

## Lynchburg Campbell County Girl Scout Service Unit Amherst/Appomattox

### December Update 2020

The GSVSC Candy-Nut Sales has been a successful program with an increase in online sales. Our own Amherst Troop 1069 was the second highest selling troop in the council. We appreciate everyone's effort that participated in this campaign.

We are now gearing up for our upcoming Cookie Sale. Girls are already excited and generating lots of energy toward their own sales and beginning the process of thinking outside of the box on how to reach their cookies sales goals. While we expect a sizable decrease in the amount of cookie booths available this year, we must begin to focus our efforts towards a more virtual approach. In addition to ramping up online sales, girls and troops have offered other suggestions for generating sales.

- Troops should consider partnering with their meeting places to establish "drive-thru" cookie booths. This approach limits the congregating of customers and provides a barrier that supports social distancing.
- Troops/Scouts could create door hangers for their own neighborhoods with special instructions on how to order directly from them or their troop.
- Troops can use social media to promote a virtual sale with front porch delivery or pickup whereby customers pay via an online payment platform such as Venmo or CashApp. This supports a contactless sale procedure.
- Troops can host a "Support Our Local Heroes" or "Support Our Military" donation drive. This event works well virtually via social media as well as via a door hanger. This works well for those customers that may be apprehensive about receiving goods during this time but still want to support Girl Scouts.

**The Cookie Sale campaign is and always has been absolutely vital to the success of Girl Scouting in many ways.** This upcoming year; it is critical. Without a fully vested cookie sale campaign, the funding for our council, GSVSC, is unreliable and questionable at best. The operating budget for GSVSC relies heavily, roughly 80%, on the proceeds from the product sales programs. For every box of cookies sold by our scouts GSVSC receives the necessary funds to support the operations of the council office, the beloved Girl Scout Camp properties (Camp Sacajawea, Camp; Ichimani, and Camp Sugar Hollow), training programs for leaders, and all GSVSC sponsored programming for our Girl Scouts. While it is certainly understandable and expected that sales may not be the same as previous years, simply not participating could potentially cause an irrevocable effect. **Every box counts towards protecting the opportunity for our Girl Scouts and future Girl Scouts to "practice a lifetime of leadership, adventure, and success."**

Cookie Training, 1:30 pm Sunday, December 13, at the Legacy Oaks Social Center with Detria. To register, email Rebecca ([Becka6778@aol.com](mailto:Becka6778@aol.com)) and Detria ([thepreachaswife@hotmail.com](mailto:thepreachaswife@hotmail.com)).



**Congratulations Leyla**, Troop 1315 Amherst – our GSVSC holiday card artwork contest winner. Her card theme “Home Sweet Home: GS @ Home” show cased a GS in a tent set up in her living room toasting marshmallows at her fireplace.

Each December since 2006, our Girl Scouts have provided 100 beautifully decorated and filled **birthday boxes** for **Meals on Wheels** during Super Service Day. These birthday boxes provide special recognition for many senior citizens and in many cases these boxes are their only birthday remembrance. Even though we will not be able to have our annual Service Unit Super Service Day, we are hoping that our troops, our GS families... might be able to make and donate their own box. The cardboard shoe box must have a detachable lid, both are wrapped separately. You can use white paper like we do and let the girls decorate or wrap lid/box in birthday paper. Label “Gift for Man or Woman.” Our seniors appreciate the simplest of gifts...toothpaste, toothbrush, comb, brush, socks, note pads, pencils, pens, shampoo, etc. Boxes should be delivered to Meals on Wheels, 605 Clay Street, Lynchburg, Va. 24504 (2<sup>nd</sup> floor) or contact [Becka6778@aol.com](mailto:Becka6778@aol.com) if you need filler suggestions or help with pick up/delivery. These boxes are needed all throughout the year.

