

girl scouts 
of virginia skyline

Lynchburg/Campbell County
Girl Scout Service Unit

Amherst/Appomattox

August 2023 Update





Please let us introduce you to Glo, a very distinguished Lynchburg artist known for her mural creations, entrepreneur, fantastic Fox Hill Road neighbor and friend, naturalist, registered Girl Scout volunteer and one of Camp Sac's major trail workers. Glo has made a tremendous impact on helping us move forward toward cleaning up and reopening the tornado damaged James River Trail (JRT). She created two connectors from the Sweetheart Tree Trail to the JRT so that we had easier access and ability to work on the JRT in sections. The trail is 90% opened all the way. Two — three more big trees to chain saw through. Many thanks to another GS volunteer, her husband Kevin, who has been her right hand person in trail work along with splitting fire wood and helping us create the new parking area at Tanglewood. P.S. Can't forget to mention Zoey and Lily, their trail dogs, and hand painted "Ricky" on the kiosk as you come down the camp road hill created by Glo.

We have really enjoyed Sac's Pollinator Garden located in the fenced in area just across from Little Sac's Orchard. This was created by Troop 1315 in early 2020 as part of their Bronze Award Project (Madison, Abigail, Colleen, Caitlyn and Cheyenne). This gorgeous garden has offered us an oasis of beauty this year and what a welcoming site just as you enter the circle drive at Gay Lodge. A lot of thought went into this garden...super easy to maintain. There is a bench close by where you can sit, relax and enjoy.



We have an amazing group of volunteers...girls as well as adults who joyfully take care of our very beloved Camp Sacajawea. They are all amazing and greatly appreciated! Every little bit counts from picking up sticks to housekeeping to the highest award projects designed for Sac. The "ground keepers" are deep into their third year of mowing, trimming, bush work, trail maintenance and more. It takes an enormous effort with attention to literally hundreds of details to make it all come together. We are forever grateful for our community where so many are ready and willing to help.



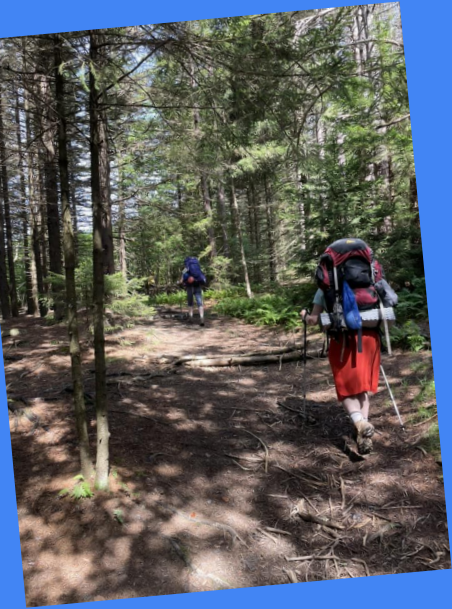
What a memorable time the Skyline group had in Orlando Florida attending the National Convention and Disney World week of July 19. And this special trip to Disney World by Ashley and Colleen (top cookie sellers) was the culmination of their achievements during the past year's cookie season. Ashley (Troop 234) and Colleen (Troop 1315) are also representatives of our local SU's...Lynchburg and Amherst.



GSVSC Adventurers is an action-oriented group of older Girl Scouts who are seeking exciting activities to challenge their capabilities, broaden their horizons and increase their self-confidence. It is for girls ages 11 -17 and in grades 6 - 12. Members often participate in rock climbing, caving, paddling, backpacking, travel, hiking and other similar high adventure activities. Check out the Adventurers: Facebook private group/Instagram page, Instagram: [adventurersgsvsc](#) ("About" — Adventurers).

To become a Skyline Adventurer contact adventurers1912@gmail.com.

Adventure girl application form #2443. Adult application form #2442.



We had several members from our SU participate in the recent "Camp Adventures" held in Pembroke...outdoor cooking, tent and hammock camping, kayaking, hiking and lots of opportunities and to meet new friends... "so much fun," "can't wait to do more exciting adventures," "looking forward to next year."



August is a great time to meet with your own "team" to start planning your '23-'24 scouting year and sharing the opportunities on the following pages with the girls.

