

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

**December Update 2021**

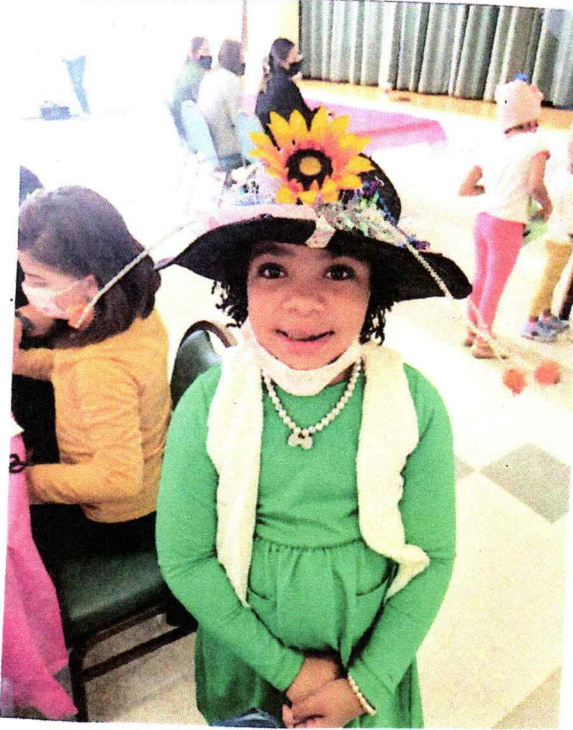
**Power of the Promise**

Our girls and their families are so generous all throughout the year participating in Service Unit "Service Projects" as well as creating their own outreach. A special patch has been created by GSUSA "**Girl Scouts Give Back**" thanking them for national and local service projects. <https://www.girlscoutshop.com/girl-scouts-give-back-sew-on-patch>. Troops we would love to hear from you but these are the ones we can share since September '21.

- 1) 100 stuffed animals have been given to local orthopedist for his mission work "**Kids' First**" providing surgery for children in need, Central Mexico.
- 2) 35 handmade **pillow case dresses** will be donated to our little sisters in **Haiti** via the 11/20/21 "Sew Glam" event.
- 3) Handmade quilt will be donated to "**Kids for Quilt**" by the girls who attended the "Sew Glam" event.
- 4) **120 pairs of socks** have been donated to **Warm Streets** and **Daily Bread** by the Juniors who attended the Journey in a Day – "Think Like An Engineer" at Sac on October 23, 2021.
- 5) **50 packages of diapers** were donated to the **Parkview Mission** by the Girl Scouts attending the 11/13/21 "Girl Scout Tea."
- 6) Boxes and boxes of **granola and breakfast bars** were donated by our Cadettes to "**Food for Thought**" by the participants at the September 2021 "Outdoor Journey" Event at Camp Sacajawea.
- 7) Our Girl Scouts are participating in the Festival of Trees at the Alan B. Pearson Regional Cancer Center by creating the "**Girl Scout Tree of Hope.**" They made over 200 SWAPs to decorate our tree.
- 8) Upcoming **Super Service Day** December 11 at First Presbyterian Church will focus on three service projects... Meals on Wheels birthday boxes, Lynchburg Food Bank and Thinking of You cards for residents at two local nursing homes.
- 9) At the **Girl Scout Tea** our girls wrote 40 **Thinking of You** cards which they plan to give to someone in need around their neighborhood. **Girl Scouts leave a little sparkle wherever they go.** There is definitely something special about our GS community – I am constantly amazed and humbled by how loving and generous our girls and their families are. Giving always makes you feel good. Let us hear from you. We would love to share in the January update. [Becka6778@aol.com](mailto:Becka6778@aol.com). Great way to promote philanthropy in our youth.
- 10) We are participating in the **Wreaths Across America** program sponsored by the Blue Ridge James River Chapter National Society of the Daughters of the American Revolution by providing/sponsoring a wreath to honor a veteran buried at the Old City Cemetery, December 1. More than 2,300 veterans from the Revolutionary War through Vietnam are buried at OCC.
- 11) Upcoming **World Thinking Day** Saturday, March 5, at First Presbyterian Church...special service project to assist HumanKind and their Back to School

Backpack Program for children in need of school supplies, '22-'23 school year.