**Revised membership financial assistance for girls and adult volunteers:** The updated membership financial assistance reflects a new format along with the addition of a request for copies of paystubs for each tax paying adult member in the household. **You will need to ensure you have a copy of the pay stubs saved to your computer or phone prior to completing the financial assistance form.** Pay stubs are required to verify how much assistance may be provided. New members should register and select the “Financial Aid” box on the payment page. Questions/concerns: contact council at [info@gsvsc.org](mailto:info@gsvsc.org) or 540-777-5100.

## **Power the Promise**

Our “**Girl Scout Tree of Hope**” is even more special this year due to the amazing efforts of so many of our girls and their moms, troops and troop leaders to make this happen.

Luci and Mara, Michele and Rebecca, Caitlyn and Tiffany, Troops 440, 341, 293, 676, 678 and 1069 made all 125 SWAPs. This effort was pulled together by Cindy, Jennifer and Marianne’s troop: Cadette Troop 678, via virtual presentation. The “Girl Scout Tree of Hope” is part of the Festival of Trees hosted by the Alan B. Pearson Cancer Center as a major fund raiser for their Patient Support Fund, designed to assist those in need from transportation to purchase of wigs. This year all of the trees are viewed virtually from now until noon December 11<sup>th</sup>. The trees are auctioned. Our SU has participated in this service project for eight years, providing close to \$1,000 toward this essential fund. **Link to “The Alan B. Pearson Regional Cancer Center Virtual Trees of Hope” display [qtgo.net/qlink/centrahealth](http://qtgo.net/qlink/centrahealth).**

