburg.edu Location **1844 Woods Road, Bedford, Va.**
- **The Nature Foundation at Wintergreen** Badges for D-B-J-C-S 434-325-8169 or email at youth@twnf.org Location: 3421 wintergreen Drive, Roseland, Va. 22967
- **Lynchburg Parks & Red** Badges for B-J-C-S-A 434-455-5828 contact them at NatureOutdoors@lynchburgva.gov

More details regarding these five sites can be found on LCCGSSU web site:

www.lynchburgccgirlscouts.weebly.com "Badge in a Day"

- **Triple C Camp** – provides Journey, Badges and Adventures. They are happy to customize an event or program...backpacking, camping, canoeing, climbing, geocaching, hiking...service projects and more. Triple C Year-round programs can even travel to you. Located at 920 Camp Road, Charlottesville, Va. 22902 434-293-2529 <https://yearround.tripleccamp.com/programs-2/opportunities-for-girl-scouts>
- **Still Meadows Enrichment Center and Camp** in Linville, Va (just north of Harrisonburg) Camp created as a special needs facility in a country setting providing year-round therapeutic activities. 1-540-833-2072 info@campstillmeadows.org
- **Yoder's Farm and Corn Maze**, 1134 Browns Mill Road, Rustburg, Va. Special group rates – farm visit free. yodersfarm@gmail.com 1-434-401-4016 hello@yodersfarm.com to join their field trip email list.
- **White Fall Farm**, featuring the amazing **hay castle**, 6135 Riceville Road in Gretna, Va. www.whitefallfarm.com 434-942-6272 or email ajnuckols@gmail.com
- **Corn Maze:** The Layman Family Farm in Blue Ridge, Virginia, 1815 Mt. View Church Road, has a 10 acre corn maze that is great fun! The maze is laid down early in the season before the corn begins to sprout, to insure that the paths are foot friendly and not studded with stubble. Other activities include a hay wagon ride, a gigantic corn box, smaller maze, special tunnel slide, gigantic jumping pillow, farm animals and cannon. Food is available to purchase (if you bring picnic you must eat outside the maze ie. parking lot). Corn maze is open mid September – mid November Saturdays and Sundays. info@laymanfamilyfarms.com

- **Edith Bolling Wilson Museum** has some interesting on site, as well as packets you can download... On site page program range around \$10 per girl... Junior Jewelry, Cadette Entrepreneur, etc. Museum located in Wytheville, Virginia
<https://www.Edithbollingwilson.com>
- **Bedford Area Family YMCA's Aerial Adventure Park** - There are 6 platforms each with different tasks, also features built in line ropes course and in the woods below the AA park there are 11 team building elements. "Each element will pose a problem to the group and they work together to solve the problem." Place is very unique and creative in a wonderful outdoor setting. 111 Turnpike Road, Bedford, Va. 24523
Call 540-586-3483 or bedfordymca.org
- Also outdoor Ropes Course
 - Low Ropes: has 12 different challenges
 - High Ropes: 5 challenges from 45 feet climbing wall to giant swing
 - Indoor Challenge Ropes Course with 7 indoor elements
- **Low Ropes Course** at the University of Lynchburg (formerly Lynchburg College) and other outdoor adventures you might check into: contact 434-544-8224 or www.lynchburg.edu/student-life/outdoor-leadership-program Check with GSVSC regarding vendor approval.
- **Challenge Course/Zip Line offered at Kum-Ba-Yah** at Cosby Woods
4415 Boonsboro Road, Lynchburg 434-384-1755
 1. Papa and Mama zips: ages 8 and up
 2. Mini zip: ages 8 and below
 3. Leap for life: ages 8 and up
 4. Rock climbing: ages 8 and up
 5. Tire Traverse: any age
 6. Nitro Swing: any age
 7. Low ropes/ground games: any age...includes alligator boards, minefield games, etc.

Use your Safety Activity checkpoints from GSVSC Volunteer Essentials to prepare for challenge courses...basic gear such as long pants, sturdy shoes, etc. Double check with GSVSC that your challenge courses have been vetted by them.

- **National Park Service – “Become a Girl Scout Ranger.”** Girl Scouts can earn a patch by spending 5 or more hours in a National Park. For more information go to: www.nps.gov/subjects/youthprograms
www.nps.gov/subjects/youthprograms/girlscoutranger.htm

For **leaders** planning any overnight trip for your troop you are now required to take **GS 201**, about a 45 minute on line video. This would include any camping trip, sleepover. . .

whatever the overnight might involve. Please make sure you complete this training before you submit your Activity and/or Permission Application for a Troop/Group Form #2129 to GSVSC.