We partnered with the University of Lynchburg Kappa Delta sorority and held the **Girl Scout Tea** on Saturday, November 13<sup>th</sup>. The girls decorated their own tea cup, wrote thinking of you and thank you notes, learned about power words and P.U. words and to top it off decorated their own hats providing that special touch with lace, flowers, beads, shells, feathers, ribbon, netting and rhinestones...amazing creations! Forty girls participated in the "hat fashion show running" showcasing their creation as they walked across the stage. Congratulations to our winners – Most Creative: Eily-Quinn - Daisy Troop 9730, Funniest: Bren – Brownie Troop 243, Most Colorful: Claire - Junior Troop 676, Craziest: Stormi - Junior Troop 676 and most Original/Best in Show: Abbie Brownie - Troop 293. The girls' service project was diaper donations to the Parkview Mission. It was great and a good time was had by all!



The **"Girl Scout Tree of Hope"** is **brehtaking!** It went on display November 10th at the Alan B. Pearson Regional Cancer Center bringing great joy to the patients, their families and the staff. Many, many thanks to our girls and their leaders of troops 1315, 293, 676, 9424, 9730 and 9200 for providing the 200 SWAPs that adorn our tree. The Girl Scout Tree of Hope will be auctioned December 11th, with all proceeds going to the Cancer Care Patient Fund helping those clients in need of transportation, wigs, etc. Please view the "Girl Scout Tree of Hope" and all the trees as part of the Festival of Trees via online platform, Qtego. <https://qtego.net/qlink/centrahealth>

We brought back an old Cadette Badge and treated our Girl Scouts to the **"Sew Glam"** program held November 20th at First Presbyterian Church. There were four 45 minute stations that provided our girls with great hands on learning led by facilitators: Val and Michele "Embroidery," Gee Gee and Marta "Mending and Tools," Rebecca and Doris "Patterns, Buttons and Straight Stitching," and our sewing machine instructors: Tiffany, Rose, Brentz, Alys and Amy where these girls made a draw string pouch, and cut out and sewed quilt squares. Take Action projects included Pillow Case dresses for our little sisters in Haiti and participation in the "Quilts for Kids" program. Thanks to our event planners Tiffany and Rebecca.