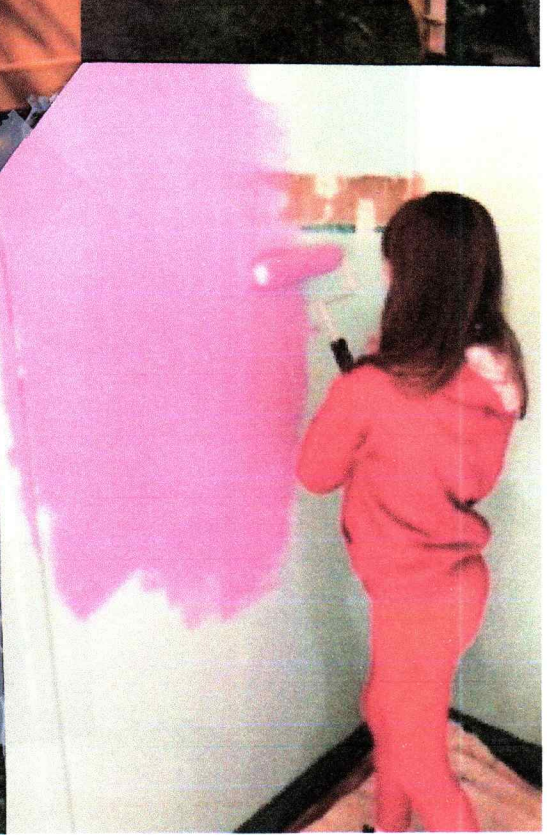
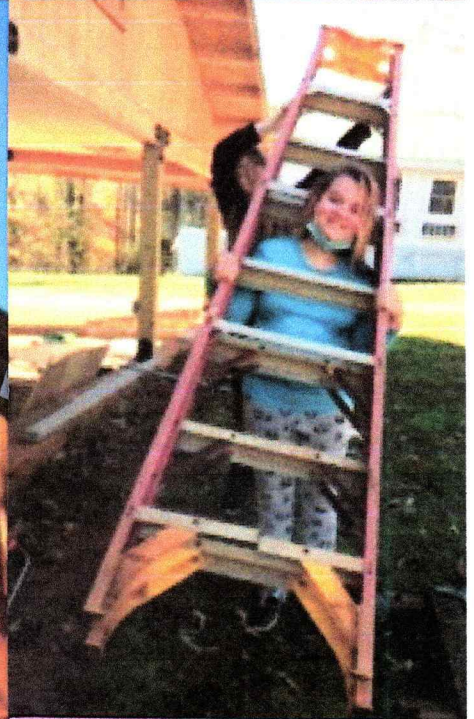
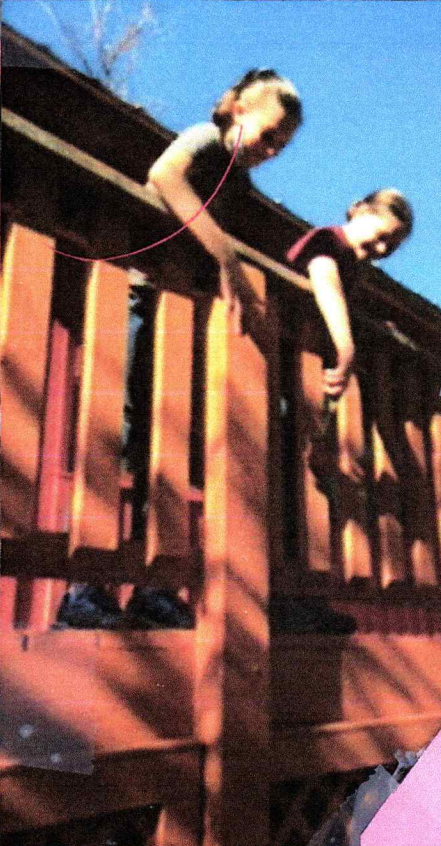
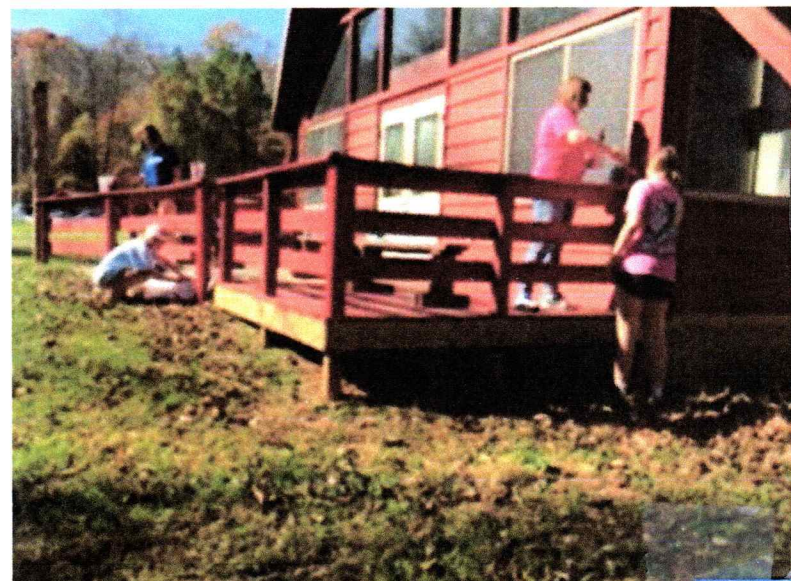
Not enough can be said about the incredible work being done by our girls, their parents and troop members at our beloved Camp Sacajawea. And when Sac “really opens” we will be ready to go...