- Service Unit Meeting/Kick off, Sunday afternoon, August 27, 2 — 4:00 pm at Camp Sacajawea. Please invite your daughters, the Dot will be available, ice cream social planned afterwards. RSVP to Rebecca (Becka6778@aol.com) so we can plan accordingly.
- Outdoor Ed Training, weekend of September 30/October 1 at Camp Sacajawea, taught by our volunteer team including Donna, Gail, Rebecca and Amy. Register online with GSVSC. Check calendar often.
- *Engineering* Journey in a Day for our Cadette/Senior Girl Scouts, Saturday, October 7, sponsored by LSU and planned by Amy and Rebecca. Flyer available.
- "Girls and Ghouls" at Camp Sugar Hollow weekend of October 21/22 for our D,B,J Girl Scouts. Sponsored by GSVSC and planned by GSVSC program team. Register with GSVSC.

- *Think Like an Engineer* Journey in a Day for our Junior Girl Scouts, Saturday, October 21, at Camp Sacajawea. Sponsored by LSU, planned by Rebecca in partnership with Amy and BWXT Women in Manufacturing. Flyer available.
- Open Dialogue Meetings. There are four to choose from. Great and extremely important time to meet with the governance of GSVSC to share your concerns and offer input. Theme created by the MVC (Membership Voice Committee) "It's Your Voice, Use it. It Matters." Please make plans to attend one of the four sessions...parents/troop leaders are all welcomed. Register with GSVSC
 - Saturday, October 21 in person, Charlottesville 10 — noon.
Location TBA
 - Saturday, October 28, virtual 6:00 — 8:00 pm
 - Saturday, November 4, in person in Lynchburg...needing to rethink this date — will let you know soon
 - Thursday, November 9, 6:00pm — 8:00pm virtual

- *Girls and Ghouls* at Camp Sacajawea weekend of October 28/29 for our C/S/A Girl Scouts. Sponsored by GSVSC, planned by GSVSC Program Team. Registration forthcoming soon.
- *Cookie College*, Saturday, November 4th at Sweet Briar. Planned and created by GSVSC program team. Register online with GSVSC.
- *Super Service Day*, December 9, at First Presbyterian Church, VES Road. Planned by Marion and Rebecca. Flyer forthcoming. Will be available at August 27 Service Unit Meeting.
- GSVSC Annual Meeting, Saturday, January 20, 2024. Location TBA

We will be participating in the "Festival of Trees" hosted by the Alan B. Pearson Regional Cancer Festival of Trees, a group service project we have enjoyed doing together for the last nine years. Our *Girl Scout Tree of Hope* will go on display mid-November to mid-December. We invite our girls to provide handmade *SWAPS* to decorate the tree. Our tree will be auctioned with all proceeds going to the Cancer Care Fund, helping those clients in need of transportation, wigs, etc. Rebecca will need your SWAPs by second week in November.

Contact Rebecca (Becka6778@aol.com) for drop off/pick up.

The Daily Bread has a wonderful opportunity for our Senior/Ambassador Girl Scouts (volunteers must be 16). The Daily Bread serves about 600 meals a day in the Lynchburg area. This would be a great time to discuss this need with your girls and make arrangements for the upcoming year. Their focus is the 9:30 am — 12:30 pm shift. Contact the Executive Director, Tracey Dixon, at volunteer@lynchburgdailybread.com



Lynchburg Daily Bread

Girl Scouts are invited to tour (about 90 minutes) the two local water treatment facilities:

1. College Hill Treatment Plant on Taylor Street
2. Water Resource Recovery Facility (formerly known as the Waste Water Treatment Plant) to learn about our water infrastructure, history of water in Lynchburg, water quality and water chemistry. They can accommodate up to 20 at a time. To schedule a time to visit, reach out to Lilly Meighan at 434-455-4251 or Lillian.meighan@lynchburgva.gov

Elena Black, DDS, PhD, Appalachian Orthodontics of Lynchburg has created a most informative program on dental health. This 90-minute program takes place at her office on Old Forest Road, Lynchburg. Perfect for D-B-J but can be adapted for our older girls. The program includes many interesting facts about teeth/jaw, dental care/health, what to expect during a dental visit, and much more! Dr. Black provides a special snack, unique participation patch and take home goodies. Reservations are made directly with Dr. Black at dr.elenablack@gmail.com.

Suggested time 10:00 — 11:30 am on Saturdays.