Activity/Trip Permission/Parent Permission: Activity/Trip Permission Form #2129 must be submitted to council for any activity or trip which involves the following:

- 1) Day or overnight trips that include non-registered individuals, includes tag-a-longs
- 2) Day or overnight trips outside of the council
- 3) Any trip of 2 nights/3 days or more
- 4) Trips outside of the continental United States
- 5) Camping activities, including backyard camping, outdoor cooking, campfires, and cabin camping
- 6) Programs that include human sexuality and related health issues
- 7) Activities that present a greater risk than usual to participate
 - always bring with you:
 - . First Aid kit
 - . Parent Permission forms 2133 or 2134

Forms/documents:

- <https://www.gsvsc.org/en/for-volunteers/forms---documents.htm>

Volunteer Resources Tab for trainers, delegates, troop leaders, service units, info/suggestions on first 6 troop meetings (D,B,J)

<https://www.gsvsc.org/en/for-volunteers/volunteer-resources.htm>

**When we model behaviors
like kindness, patience and
calmness, we can change
the world. Keep the faith.
Be a good role model.**

**Life is not being rich,
being popular, being
highly educated or being perfect.
It is about being real,
being humble and being kind.**

Lynchburg Campbell County Girl Scout Service Unit 4925 Boonsboro Road, PMB 189
Lynchburg, Virginia 24503

Questions: LynchburgCampbellCoGirlScouts@gmail.com
www.lburgccgirlscouts.weebly.com
www/facebook.com/LCCGSSU

Enclosures: 1. How to earn Outdoor Skills Patch (Girl Scouts Northern Illinois)
2. 19th Amendment Program

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3. Good Shopping Habits by Helen Cohen



How to earn the Outdoor Skills Patch and Charms:

In order to earn the outdoor skills patch and charms, girls must complete the "basic 8" camping skills.

Charms and patches are coming soon to any resource center.
Patches are \$2.00 each Charms are \$1.25 each

1. **Practice good Outdoor Manners:** Learn how to have the minimum amount of impact on your environment when in the outdoors.
 - a. Describe your environment. What does it include? What do you see, hear, smell?
 - b. Discuss with your troop, what good outdoor manners mean.
 - i. Leaving your litter behind is not considerate to other visitors and it is hazardous to animals. Examples of hazards are chewing gum gets stuck in fur, cans and bottles can cut the animals. Can you think of other hazards?
 - ii. The outdoors is home to many of our animal friends. We may watch them but we should not disturb them or destroy their homes. Find out why human food isn't healthy for wild animals. What are the effects of trash carried by the wind? How does this impact animals and the environment?
 - iii. Include an area clean-up time at the end of your activity.
 - iv. Learn the 7 principles of leave no trace Ideas: singing a song, skit, or cheer.



***A Girl Scout always leaves a place better than she found it! ***

Understand and practice this concept at every meeting. It is a girl scout tradition. It is not just practiced in Girl Scouts but in all we do.

2. **Proper Clothing:** With your troop, decide on the proper clothing for various outings.

- a. How do you dress for different situations: a day at the beach, a rainy hike, a windy bike ride, a summer picnic, etc. How about planning clothing for an overnight? How would the clothes be different for different places you might spend the night?
- b. Discuss sunscreen, proper shoes, sleeve length and hats. Why are these items important? Be sure you know the appropriate attire for different activities- closed toe shoes, longer shorts or pants, etc. and the reasons we wear these. Understanding the safety reasons will help you remember the rules.
- c. Make a packing list of clothes you would wear list for your next event, outing, field trip or overnight.



3. **Knots:** Have a basic understanding of knots and their uses. Why are they important?

- a. An overhand knot is a stop knot. Find out how it is used. Have you ever used one? (Hint: if you've tied your shoes, you have!)
- b. A square knot is used to join 2 ropes of the same thickness. Practice tying and releasing the knot until you can do it fast
- c. Learn how to hank your ropes after use to keep them untangled.
- d. Put your knot knowledge to use hang a dunk line, latch two pieces of wood together, or make a paracord bracelet.

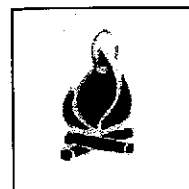


4. **Pocketknives:** Understand how to keep safe when using a knife or other sharp object. Knives are weapons and can be dangerous.