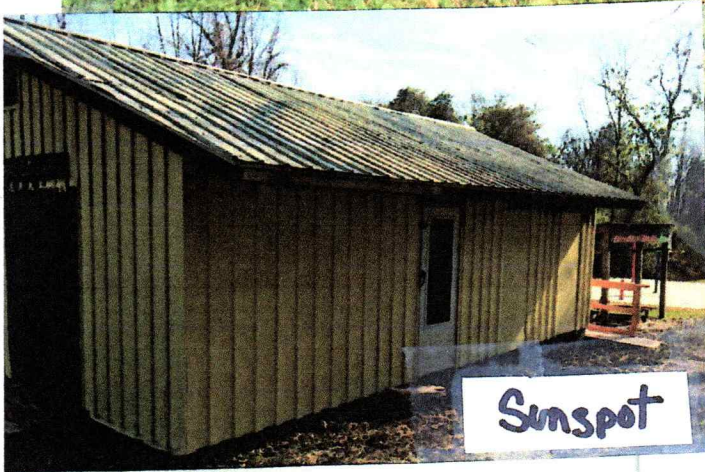
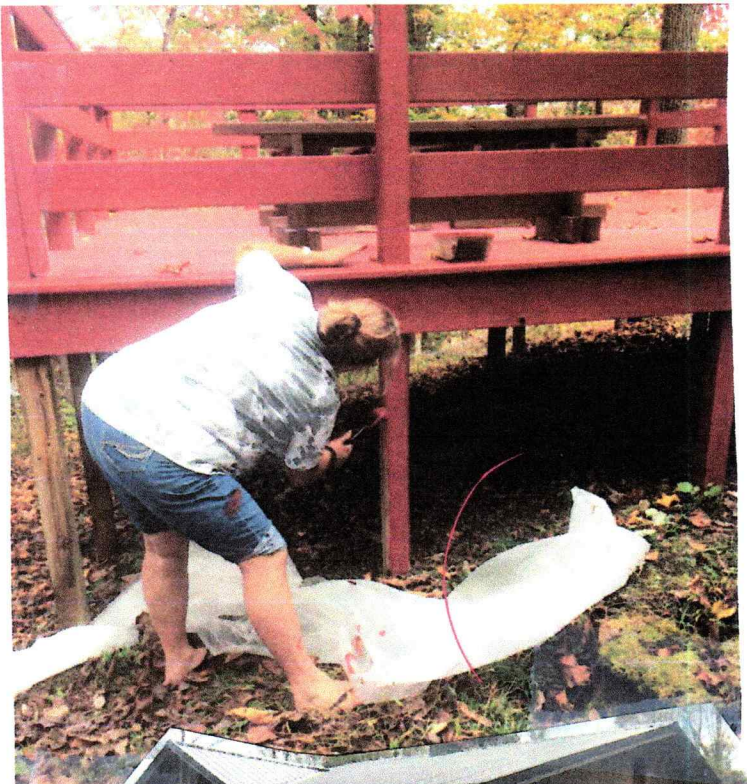
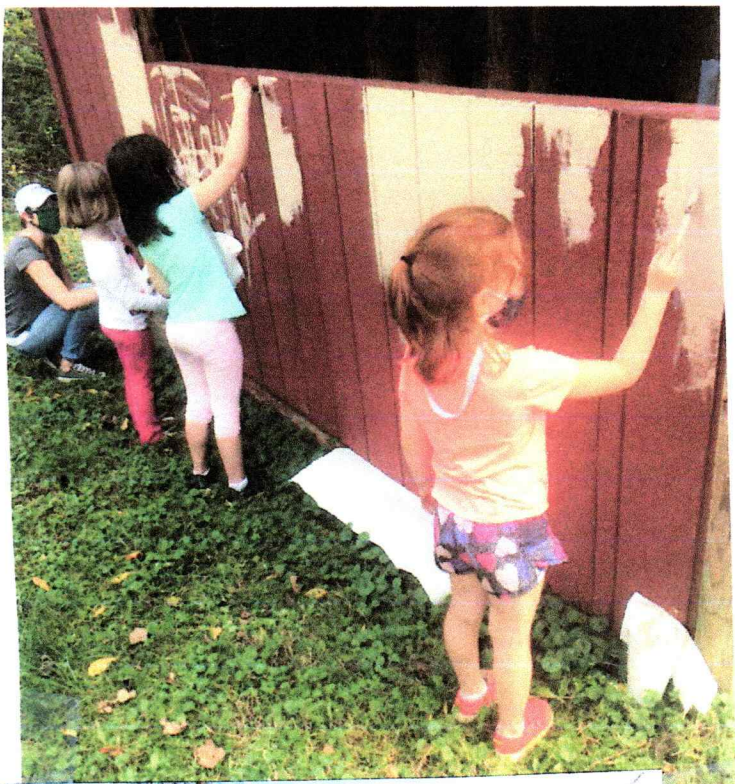
1. "Sunspot Makeover" spearheaded by Audrey and Ella (440) and their team from pressure washing to outside painting to deck sanding and painting. They have updated/refurbished the Activity Tubs: Leave No Trace, Scavenger Hunt, Bugs, Public Speaking, Trees and Hike plus added four new ones: JLG, "Daisy" Bingo, Halloween Bingo, JLG "Catch The Spirit" plus tub with extra supplies. These girls have been able to make adjustments so that any age level could enjoy using an Activity Tub. They are free to use anytime you are at camp. All tubs provide great hands on learning. Plenty of space at Sunspot (inside/outside) to do badge or craft work or take tub back to your campsite. Thanks for the extra hands on the deck prep work at Sunspot from Alison & Shelley, Lezlye & Regina.
2. We will have a new resource library at Sunspot the mastermind of Rosa (440). The entire space just inside Sunspot and to your left will be separate from the main work space. There will be new shelving, cleaned/organized books, new books and more.
3. The recently updated Little Sac's Orchard by Troop 1315 is a "must" on your next visit to Sacajawea. Fantastic place to learn about our amazing trees. The troop provided a well thought out map/tree description that outlines all you need to know. For those Cadettes working on the "Trees" Badge you will be able to complete Step #2 of the requirements.
4. Hideaway Campsite Redu by Rachel and Sally (40) and their team from Bedford County. The new paint color is "Armagnac" which blends in nicely with the canvas tents. Their future plans include general campsite clean up, new fire wood boxes, better lighting and new screens.
5. Troop 678 is in charge of washing, sanding and staining the Gay Lodge back deck. They are about 80% done. The concrete steps have been cleaned...they are beautiful.
6. Three mother daughter teams from Troop 261 have focused their time on Gay Lodge's front deck from washing to staining where needed and painting...Sally and Brently, Gabriella and Betsy, Zoey and Michelle.
7. Kappa Delta Sorority from the University of Lynchburg working in teams of five, spent a good part of their Saturday, November 7, painting the Day Camp Shed...that remains Navaho Red. The building really stands out with its new coat of paint.
8. Troop 9424 and 9730 started the work on Rendezvous...new color is "Sands of Time." This was taken over by our mother daughter teams from Troops 108 and 1315: Emily, Audrey and Liza; Caitlyn and Tiffany.
9. Six members of Troop 440 have made a nice wide path from the Gay Lodge fire circle to the Gay Lodge back porch. The area is outlined with colorful stepping stones many with motivational messages.
10. Next will be Troop House "Haven" as soon as we get the thumbs up from Ranger Seth.
11. And in the works "Skinny Dip Hole"...major overhaul to property surrounding the portion of Judith Creek by Aya, Elizabeth and Sky (440). Their Rubber Duck Race was very successful providing them with the needed funds to get moving on this project. The virtual race will be December 12 at Skinny Dip Hole. The winner will be get a special rock painted in their honor. Stay tuned!