Parks and Rec: "Nature Zone" Miller Center, 301 Grove Street, Lynchburg - offered all year round. Look and observe — participate in activities on display — go through all the super cool discovery drawers — check out the animals - knowledgeable trained staff members are always available. Questions: NatureOutdoors@lynchburgva.gov. (434-4555828). Girl Scout Badges/Programs: Brownie — Letterboxing and Bugs. Junior: Animal Habitats — Eco Camper — Flowers. Cadette: Trees — Night Owl — Animal Helpers — Archery. Senior: Adventure Camper — Sky — Eco-Explorer. Ambassador: Eco-Advocate

Amazement Square provides programs for GS Badges. Innovation — Artist — Space/Badge services such as Robotics and Coding/Journeys (*It's Your Planet-Love It* Brownie). Get more info at 434-845-1888 about a Girl Scout experience. visitus@amazementsquare.com

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 434-2932529
<https://yearround.triplecamp.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.
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
434-401-4016 hello@yodersfarm.com to join their field trip email list.

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@laymanfamilyfarm.com

White Fall Farm, featuring the amazing hay castle, 6135
Riceville Road in Gretna, Va. www.whitefallfarm.com
434-942-6272 or email ajnuckles@gmail.com

Butterfly Field Farm Sanctuary, owned by Tara and Ted
Kamprath, 1327 Ryan Estates, Bedford. Farm is a sanctuary for
rescued animals, a great place to visit and take your
troop...chickens, ducks, sheep, goats, pigs, cows, donkeys, two
blind Angus steers and more. Farm animals have a full and
happy life at the butterfly Field Farm. info@butterflyfarm.org
or 727-534-4047/813-389-1263 <https://butterflyfarm.org>



THE
NATURE FOUNDATION
 NURTURING LOVE FOR THE LAND at Wintergreen

**NEW! Girl Scout Badge Day
 At Wintergreen**

Who: Daisies, Brownies, Juniors, Cadettes, Seniors
 Call (434) 325-8169 or email youth@tnwf.org to schedule.

Time: Call or email to schedule. Programs are 2 hours long.

Cost: Troop leaders should purchase badges.
 No cost for Troop Co-Leaders or Adult Assistant.
 NOTE: All adults must be registered with their troops and have a current background check with GSVSC.

What to Bring: Everyone: Water bottle.
 Troop Leaders: 2 adults (including First Aider), Troop First Aid kit, health histories for all attendees, Nature Foundation at Wintergreen waivers for all attendees.

What to Wear: Outdoor clothes appropriate for the weather. Must wear closed toed shoes.

Badges Offered:

Daisy	Brownie	Junior	Cadette	Senior
Eco Learner	Bugs	Animal Habitats	Eco Trekker	Outdoor Art Expert
Outdoor Art Maker	Eco Friend	Flowers		
Trail Adventure	Hiker	Gardener	Outdoor Art Apprentice	
	Outdoor Adventure	Outdoor Art Explorer	Night Owl	
	Outdoor Art Maker	Trail Adventure		
	Senses			

Questions: Kathie Driscoll, Education Director, (434) 325-8169 or youth@tnwf.org

Nature Foundation at Wintergreen can provide specific local badge programs. Daisy — Seniors are provided by Kathie Driscoll, Education Director 434-325-8169 or youth@tnwf.org
 See flyer: call or email for pricing which does cover supplies.

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.

LynchburgCampbellCoGirlScouts@gmail.com or
Becka6778@aol.com

Camp Sacajawea

- Sunspot Badge Barn and Resource Center (yellow building) features a well stocked library, multiple activity tubs: Scavenger Hunt, Public Speaking, Trees, Fairy Trail Adventure (D/B/J), Bugs, JGL Catch the Spirit, Astronomy/Space Explorer, How Pulleys Work, Fossils and Earthquakes, Hiker, Outdoor Adventure, Engineering for Juniors and Up, Eco Action C/S/A, Mama Stump Trail (has the Eagle info and binoculars, Jeweler (although recently retired — girls love this one), Letterboxing...ready this Fall. Sunspot open all year long at no charge. Use tubs there or take to your campsite. We follow the honor system.
- Archery Range: Temporary range at end of playing field. Secure an archery level 1 or 2 instructor before making your reservations. Use forms #2150 camp rental and #1086 for equipment rental.
- Dot open until the end of September.