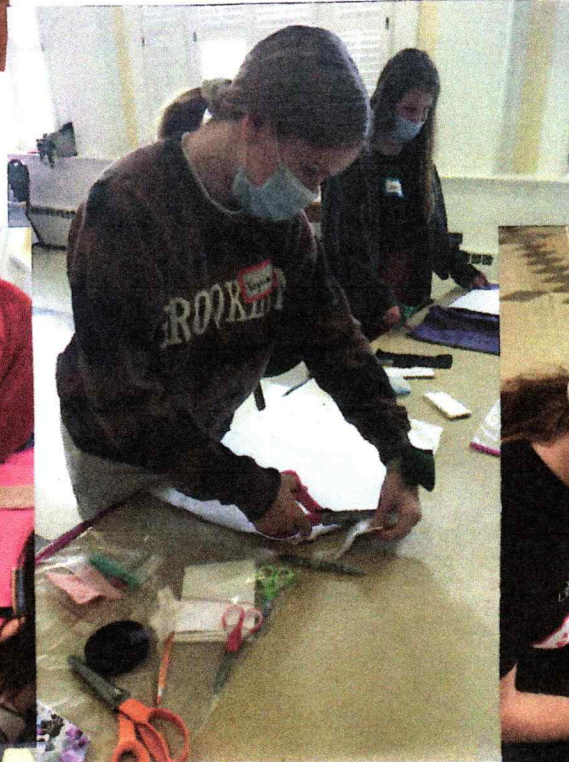
Girl Scout Tree of Hope



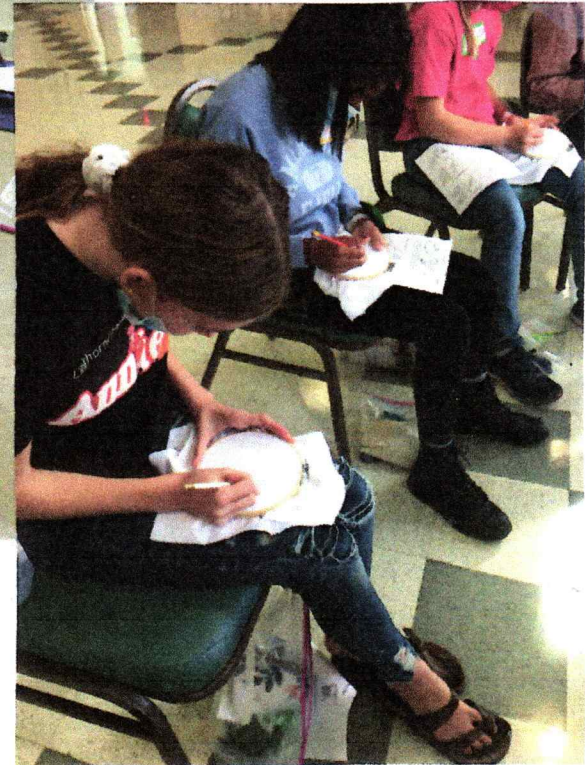
"Slew Glam"



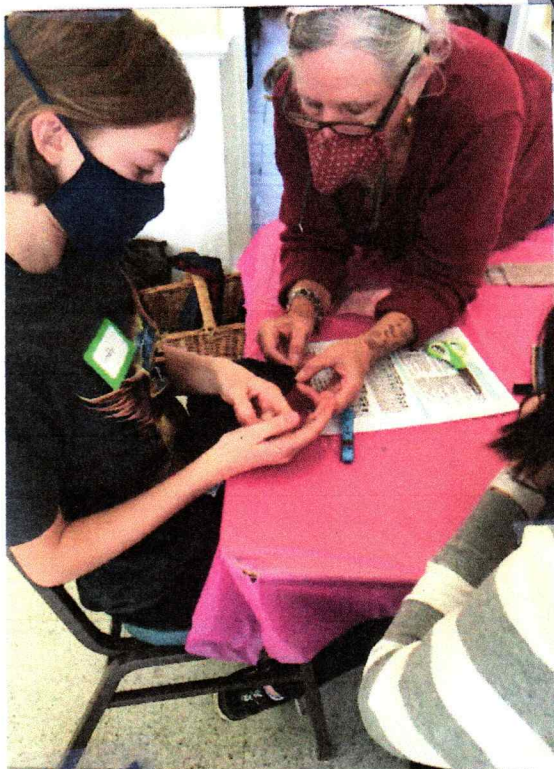
Pillow Case Dress



Patterns



Embroidery



Mending

Kid's First, a program created by Dr. William Andrews, a local orthopedist, travels to Central Mexico (San Miguel de Allande) three times a year and his mission team of doctors, nurses and therapists treat children with severe leg and foot deformities. Most of these deformities are birth defects, some are a result of injuries. Through corrective surgery these children are given the ability to walk. The mission team is in need of **small stuffed animals** (gently used and about the size of a Beanie Baby travel well). The child is given a stuffed animal before surgery and the animal is then waiting for them when they wake up. For those girls and troops interested, please let Rebecca know so we can discuss a pick up/drop of. Rebecca will box them up and get them ready to "fly" with Dr. Andrews. Girls may certainly include a card.

**Super Service Day** on Saturday, **December 11th**, at First Presbyterian Church. Our girls will take place in three service projects, make at least four holiday crafts, and decorate and enjoy sugar cookies:

- 1) Handmade cards for two local nursing homes
- 2) Girls are asked to bring items to help fill birthday boxes for Meals on Wheels  
Suggestions: shampoo, lotion, toothbrush, toothpaste, shaving cream, pens, tablets, soap, socks, gloves, etc. Just about anything...they are so appreciative! Girls are asked to bring a two piece cardboard shoe box (lid separate from box, no flip tops)
- 3) Also, asked to bring an item for Lynchburg Food Bank. Wish list includes beef stew, peanut butter, juice boxes, soups, canned tuna/crackers, powdered or boxed milk, cake mix/frosting, tea bags, coffee, etc. All cans need to have pop tops.

**Girl Scout World Thinking Day 2022** will be celebrated by our Service Unit Saturday, **March 5th**, at First Presbyterian Church. Making the world a better place is Girl Scout Law, so it's no surprise we have a day dedicated to doing just that. It's a day of international friendship and a time to stand up for causes that would improve the lives of girls around the globe. World Thinking Day has a different theme each year. In 2022 the theme is "Our World: Our Equal Future: The Environment and Gender Equality." Along with the different stations highlighting a specific country, we will include two stations providing the needed information for our scouts to earn the World Thinking Day Award. We would love to have lots of participation and have your troop present a country. This can be done by creating a tri-fold that showcases the research. Then provide simple food tasting at your station...also teaching a song, dance, etc. The flyer will be out soon but in the meantime reach out to event planners: Amy ([abebko@gmail.com](mailto:abebko@gmail.com)) and Rebecca ([Becka6778@aol.com](mailto:Becka6778@aol.com)).