We still might have some good days in December to work. Contact [Becka6778@aol.com](mailto:Becka6778@aol.com) if you are interested.









Sunspot



Troop House



Rendezvous



Day Camp Shed



**First Day 3 Mile Hike**, Friday, January 1, 2021 **with the GSVSC Adventurers**. Start time is 10:00 am at Crystal Springs Recreation Area, Wytheville, Virginia. Fee: \$5. Questions: Michele Nester, [confettiandgiggles@yahoo.com](mailto:confettiandgiggles@yahoo.com) Adventurers Girl Event/Program Registration #2277-G. Adult Registration #2277-A. Adventurer Adventure Application #2443. To become a Skyline Adventurer: contact [Adventurers1912@gmail.com](mailto:Adventurers1912@gmail.com). This is an inclusion/exclusive group for girls 11 – 17 years old. On the gsvsc web site "About."

**Camp; Sacajawea is open.** We have had a number of troop leaders take advantage of this wonderful outdoor space...from a troop campfire often including parents to a fun hike. You can also rent Gay Lodge, Hideaway and Pavilion campsites. And we have a bunch of Cadettes working diligently on their Silver Award Projects. **Come out and enjoy!**

Kathie Driscoll, local Naturalist and avid supporter of Girl Scouting is willing to provide a "One Hour One Badge" program for you and your troops. She will come to you. Maximum number of students earning badge is 20. Contact her directly. Cost is \$5 per girl with \$1.00 being donated to our SU to assist with future programming.