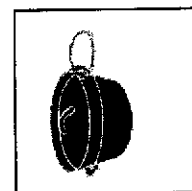
- a. An "Arc of Safety" or "Safety Circle" is keeping an arm's length away from anyone or anything. Measure this arc before having a knife in hand. Keep safety in mind when using a cutting tool of any kind. Have a knowledgeable adult demonstrate this, then try it yourself.
- b. It is always important to follow the safety rules when using paring knives in cooking and food preparation. They are small knives but are still dangerous.
 - i. Cut away from your body and always use a cutting board. For younger girls or first timers, practice cutting softer foods like mushrooms or strawberries. This may seem simple, but it's important to build your confidence with a knife for more difficult tasks later.
 - ii. Practice using your pocketknife by carving soap. This will help build your confidence and safety awareness.
- c. *Daisies and Brownies: you may not be strong enough to open a pocketknife, but you should learn to handle it correctly. Making a paper knife can be a good way for to practice pocket knife safety without accidents. Ask an adult for assistance if necessary.
- d. Try to cut or create something with adult supervision
 - i. Daisies –try to cut fruit for a salad.
 - ii. Brownies – carve soap with a plastic knife
 - iii. Juniors or above – carve soap or whittle



5. **Camp Fire:** Know basic fire safety rules. This will assist greatly later when you are actually building fires and cooking. Fire safety should be second nature to all Girl Scouts.
- a. When choosing and preparing fire building sites, keep these points in mind
 - i. Check for fire permit requirements (leaders should do this.)
 - ii. Since fire burns upwards, check that there are no low or overhanging branches
 - iii. Only build fires in designated areas or pre-existing fire rings, fireplaces, elevated charcoal stoves, etc.
 - iv. Rake out 15 feet from the fire area, in all directions, down to the mineral level. That means no leaves, dry grass, twigs, pine needles, etc.
—just dirt and/or sand
 - v. Before starting your fire, place a metal bucket of water and a shovel near the fire circle
 - vi. Hair should be tied/pulled back with a bandana. This also keeps hair out of food when girls are preparing and cooking.
 - vii. Never wear nylon while near a fire of any kind. Tuck in all lanyards, name tags, hoodie cords, etc.
 - viii. Horseplay or running should never happen near a fire.
 - ix. Name 3 ways to help make a fire in the rain.
 - x. Name 3 different types of fire starters and make one.
 - b. Know the 3 parts of a fire and what their position in the fire is.
 - i. Tinder: the “fluffy stuff” Tinder is what will catch fire and burn quickly. Usually it consists of dry grass or leaves.
 - ii. Kindling: small sticks. Kindling is what the tinder lights. When your kindling catches fire, your fire is burning.
 - iii. Fuel: Fuel is larger wood and logs. These will burn a long time and will be where the bulk of the heat from your fire comes from.
 - c. Make a fire as a group or a team.



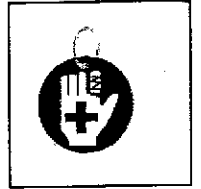
6. **Cooking:** Learn and establish good habits regarding handwashing and meal preparation.
- a. The importance of handwashing. To avoid illness, it is important to wash your hands before preparing food, before eating, and after using the restroom.
 - b. Why should fruits and vegetables be washed before eating?
 - c. Discuss food allergies. Why is it important to know if someone cannot have a certain type of food? Does anyone in your troop or family have an allergy. How might this affect your planning of meetings, outings, and trips?
 - d. Learn how a bandana can be helpful in food preparation. (tying back hair, use as a napkin, etc.)
 - e. Make a no-cook meal
 - i. Make individual sandwiches or one great big long one and cut it into individual serving pieces
 - ii. Make friendship salad, where each girl brings a fruit to be cut up and added.
 - iii. Make pudding cones made with instant pudding in a plastic bag for a no-mess desert
 - iv. Try arm pit fudge.



f. Cook a meal using a new cooking method you may have learned.

7. **Staying Safe:** Learn the importance of preventing accidents and what should be included in a basic first aid kit

- a. With your troop or family, talk about safety and why we have rules. "Walking in camp" is a good safety rule because running can lead to falls and scraped knees. (It is important to keep all rules in the positive so girls are aware of the behavior you are looking for. Ex: "Watch wildlife from a distance." vs. "Don't touch wild animals!" The former is proactive; the latter is reactive)
- b. Learn what the buddy system is and how it keeps girl scouts safe.
- c. Soap and water washing will take care of most minor cuts and skinned knees. Even bee stings can feel better once they've been cleaned with soap and water.
- d. Start assembling a small basic first aid kit for each person's backpack. Everyone will feel better knowing they have the tools they need to fix their own scrapes.
- e. This is a great time to have a certified trained first-aider or medical professional talk to your troop about safety.
- f. Have the girls make 3 rules for their next outing, field trip, or event.



