

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

February Update 2020

Late Night Skate, Friday, January 10, hosted by Fun Quest was successful with several troops actually staying til midnight. The Girl Scouts enjoyed using their food cards and the many Fun games and activities.

For those who were able to attend the **GSVSC Annual Meeting** at Sweet Briar 1/24-25 it proved to be most informative and helpful. Troop 1315 provided the opening flag ceremony prior to the Recognition Ceremony. Troop 676 provided the flag ceremony Saturday morning to open the Annual Meeting. Our own **Donna Guill** was recognized Friday with the **Volunteer of Excellence Award** for her many years of service as a lead trainer and editor of many instructional manuals. Our SU donated a utility bag filled with a sleeping bag gear sac, laundry sac, mess kit plus to the silent auction, with funds going to the scholarship fund. Our utility bag brought in \$200. Eleven of our troops created the centerpieces from blocks of wood, as part of their Leader in Action Badge from the Junior Camporee. These were original, colorful, and very unique! Delegates were Jen Phelps, Helen Cohen (Girl member), Rebekah Jackson (Girl Member), Elaine Roy and Rebecca Duncan. Donna Guill serves on the Membership Voice committee. **CEO Volunteer Advisory Committee** is being created. Contact Susan Hodges if you are interested in being a member (shodges@gsvsc.org)

We had a total of 23 attending the **Silver Award Workshop**, Forest Library on Sunday, January 26. If there is an interest in a Spring/Summer workshop please let us know... Becka6778@aol.com. Also, let us know if you are interested in a 106 Event Training Workshop. Next **Gold Award Workshop** scheduled for **Sunday, March 29**, Lynchburg... probably Camp Sacajawea. Register on line.

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.

No February Service Unit Meeting, but save the date, Thursday, **March 5**, at 6:30 pm for a very special program by Troop 108 Leader/Clinical Psychologist, Dr. Emily Bradshaw "**Mental Health First Aid.**" Light refreshments will be served. Our **April 2** SU meeting will be a **mother or daddy and daughter ice cream social**... invitations extend to our GS adults (troop leader, troop helpers/assistant, chaperones, troop's product sales managers, etc.). Please RSVP to Becka6778@aol.com. There will be a 6:00 pm Team meeting prior to the March 5 and April 2 SU meetings.

Girl Scout Learn (GS Learn) is a new online training program being developed by GSUSA to meet the modern needs of volunteers.

- Will provide volunteers with online training resources, delivered when and where it makes sense for the busy adult
- Provides councils with nationally consistent training content
- GS Learn will be **available through** the SAP Litmos **Mobile App**. Once it goes live instruction will be provided to set up your app

When Service Units or troops are **servicing** food at their events and programs, they should always contact their local health department or county extension office to determine whether a food permit and or if any additional training is needed. Such as

- Serv Safe Food Manager
- Serv Safe Food Handler
- Serv Safe Allergens
- Cooking for Crowds
-

Sweetheart Dance is right around the corner, Friday, February 28. It will be a night to please everyone, and designed as a Service Unit Fund raiser with all proceeds going toward Camp Sac rental for the SU planned '20-'21 camporees. **We need help with set up and food prep** between 11:30 am – 1:30 pm. Contact Rebecca (Becka6778@aol.com). Event planned by Troop 108.

Girl Scout Sunday, Sabbath/Shabbat and Jumma give girls an opportunity to attend a place of worship and be recognized as Girl Scouts. If a place of worship is the troop sponsor, girls may perform a service ...such as greeting, ushering, hand out bulletins, provide a special song, read, provide the children's moments, provide a flag ceremony, host a coffee hour after the worship service...the minister can tie his sermon into scouting or the girls themselves could provide the service. The day of celebration is Sunday, March 8 or 14, but work directly with the church liaison to pick a date to honor the girls and the 108th birthday of Girl Scouting. You may order a bulletin insert from council free of charge. To order contact info@gsvsc.org or 540-777-5100. Include the following information with your order:

- 1) Name and Troop # and Service Unit
- 2) Date needed by
- 3) Email PDF for own printing or mail to address
- 4) Total quantity
- 5) Your personalization: troop # and place of worship name

Wild Women's Weekend, March 13 – 15 at Camp Sacajawea. Theme for this year "HERstory – Stepping into the Past." This weekend facilitated by the Adventurers will help you provide older girl programming (girls 11 and up). Activities to include 106 Event Training if you have not taken this, Adventurer Training and planning session, a service project and some planned activities in Lynchburg that are history related. Trip Training (201) which is online is required as prerequisite to Adventurer training. All meals Saturday and Sunday are provided. There is a banquet Saturday evening that includes a silent auction (money raised for Adventurer scholarships). Lodging is in

Bunkhouse 1 & 2 plus Gay Lodge. Cost is \$50 for the weekend. Registration open but if you have questions: lauraburchett90@gmail.com. They really need **Adventurer coordinators/facilitators in the Lynchburg/surrounding area...** Wild Women's Weekend will show you how.

April is "**Leader Appreciation Month**," a time to recognize your daughter's troop leader. Girls could plan a special party to honor their leader, fix a handmade thinking of you/thank you card...we know the girls will have all kinds of wonderful ideas themselves.

Cookies

- January 17: Booth sales began
- February 21: 30% payment due to Detria
- March 15: Card orders and online sales end
- March 23: All money due from the girls to the troop's product sales manager
- March 30: Final payment due
- Caramel deLites → Samoas
- Caramel Chocolate Chip → Toffee-Tastic GF
- Lemonade → Lemon Ups
- Peanut Butter Patty → Tagalongs
- Shortbread → Trefoils
- Peanut Butter Sandwich → Do-Si-Dos
- S'mores – Girl Scout S'mores
- Thanks-A-Lot → no longer exist
- Thin Mints → Thin Mints

Cookie Entrepreneur Pins: There are 5 steps in each GS level providing age specific guidelines to earn the Entrepreneur Pin (GirlScouts.org "Cookies") The steps can be downloaded and pins purchased at girlscoutshop.com

Cookie Achievement bars will not be a reward this year. If you want to purchase them, most of the past increments can be ordered through the Skyline Shop.

Please note that the date for the Girl Scout Cookie "**String of Pearls**" reception might be changed. A firm date will be announced in the Girl Scout Connection.

Girl Scout Week March 8th – March 14th

To earn a special GS patch (<https://www.girlscouts.com/celebrate-girl-scout-week-banner-iron-patch>) help girls with a check-off sheet (feel free to make your own). Great take home project.

March 8th

- ___ Say or sing a grace before a meal
- ___ Get outdoors! Go on a hike, visit a park, have fun outside. Collect any trash along the way
- ___ Go to a religious service in your uniform

Bunkhouse 1 & 2 plus Gay Lodge. Cost is \$50 for the weekend. Registration open but if you have questions: lauraburchett90@gmail.com. They really need **Adventurer coordinators/facilitators in the Lynchburg/surrounding area**...Wild Women's Weekend will show you how.

April is "**Leader Appreciation Month**," a time to recognize your daughter's troop leader. Girls could plan a special party to honor their leader, fix a handmade thinking of you/thank you card...we know the girls will have all kinds of wonderful ideas themselves.

Cookies

- January 17; Booth sales began
- February 21: 30% payment due to Detria
- March 15: Card orders and online sales end
- March 23: All money due from the girls to the troop's product sales manager
- March 30: Final payment due
- Caramel deLites → Samoas
- Caramel Chocolate Chip → Toffee-Tastic GF
- Lemonade → Lemon Ups
- Peanut Butter Patty → Tagalongs
- Shortbread → Trefoils
- Peanut Butter Sandwich → Do-Si-Dos
- S'mores – Girl Scout S'mores
- Thanks-A-Lot → no longer exist
- Thin Mints → Thin Mints

Cookie Entrepreneur Pins: There are 5 steps in each GS level providing age specific guidelines to earn the Entrepreneur Pin (GirlScouts.org "Cookies") The steps can be downloaded and pins purchased at girlscoutshop.com

Cookie Achievement bars will not be a reward this year. If you want to purchase them, most of the past increments can be ordered through the Skyline Shop.