Badges provided:

**Daisy:** Eco-Learner, Space Science Explorer, Trail Adventure+

**Brownie:** Bugs+, Hiker+\*, Pets\*, Senses

**Junior:** Animal Habitats\*, Camper+\*, Detective+, Flowers, Gardener

Key: + means there are a few things to finish at home

\* means two age groups can earn their similar badges at same time (Brownies

Pets and Junior Animal Habitats)

Supplies will be provided, including Make and Take Items. Troop provides the GS Badge.

**Kathi Driscoll**, Education Director, The Nature Foundation at Wintergreen.

434-325-8169 ([youth@tnfw.org](mailto:youth@tnfw.org))

### **Highest Award Virtual Workshops**

Bronze Award: Sunday, January 3, 2021 2:00 – 4:00

Silver Award: Saturday, January 2, 2021 10:00 – 12:00 noon

Silver award: Sunday, March 21, 2021 2:00 – 4:00

Gold Award: Sunday, December 20, 2021 6:00 – 9:00 pm

Gold Award: Sunday, February 14, 2021 6:00 – 9:00 pm

Gold Award: Sunday, March 14, 2021 2:00 – 5:00 pm

Gold Award: Sunday, April 11, 2021 6:00 – 9:00 pm

The **2 hour Silver Award Workshop**, either inperson classroom or virtual is **mandatory** for girls and adults (Team's advisor). The 45 minute online training is now considered as a resource/review tool.

The Bronze Award Workshop is ideal for adults.

**Forms/documents:**

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

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

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

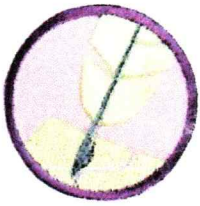
Train your mind to see  
the good in everything.  
Positivity is a choice.  
The happiness in your life  
depends on the quality  
of your thoughts.

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

Questions: [LynchburgCampbellCoGirlScouts@gmail.com](mailto:LynchburgCampbellCoGirlScouts@gmail.com)  
[www.facebook.com/LCCGSSU](http://www.facebook.com/LCCGSSU)

Enclosures: Scribe  
SWAPs





# Scribe

Words are powerful tools. Great writing can make people feel encouraged, entertained, or excited. It can create a fantasy world or preserve an event from history. And just writing down your feelings actually can make you feel better! In this badge, find out what YOU can do with words.

## Step 1: Start with a poem. (Do A, B, or C.)

- A. **Write one Haiku and one Limerick.** A Haiku is a 3-line Japanese poem, often about nature. The first and third lines have 5 syllables each. The second line has 7 syllables. A Limerick is an Irish poem with 5-lines. They rhyme and are often funny. OR
- B. **Write one sonnet.** Sonnets are 14 lines. Shakespeare, one of the most famous writers in the English language wrote lots of sonnets, mostly about love. Your topic might be what you like most about your friends. OR
- C. **Write a free-verse poem.** “Free-verse” means you can write your poem with any number of lines and any number of syllables in a line. You can create a poem that’s your very own style.

## Step 2: Create a short story. (We’ll do this all together in-troop!)

### Step Three: Use words to share who you are.

- A. Write a 1-page story to **share a favorite Girl Scout memory.** It could be about a single moment during a meeting, a whole week at camp, or whatever you choose. OR
- B. Write a 1-page story to **share a memorable day.** Include lots of details about what you did and why you remember the day so well. OR
- C. Write a 1-page story to **share a big adventure.** Tell where you went, who was with you, and what made it so exciting. Did you learn anything from the adventure?

## Step 4: Write an article, like you would find in a newspaper or magazine.

These just give the facts, not the writer’s opinion.