**Warm Streets** is a non-profit community service program that works directly with the homeless or near homeless local population. They are in need of "**Necessary Kits**" for ladies in need of hygiene kits. In a gallon size zip lock bag...deodorant, soap, wash cloth, 4-5 pads, 2 pairs of panties (size 5, 6 or 7) and small bottle of lotion. More information: [WarmStreets.org](http://WarmStreets.org). Warm Streets is located across from the YWCA on Church Street...look for the red door. They are also in need of items for a Survival and

Toiletry Warm Street Backpack. Discuss with your girls. Find more information at <https://www.warmstreets.org>

The Adventurers' "Wild Women's Weekend" is the weekend of **March 18th, 19th and 20th** at Camp Icimani. Event Training will be offered along with Adventurer Training which will help you with facilitating a program for older girls (11 – 17). Tomahawk training will be the option for those who have already had Event Training. There will be other planned activities, along with a banquet and costume contest (theme oriented). Save the date...more info by the first of the year.

Thank you to Cindy and Brad Via for being our Cookie Booth Coordinators. They will take the lead and serve as our liaison so we can partner with Lowe's, Sam's, LCC Walmarts and Krogers and JoAnn's.

We are gearing up for our upcoming Cookie Sale and girls continue to think outside the box on how to reach cookie sale goals. The "drive thru" cookie booths worked really well last year, as well as the door hangers...continue to use social media to promote your sales and selling on line.

**The Cookie Sale Campaign is and always has been absolutely vital to the success of Girl Scouting in many ways.** Without a fully vested cookie sale campaign the funding for our council, GSVSC, is unreliable and questionable. 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 Girl Scouts GSVSC receives the necessary funds to support the operations of the council office, the beloved Girl Scout Camp properties (Camp Sacajawea, Camp Icimani and Camp Sugar Hollow), training programs for leaders, highest award training workshops for our girls, and all GSVSC sponsored programming for our Girl Scouts. **Every box counts toward protecting the opportunity for our Girl Scouts and future Girl Scouts to "practice a lifetime of leadership, adventure and success."**

How great it is to have so many troops using **Camp Sacajawea for their troop meetings.** There are plenty of programs at Sunspot in the various Activity Tubs. The library and resource center has a lot to offer also located at Sunspot and there are several recently opened trails. For those using Gay Lodge, please remind your girls about several housekeeping needs:

1. Always remove trash from all five containers and replace bags as needed.
2. Replace toilet paper and paper towels (not supplied by Sac).
3. Put away tables and folding chairs.
4. It would be great if you could swiffer the floor.
5. Add some toilet bowl cleaner before you leave.
6. If you do decide to use the fireplace, make sure you clean it out...removing logs and ashes. Bring your own kindling and tinder then take it with you. Wood must stay stacked outside. We need to keep the hearth free of stuff as best as we can.

**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>

**This is not the year to get everything you want. This is the year to appreciate everything you have.**

**The most beautiful things in life are not things...they are people and places and memories and pictures. They're feelings and moments and smiles and laughter.**

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

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

**Enclosures: December Gratitude Challenge  
Parks and Rec Programming**

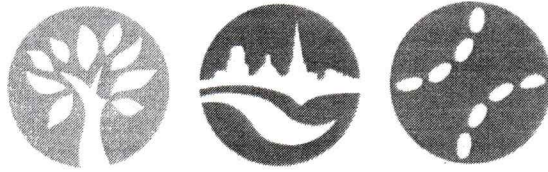


## December Gratitude Challenge

Find something you are thankful for in nature.	Make a thankfulness paper chain; add a link each day.	Make a gift for someone you are thankful for.	Hug a family member you are grateful for.
Draw a picture of something that makes you happy.	Write a thank you note to someone who has helped you.	Donate food to a food bank.	Be grateful for all you have – chose 3 things to donate to charity.
Cook or bake something for someone you care about.	Write down 3 things you are grateful for.	Tell someone why you are grateful for them.	I am grateful – be good to somebody.
What is your favorite part of your home? Why are you grateful for it?	Help out with a chore at home.	Share something you are grateful for at school.	Write down 5 <u>BIG</u> things you are grateful for.