8. **Compass:** Understand the uses of a compass and why one is important to backpackers and hikers. Even daisies can learn the basic cardinal directions. Know what to do when they are lost.

- a. Discuss the 4 cardinal directions. What are different ways to find North. Why is "finding north" important when you're lost?
- b. Discuss what to do if you are separated from the group and lost. Discuss what to do if they realize their friend is separated from the group. With your troop or family, role play what to do if you're lost. This can help everyone understand the reasons behind the rules.
- c. Look at a 3 different maps: discuss the purpose of the map, what are the components (scale, legend, grid... etc). Which way is north on the map? Discuss how the maps are the same and different.
- d. Draw a map: include the main components: title, legend or key, pick a purpose, scale etc.





19th Amendment Program

(patch ordering details at the end of this document)

· Understand these definitions:

US Constitution: the basic written set of principles and precedents of the federal government in the US, which came into operation in 1789 and has since been modified by twenty-seven amendments.

19th Amendment: Passed by Congress June 4, 1919, and ratified on **August 18, 1920**, the 19th amendment **granted women the right to vote**. The 19th amendment guarantees all American women the right to vote. Achieving this milestone required a lengthy and difficult struggle; victory took decades of agitation and protest.

Suffrage: the right to vote in political elections.

Suffragette: was a member of an activist women's organizations in the early 20th century who, under the banner "Votes for Women", fought for the right to vote in public elections, known as women's suffrage.

Ratify: sign or give formal consent to (a treaty, contract, or agreement), making it officially valid.

Electorate: all the people in a country or area who are entitled to vote in an election.

November 2, 1920: The first day in history women were able to vote in the United States.

Voting Rights Act of 1965: The Voting Rights Act of 1965 made discriminatory voting practices illegal. It is considered to be one of the most far-reaching pieces of Civil Rights legislation.

· Read together about the 19th Amendment:

The 19th amendment guarantees all American women the right to vote. Achieving this milestone required a lengthy and difficult struggle; victory took decades of agitation and protest. Beginning in the mid-19th century, several generations of woman suffrage supporters lectured, wrote,

marched, lobbied, and practiced civil disobedience to achieve what many Americans considered a radical change of the Constitution. Few early supporters lived to see the final victory in 1920.

Beginning in the 1800s, women organized, petitioned, and picketed to win the right to vote, but it took them decades to accomplish their purpose. Between 1878, when the amendment was first introduced in Congress, and **August 18, 1920, when it was ratified**, champions of voting rights for women worked tirelessly, but strategies for achieving their goal varied. Some pursued a strategy of passing suffrage acts in each state—nine western states adopted woman suffrage legislation by 1912. Others challenged male-only voting laws in the courts. Militant suffragists used tactics such as parades, silent vigils, and hunger strikes. Often supporters met fierce resistance. Opponents heckled, jailed, and sometimes physically abused them.

By 1916, almost all of the major suffrage organizations were united behind the goal of a constitutional amendment. When New York adopted woman suffrage in 1917 and **President Wilson changed his position to support an amendment** in 1918, the political balance began to shift.

On May 21, 1919, the House of Representatives passed the amendment, and 2 weeks later, the Senate followed. When **Tennessee** became the 36th state to ratify the amendment on August 18, 1920, the amendment passed its final hurdle of obtaining the agreement of **three-fourths of the states**. Secretary of State Bainbridge Colby certified the ratification on August 26, 1920, changing the face of the American electorate forever.

· **Learn more about the history leading up to the 19th amendment:**

During America's early history, women were denied some of the basic rights enjoyed by male citizens. For example, married women couldn't own property and had no legal claim to any money they might earn, and no female had the right to vote. Women were expected to focus on housework and motherhood, not politics.

Watch 3 or more videos on this topic:

[The historic women's suffrage march on Washington](#)

[Sound Smart: Women's Suffrage | History](#)

[Women's Suffrage](#)

· **Honoring Black Suffragists:**

Learn more about the "double bind of racism and sexism" that black women faced.

"When we look back at the 19th Amendment, even though it passed on paper, African American women were not allowed to exercise that freely," she says.

In much of the country, hurdles like poll taxes and literacy tests kept black voters disenfranchised until the passage of the **1965 Voting Rights Act**, which outlawed discriminatory voting practices.

Videos:

Black Women Had to Fight for the Right to Vote on Two Fronts

Between Two Worlds: Black Women and the Fight for Voting Rights

· **Sharing: How would you feel?**

Imagine living as a woman before the year 1920. Pick 5 words that would describe how you would FEEL not having the right to vote and having fewer rights than men. Talk about those feelings and words.