Answer the “5Ws” - **WHO? / WHAT? / WHEN? / WHERE? / WHY?**

- A. **An interview article** - Talk with a family member or a friend. Ask questions about a specific event or about herself or himself. Then write an article using the answers. OR
- B. **A news story** - Create an article about something that happened in Girl Scouts, at school, or in your community. OR
- C. **A “round-up” article** - This is an article where you interview different people about the same subject. Talk to at least 5 people and ask each the same question. Then write about their different answers.

## Step 5: Tell the world what you think.

An essay gives facts, but from your own point of view, so you can share your thoughts and feelings.

Write about a 1-page essay with at least 5 facts and your opinion about





**Discover:** Discover SWAPS are and the tradition behind them.

**Connect:** Learn how to make your own SWAPS

**Take Action:** Make your own SWAPS to keep and share

### **Step 1: Discover SWAPS**

- **SWAPS:** Girl Scouts often make small tokens of friendship to exchange with the Girl Scouts they meet while traveling. These little gifts are called "SWAPS," which stands for "*Special Whatchamacallits Affectionately Pinned Somewhere.*"
- The exchanging of Girl Scout swaps dates back to the first round ups in the 1950's and 60s as a way to create international friendships. A round up, a gathering to show off the best of international Girl Scouts occurred every three years. The first round up was held at Highland State Park, Milford, Michigan on June 29<sup>th</sup> 1956. 5,000 girls attended the Americana themed event. The swaps were intended to encourage a correspondence with someone from other state or country. Today *swaps are exchanged at council, service unit or troop events, day camp, neighborhood events and national conventions.* During quarantine, SWAPS are being mailed to girls in other areas, there are FACEBOOK GROUPS dedicated to exchanging SWAPS worldwide.
- **Swap Guidelines:** As a general rule Swaps should be about one to two inches in length, include a safety pin and have the scouts name and troop number attached. Girls usually take a theme, either about themselves or the event they are attending and create a swap using a variety of materials. *Swaps should be portable, handcrafted, and often made from recycled or donated materials.*
- **Swap Etiquette:** There are several etiquette guidelines when participating in swaps, the main one being that it is considered rude to refuse a swap. This is even more important as the focus has become more about collecting different swaps as well as about building friendships.
  - Other etiquette rules include –
    - Accept swaps politely, always say thank you.
    - Swap face to face.
    - Avoid sharp objects and glass in swaps.
    - Avoid using food products.
  - Some councils have rules that all swaps pinned on hats/vests are off limits. Others that swaps on hats can be traded, but not those on vests.
- **Swap Storage:** There are a variety of ways girls can store their swaps, the inclusion of pins makes the possibilities endless. Pinned on a hat, scarf or blanket, on a lanyard or tote bag even a specially decorated storage box enables girls to display their swaps creatively. Other ideas are banners, swap trees and swap sashes. Tons of options online with a quick Google search.

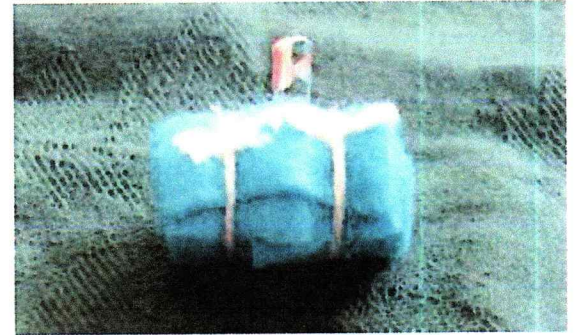


## Step 2: Learn how to Make SWAPS

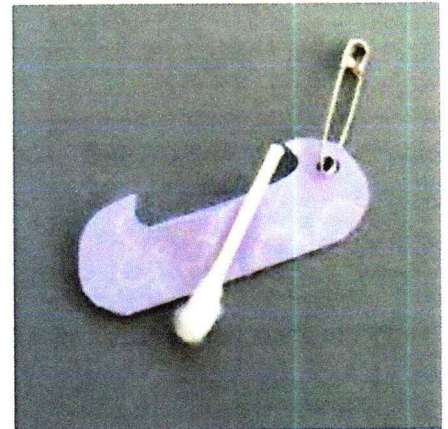
- SWAPS for any occasion or activity
- SWAPS that show something about you (favorite food or activity)

What are some SWAPS you can create with recycled/reused materials around your house?