Your challenge: complete 10 of the gratitude challenges.

Leaders check out [Snappylogo.com](http://Snappylogo.com) for cute participation patches.



# LYNCHBURG PARKS & REC

## **NATURE & ADVENTURE GIRL SCOUT PROGRAMS**

Our trained naturalists offer environmental education and outdoor adventure programs for groups of all ages. Programs are designed for everyone and every occasion. Be sure to ask about badge work specific programs. We are happy to customize any program to meet your classroom needs.

### Fees:

\$60/hour at your city location or city parks

\$50/hour at the Nature Zone

**To request a program with the Nature Zone  
give our naturalists a call or email with any questions.**

### Contact the Nature Zone:

Phone: (434) 455-5828

Email: [NatureOutdoors@lynchburgva.gov](mailto:NatureOutdoors@lynchburgva.gov)

Address: 301 Grove St, Lynchburg, VA, 24501

## Naturalist Badge Programs

### STEM Badges

- **Animals Among Us**
  - Grade levels: Junior- Animal Habitats, Cadette – Animal Helpers,
  - Length – 1 hour
  - Toads and turtles and snakes, oh my! We have a variety of educational animals that reside at the Nature Zone that participants can get hands on experience with. The program covers a range of discussion topics such as animal habitats, caring for animals, and connection between animals and humans. Participants will get a chance to interact with animals as we discuss their habitats, diets, life cycles and unique characteristics.

### Outdoor Badges

- **Blue Ridge Survivor**
  - Grade levels: Junior, Cadette, Senior, Ambassador
  - Badges: Eco Camper, Primitive Camper, Adventure Camper, Survival Camper
  - Length: 1-2 hours
  - Max Participants: 25
  - Could you survive the night in the wilderness? Learn the basics survival skills needed to make it out alive. Students will get hands on experiences building primitive shelters, fire building (without a fire) and basic leave no trace concepts.
  
- **Let-Her-Box**
  - Grade Levels: Brownie
  - Badges: Letterboxer
  - Length: 1-2 hours
  - Max Participants: 25
  - Get started with letterboxing a fun adventure activity that will put her problem solving skills to use. Make your own stamp and search for others.

- **Starry Hike**

- Grade Levels: Cadette, Senior
- Badges: Night Owl, Sky
- Length: 1 hour
- Max Participants: 25
- Explore the night sky under the stars. We'll take a walk through the park and explore the sights and sounds of the night. Participants will view stars through binoculars and a telescope to learn more about our night sky.

- **Stewards of the Land**

- Grade Levels: Senior, Ambassador
- Badges: Eco Explorer, Eco Advocate
- Length: 1-2 hours
- Max Participants: 25
- What can you do to conserve our natural resources? Discover an environmental issue you care about and how you can make a difference every day. Work with one of our Naturalist on an environmental issue you care about and see how our area is impacted by it. Ambassadors will then develop a plan on how to advocate their issue.

- **Incredible Pollinators**

- Grade Levels: Brownie, Junior
- Length: 1 hour
- Badges: Bugs, Flowers
- Max Participants: 25
- Pollinators come in all shapes, sizes, and colors! Join our Naturalist at one of Lynchburg's parks to set out on a pollinator walk. We'll visit a few of Lynchburg's pollinator gardens and discover the importance of pollinator insects, relationships with flowers, and what makes them so great!

- **The Living Tree**

- Grade Levels: Cadette
- Badges: Trees
- Length: 2 hours
- Max. Participants: 25
- Trees are a keystone to any forest ecosystem and essential to all life on Earth. Join us on a nature walk or in the classroom to learn how to identify trees in our area. We'll teach students leaf shapes and parts, deciduous vs coniferous, and much more about trees in Central Virginia.

- **Indoor Archery**

- Grade Levels: Cadette
- Badges: Archery
- Length: 2 hours
- Max. Participants: 15
- Students will learn about recurve and compound bows, proper handling and shooting techniques, range safety, as well as plenty of practice time. All equipment provided.

- **Canoe Adventures**

- Grade Levels: Brownie, Senior, Ambassador
- When: May - September
- Length: 1.5-2 hour
- Max Participants: 16
- Explore watershed ecosystems up close and personal. Students will learn proper canoe strokes and maneuvers as well as what biotic and abiotic factors are in a water system. For Ambassadors, canoe adventures can be paired with most other outdoor adventure programs we offer to complete your badge.