Camp Sacajawea (Continued)

Trails

- Animal Tracker Trail: Blaze Orange. Rating: easy
- Chapel Trail: Blaze White.' Rating: easy
- James River Trail: Blaze blue. Rating: moderate to challenging
- Pavilion Short-Cut Trail: Blaze Green. Rating: easy
- Judith Creek Trail: Blaze Neon Yellow. Rating: moderate
- Great Excursion Trail: Blaze Yellow. Rating: moderate to challenging
- Skinny Dip Hole Trail: Blaze Purple. Rating: moderate
- Mama Stump Trail: Blaze Light Green. Rating: easy to moderate
- Guill's Hill: Blaze Peach. Rating: moderate
- Trail '51 Trail: Blaze Peach and connects to Guill's Hill. Rating: easy to moderate

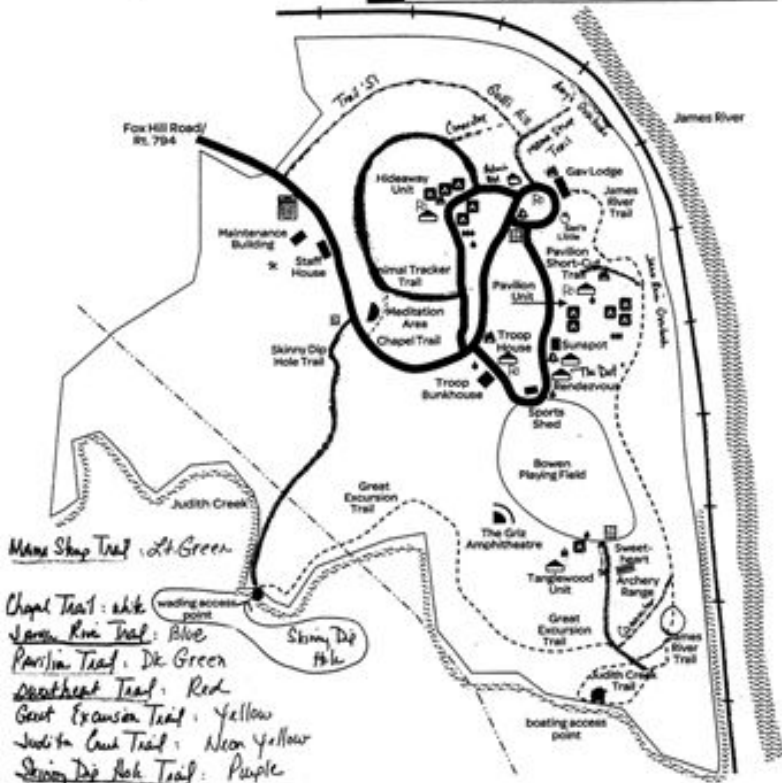
Camp Sacajawea

CAMP MAP



LEGEND

- Dumpster
- Flag Pole
- Bell
- Platform Tent
- Dome Platform Tents
- Cabin
- Shelter
- Latrine(s)
- Fire Circle
- Water Spigot
- Storage
- Creek Access
- Camp Kiosk
- Hiking Trail
- Road
- Property Line
- Power Line
- Railroad



Mans Ship Trail : St. Green

Chapel Trail : white

James River Trail : Blue

Parish Trail : Dk Green

Deathcap Trail : Red

Great Excursion Trail : Yellow

Judith Creek Trail : Neon Yellow

Skins Dip Hole Trail : Purple

Animal Tracker Trail : Orange

Trail '51 - Gull's Hill : Peach

Arny's Overlook : Light Green

Camp Sacajawea (Continued)

Overlooks - There are two beautiful overlooks

- James River Overlook at end of the Pavilion Short Cut Trail
- Amy's Overlooks at end of the Mama Stump Trail
- A third overlook is planned for late Fall where Guill's Hill connects to Trail '51



Outdoor Activities to Build on Social Skills

- Gardening/watering: patience
- Walk/hike: talk/conversation skills
- Bird watching: attention
- Tidy of the yard/raking: organization
- Go on a scavenger hunt: attention
- Hiking: strategies
- Picking up trash: responsibility
- Painting/chalk: kindness messages
- Leaf rubbing: mindfulness
- Picnic: planning
- Switch them around — add your own to increase executive functioning skills

Some people get lost in the forest.

Other people find themselves there.



Forms/documents:

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

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

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

Questions

LynchburgCampbellCoGirlScouts@gmail.com

www.facebook.com/LCCGSSU

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

Make a notation of new GSVSC headquarters address

5488 Yellow Mountain Road

Roanoke, Virginia 24014

540-777-51 10 or 800-542-5905