Please note that the date for the Girl Scout Cookie "**String of Pearls**" reception might be changed. A firm date will be announced in the Girl Scout Connection.

Girl Scout Week March 8th – March 14th

To earn a special GS patch (<https://www.girlscouts.com/celebrate-girl-scout-week-banner-iron-patch>) help girls with a check-off sheet (feel free to make your own). Great take home project.

March 8th

- ___ Say or sing a grace before a meal
- ___ Get outdoors! Go on a hike, visit a park, have fun outside. Collect any trash along the way
- ___ Go to a religious service in your uniform

March 9th

- Sing your favorite Girl Scout song as loud as you can
- Leave a place better than you found it
- Practice an outdoor skill

March 10th

- Write a thank you note to your leader and mail it
- Learn about the three Girl Scout Highest Awards
- Pick up trash around your neighborhood

March 11th

- List three GS events you would like to do as a troop. Give ideas to your leaders.
- Do 30 Minutes of exercise with a friend
- Take a walk around your neighborhood, point out some problems you see. Discuss how you could solve them.

March 12th

- Wear something to school that represents Girl Scouts
- Collect food for a local food bank
- Do something special with your brother or sister

March 13th

- Check your house smoke alarm
- Talk to your family about a family plan

March 14th

- Make the World A Better Place – do a service project
- Make a birthday treat for your family or friend

Cookie Sales Teachable Moments

- What are profits: How much \$ does the troop earn per box if cookies sold?
- Where does the rest of the money go?
- How do we decide how to spend our cookie money?
- How much money needs to stay in account to help plan our operating budget for upcoming year
- What is an operating budget?
- When will we know how many cookies our troop sold?

Service Unit hosted/sponsored events and activities are 100% planned and organized. Flyers for each event are available at each SU meeting and on the Lynchburg Campbell County website. www.lburgccgirlscouts.weebly.com Go to "Event Flyers," then scroll down to the month. Flyers are password protected (contact Becka6778@aol.com if you need it); they include the registration and additional information such as cost, time, age level, deadline, contact info, etc. Girl Scouts may participate in an event even if a troop cannot if the parent provides transportation, supervision and cost. The same registration form is used.

Questions: LynchburgCampbellCoGirlScouts@gmail.com

We will celebrate **World Thinking Day** March 7 at First Presbyterian Church. On this day we will take time to reflect on our sisters around the world and international

friendship. In Girl Scouts, we are a part of a special group of girls that stretches across the world. During this year's celebration and to earn the special WTD Badge we will learn about "Diversity, Inclusion, and Equity", how to bring the changes we want to see in the world and celebrate our global sisterhood. This year three troops have been invited to attend without a country. Deadline is February 21, 2020.

Skate Night at FunQuest is Tuesday, March 17, from 6:00 – 7:50 pm. Parent pick up no later than 8:00 pm. Flyer has been posted on LCC web site.

Daisy Day "Garden Fun" at Camp Sacajawea is Saturday, **April 4**. There are six 25-30 minute rotations with special focus on meeting the requirements for the Daisy Flower Garden Journey....becoming more comfortable with our outdoor world from making dirt babies to conservation. This is a great way for our Daisy leaders and Girl Scouts to learn more about Camp Sac as they get ready for summer camping. Flyer is out. Questions: Becka6778@aol.com

College Planning/Preparation planned by UL Kappa Delta Sunday afternoon, **April 5**, 2:00 – 4:00 pm for our Junior – Ambassador Girl Scouts. Includes some great talking points to short tour and refreshments. Cost: \$5. Register with LCCSU.