Samantha made a couple of videos to show you how to put 4 different SWAPS together to go along with the kits

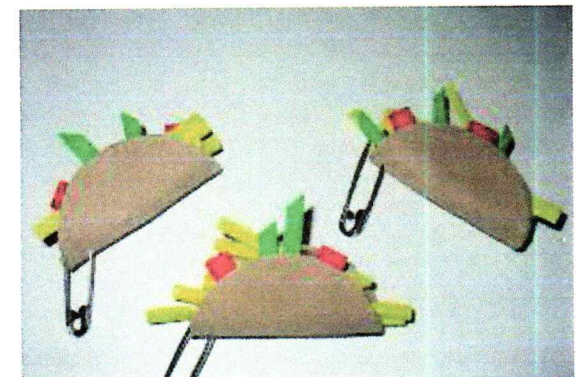


- **Video:** Sleeping Bag SWAP
  - <https://youtu.be/c8tu-poHRhs>
- **Video:** Canoe SWAP
  - [https://youtu.be/X\\_yFtDodx\\_I](https://youtu.be/X_yFtDodx_I)
- **Video:** Water Jug SWAP
  - <https://youtu.be/FWCgYqMPzU0>
- **Video:** Taco SWAP
  - <https://youtu.be/Ce-HHX4UZfs>



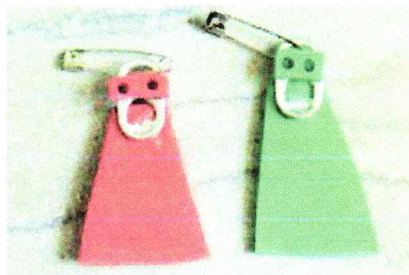
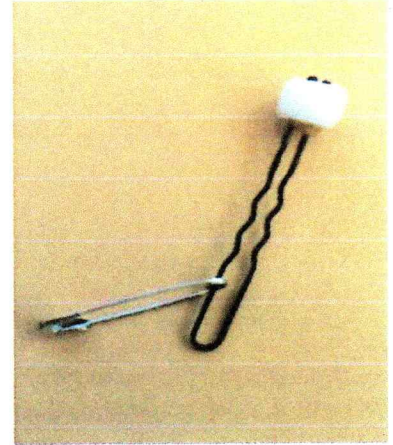
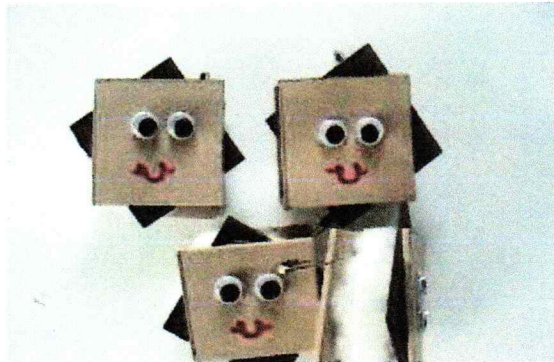
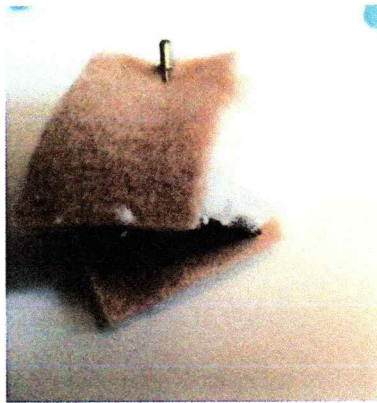
## Step 3: Make SWAPS

- Make any/all of the SWAPS in your kit
- *Make any additional SWAPS you can think of using materials you have at home (optional)*
- Take pictures of your SWAPS and share!
- *Practice Social Distancing, reach out to your sister girl scouts to see if anyone wants to trade SWAPS (optional)*





# Some additional SWAPS ideas



## Girl Scouts Superhero SWAPS