· **Pick 2 of 3 of these crafts:**

1. Bring yourself back in time, before 1920, and before women gained the right to vote. You are planning to march for women's right to vote. Make a poster. What will it say?
2. We are back in 2020. How will you **let people know** now that in 2020 we are celebrating the 100-year anniversary of the 19th amendment and what that means? Make a flyer you can copy and share with 10 friends.
3. Make a suffragette costume including a vote for women sash.

· **Watch then discuss a movie about the 19th amendment:** (some examples below)

Suffragette (PG-13): <https://www.imdb.com/title/tt3077214/>

Iron Jawed Angels (TV-14): <https://www.imdb.com/title/tt0338139/>

Mary Poppins (G): <https://www.imdb.com/title/tt0058331/>

Selma (PG-13): <https://www.imdb.com/title/tt1020072/>

The vote: [The Vote](#)

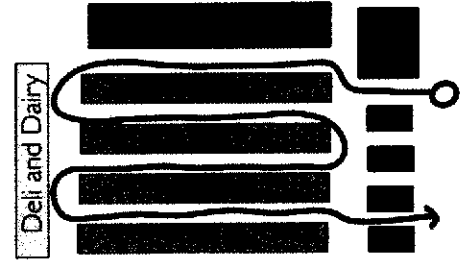
Patch:


These beauties are embroidered with an iron-on backing. \$5 each and price includes shipping. 2.5" diameter. PayPal details here: paypal.me/JenWall68 Orders will be shipped in order of payment received. PayPal instructions: Be SURE to write your NAME, ADDRESS, and PATCH description (IE: 19thAmendment) in the comment bar. Patches will ship in approx. 3 weeks.

Good Shopping Habits (For you and the Planet)

Your Shopping Road Map!

Stick to the edge of the store. That is where the fresh produce is kept. This can help you incorporate more vitamins into your diet and keep you away from the more processed unhealthy food, which is usually shelved in the center of stores. It also reduces your time in the store and prevents impulse buys.

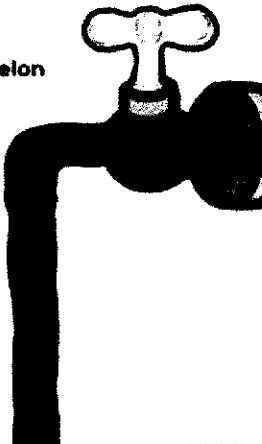




The Dirty 12

1. Strawberries	7. Peaches
2. Spinach	8. Cherries
3. Kale	9. Pears
4. Nectarines	10. Tomatoes
5. Apples	11. Celery
6. Grapes	12. Potatoes

1. Avocado	9. Cauliflower
2. Sweet Corn	10. Honeydew Melon
3. Pineapple	11. Broccoli
4. Onion	12. Mushrooms
5. Papaya	13. Cabbage
6. Sweet Peas (Frozen)	14. Cantaloupe
7. Eggplant	14. Kiwi
8. Asparagus	



The Clean 15

Remember the Dirty dozen, and the Clean 15.

Every year the Environmental Workers Group puts out a list of the vegetables and fruits with the most and least pesticides. The Dirty Dozen and the Clean 15. The printable shopping guide is available on the EWG's website, you can print and cut my guide which is to the right. Try to avoid purchasing the Dirty Dozen. The pesticides they are coated with can be harmful to you, and are have harmful ecological effects to pollinators and other wildlife. There are plenty of delicious foods on the Clean 15. If you do purchase something from the Dirty Dozen, make sure you wash your produce.



Try going packageless.

- Always remember your reusable bags! One reusable bag can be the same as 22,000 plastic ones.
- Try to avoid heavily packaged foods. The excess packaging piles up in landfills, and the food inside them usually isn't as nutritious.
- Try shopping in the bulk items. You can bring jars and bags, and purchase loose items from bins, such as rice, grains and nuts, and fresh produce.

Consider trying different diets!

While I'm not asking you to become a vegan, it's good for the planet to reduce your meat and dairy intake.

Modern day animal farming is very inhumane for the animals, with cramped space and little light. The dairy industry is also quite hard on cows, with constant impregnation and milking.

These industries also require lots of water, land, and resources. Meat and dairy account for 15% of all greenhouse gasses.

If you can reduce how much of these foods you eat you can help the environment.

Try having a Meatless or Milk-Free Monday! Or a Vegetarian Weekend.

Even small decreases in meat and dairy can help the environment.