Brownie Camporee at Camp Sacajawea is the weekend of **April 25/26** "Soil Experts" Our Girl Scouts will have the opportunity to earn the Brownie Quest Journey and complete the requirements for Brownie GS Badges... Brownie Girl Scout Ways and Cabin Camper. Cost: \$18 per girl scouts. Deadline: April 8, 2020.

"Striving for the Gold" Girl Scout Award Dinner, Saturday, **May 2**, 6:00 pm at First Presbyterian Church, VES Road. We will recognize and celebrate our local Girl Scouts who have achieved the Girl Scout Bronze, Silver and Gold Awards 2019-2020. Parents, families and friends are invited to this celebration and covered dish dinner. Rebecca will be reaching out to troop leaders to make sure our award list is current. Parents will be using the sign up genius for needed paper products and food items. Register with troop leader so we can get an accurate count for room/table set up.

Bridging and Award Recognition Ceremony, Sunday afternoon, **May 17**, 2020 Timberlake United Methodist church. Girls arrive at 2:00 pm and go to the Family Life Center, parents go directly to the sanctuary. Hosted by Lynchburg Campbell County SU and planned by Jodi Ettare, Troop 234. Deadline is Friday, May 8, so we can finalize the program. Ceremony starts at 2:30.

Triple C Camp

- Provide Journeys, Badges and Adventurers. 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.

- Spring Journey Fest: "It's Your Planet, Love It" Saturday, March 28, 2020, 9:00 am – 3:00 pm, \$45 per Girl Scout.
- 920 Camp Road, Charlottesville, Va. 22902 434-293-2529 or email to register @ tripleccamp.com with your badge/Journey questions or request
- <https://yearround.tripleccamp.com/programs-2/opportunities-for-girl-scouts>

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

The "**Camp Program Center Procedure, Rules and Forms**" manual #2170 is current. You must **read and review anytime you plan to use our camps**. It is online. "Camping and Things to Do at Camp Sacajawea" is on the Lynchburg Campbell County website at www.lburgccgirlscouts.weebly.com. This also includes the forms needed for archery, canoeing, info on letterboxing, etc. plus a nice history of our 68 year old camp. If you need any assistance with planning a camping trip whether tent/cabin camping or just coming for the day at Sac, please do not hesitate to contact us at LynchburgCampbellCoGirlScouts@gmail.com.

When **Cabin Camping at Sac**, particularly when using Gay Lodge or Bunkhouse, please remember to clean kitchens and bathrooms, including sweeping and mopping, emptying all trash cans, putting out new bags, toilet paper and roll of paper towels.

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.

No Ride – Share programs such as Uber, Lyft, Curb or any other similar ridesharing companies. No private rentals such as an Airbnb, VRBO, Flipkey, Roomarama, Home away, Vay Stays, Tripping, Winder, Archsurfing or any other similar private rentals

Finance Policy **VF8**

- Adults may not conduct money-earning activities under the Girl Scout name to support their own participation in an activity unless they have direct responsibility for supervising a group of girls during the activity for which the money is being earned.

Procedures: Volunteers may only receive reimbursement for expenses as long as these cost were planned and budgeted prior to the activity, the adult participated in the council-approved money-earning activities to offset these cost to the troop and the adult had a direct responsibility for supervising a group of girls during the activity for which the expenses are being reimbursed.

Procedures: Girls earn money only for the troop funds do not belong to individual girls, only to the troop as a whole

Troop funds are to be used to purchase supplies for troop program activities, membership dues, purchase earned recognition insignia or uniform components and pay for girls to participate in program-related activities.

Troop expenses can cover the cost of the troop volunteer required to properly supervise girls for activities (**adult-to-girl ratio**) as long as the volunteers follow the procedures under VF8. Troop funds are not meant to be spent on family members that want to tag-a-long.

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.

Forms/documents:

<http://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)

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

The secret to living well and living longer is... Eat half – walk double – laugh triple – love without measure

There are three ways to ultimate success

- 1) The first is to be kind**
- 2) The second way is to be kind**
- 3) The third way and most important is to be 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