## Additional Programs

- **Live Animals**
  - Grade Levels: All
  - Length: 1 hour
  - Location: Nature Zone
  - Toads and turtles and snakes, oh my! We have a variety of educational animals that reside at the Nature Zone that students can get hands on experience with. Choose from a range of discussion topics such as Virginia wildlife, reptiles & amphibians, or our general animal programs. We'll take each animal out and talk about their habitats, diets, life cycles and unique characteristics.
  
- **Bird Beak Adaptations**
  - Grade Levels: Brownie, Junior
  - Length: 1 hour
  - Drilling, sipping, cracking, and tearing, bird beaks can do it all on the hunt for food. Join us for our "Bird Beak Buffet" where students will travel station to station testing out the right tool for the job!
  
- **Forest Succession**
  - Grade Levels: Junior, Cadette
  - When: Sept-Oct, April-May
  - Length: 1 hour
  - It's a race to the top! Will it be maple, oak or sycamore? Find out who will win in forest succession. This program introduces students to biotic and abiotic factors as they walk the trails discovering changes that occur in a forest over time. This program aligns with Virginia Standards of Learning curriculum in science, English and math.
  
- **Seasonal Ecology**
  - Grade Levels: Daisy, Brownie, Junior
  - When: Year round
  - Length: 1 hour
  - Hike through the seasons and find out what makes each one unique. A naturalist will point out natural features and students will learn ecological concepts through hands-on exploration. This program aligns with Virginia Standards of Learning curriculum in science, English and math.

- **Creek Critters**

- Grade Levels: Brownie, Junior, Cadette
- Length: 1 hour
- When: April-September
- Join our Naturalist at Peaks View Park to get hands on experience with the creek critters living in Cheese Creek. We will collect and study macroinvertebrates and run several water quality tests. Students should wear closed-toed shoes. We'll also discover what can help and hurt our local watersheds.

- **Indoor Archery**

- Grade Levels: Junior, Cadette, Senior, Ambassador
- Length: 2 hours
- When: Year-round
- Max. Participants: 15
- Students will learn about recurve and compound bows, proper handling and shooting techniques, range safety, as well as plenty of practice time. Location: Armstrong Gym basketball gym, Fairview Center, Ivy Creek Park. All equipment provided.

- **Canoe Adventures**

- Grade Levels: Junior, Cadette, Senior, Ambassador
- When: May-September
- Length: 1.5-2 hour
- Max Participants: 16
- Explore watershed ecosystems up close and personal. Students will learn proper canoe strokes and maneuvers as well as what biotic and abiotic factors in a water system. This program aligns with Virginia Standards of Learning curriculum in science, English, physical education and math.

- **Birding 101**

- Grade Levels: Junior, Cadette, Senior, Ambassador
- When: Year round
- Length: 1 hour
- Max Participants: 24
- Build a better understanding of birds and migration. Search the sky and trees for birds while hiking the trails with a naturalist. Students will learn about bird identification, bird habits and how to use binoculars. Binoculars, bird identification books and devices, and other materials provided. Just bring your curiosity.

- **Nature Walk**
  - Grade Levels: Daisy, Brownie, Junior, Cadette, Senior Length: 1 hour
  - When: April-October
  - Max Participants: 20
  - Want to see what creatures are living in our city? Meet us at one of the Lynchburg's many parks to explore what wildlife is living nearby. We'll discover animals, insects, trees, and much more!
  
- **Maple Sugaring**
  - Grade Levels: Daisy, Brownie, Junior, Cadette, Senior, Ambassador
  - Length: 1.5 hours
  - When: January-February
  - Max Participants: 60
  - Come out to Miller Park to discover this winter tradition. We'll identify which trees should be tapped, demonstrate how to tap a tree, and participants will learn the history and process of maple sugaring.
  
- **Survival Guide**
  - Grade Levels: Brownie, Junior, Cadette, Senior, Ambassador
  - When: April-September
  - Length: 1 hour
  - Max Participants: 20
  - Could you survive the night in the wilderness? Learn the basics survival skills needed to make it out alive. Students will get hands on experiences building primitive shelters, fire building (without a fire) and basic leave no trace concepts.