

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

January Update 2021

I am with you "Girl Scout Sister." Everyone is a little burned out. What people need right now are simple connections. Please hang in there. Give 25%/50% if you can knowing that you will be a rock star again when life is more recognizable. You may not be at the top of your game, but you are doing your best. Gather for an hour with your troop if possible and it does not have to be a Girl Scout program. Just take it easy...our girls are looking for some means of continuity and the sisterhood that Girl Scouting provides.

B

Review **GSVSC COVID-19** protocols and guidelines to keep your troop and troop parents current on the Virginia's Phase 3 social distancing guidelines. Always feel free to reach out to headquarters for assistance at info@gsvsc.org or 540-777-5110 or emergency after hours 540-598-0974. It will include everything you need from in person meetings, to limits on group gatherings, to mask, disinfecting and reporting. **gsvsc.org "About" → "our program."** Virginia's Phase 3 social distancing guidelines. Always feel free to reach out to headquarters for assistance at info@gsvsc.org or 540-777-5110 or emergency after hours 540-598-0974. We have a significant number of troops who are successfully enjoying in person meetings and would be happy to share what they are doing. Others are meeting virtually and for the most part that is going well. Due to current restrictions on group gatherings we will not be able to have any specific conversations on SU events/activities.

Recently, the Associated Press ran a story regarding the **palm oil industry**, and included specific references to our bakers using it in the making of **Girl Scout Cookies**, one of many products globally that do so. The reporters went on to cite specific incidents of poor working conditions, including the use of child labor in the palm oil business around the globe.

To be clear, child labor has no place in the production of Girl Scout Cookies. GSUSA has and continue to work with our bakers to increase the transparency and sustainability of our production lines and sourcing to prevent these types of occurrences from happening.

The world's food supply is initially tied to the use of palm oil, so we believe promoting proper manufacturing principles is the most responsible approach to how Girl Scouts and Girl Scout Cookie development is advanced. We have pushed our licensed bakers to become members of the Roundtable on Sustainable Palm Oil.

Troop members, parents, and cookie customers if you are approached by your media, please forward them to Jennifer Pfister at communications@gsvsc.org or 540-521-2136. From Nikki Williams, CEO GSVSC.

It was necessary to **cancel SU UPS Store mail box rental**. We will revisit this next Fall. As of 12/14/20 rental via Duncan Therapy.

Cookies

Message from Detria/SU Cookie Manager/Area 9 Manager

- Initial orders will be delivered Friday, January 15, at Legacy Oaks. Troops are required to sign up for a specific pick up time...looking at 30 minute increments.
- Next re-order deadline is Saturday, January 16, by 10 pm. Cookies will be delivered the following Friday, January 22.
- Motto this year "We are in this together."
- If there is anything that you need, she is happy to help (thepreachaswife@hotmail.com)

Message from Sarah/SU Cookie Booth Manager

- As soon as we get information from GSVSC and GSUSA regarding guidelines we will share it.
- For sure, JoAnn's will not be participating with us this year. Conversation continues with Walmart and Sam's; we should know more by February.
- Suggest that you move forward and focus your efforts toward a more virtual approach and ramping up online sales.
- Partnership with your meeting places to establish "drive-thru" cookie booths.
- Create door hangers for individual neighborhoods with special instruction on how to order directly from girl or her troop.
- Use social media to promote a virtual sale with front porch delivery or pick up whereby customers pay via an online payment platform such as Venmo or Cash App.
- Host a "Support Our Local Heroes" or "Support Our Military," "First Responders" donation drive. These events work well virtually via social media as well as via door hangers.

The cookie sale campaign is and always has been absolutely vital to the success for Girl Scouting in many ways...wish we had corporate sponsorship...but we don't.

Highest Awards

"The project is the solution to the problem being addressed."

Bronze Award

- Highest Award earned by a Junior Girl Scout (4th + 5th grade)
- Must complete a Junior Journey before starting a project.
- Project does not require pre-approval by GSVSC, exception are projects done on Council properties...Icimoni, Camp Sacajawea or Camp Sugar Hollow. These projects will require Ranger approval.
- Project hours minimum of 20 per Girl Scout, 40% planning hours and 60% project hours.
- Project focus is something girls care about and what they would like to improve with their Girl Scout or local community.
- Girls develop an understanding of sustainability.
- Final report usually submitted by Troop leader/co-leader

- Online training available, 45 minutes. The 90 minute Bronze Award Virtual Classroom Workshop is highly recommended.
- Not required in order to move to the next highest award level (Silver). Girl Scouts earning the Bronze Award do have an advantage toward understanding requirements for the Silver Award.

Silver Award

- Highest Award earned by a Cadette Girl Scout (6th, 7th + 8th grade)
- Must complete a Cadette Journey before starting project
- Silver Award 2 hour workshop is mandatory. It is highly recommended that this is taken prior to starting project. Required for girl and team advisor.
- The 45 minute on line training now serves as a resource.
- May work as an individual or small group of 2 – 4 girls.
- Project does not require pre-approval unless project is planned to take place on Council properties. Project approval by Camp Ranger.
- Minimum project hours by each girl is 50, 30% planning hours and 70% project hours.
- Project focus is something girls care about and that they would like to improve within their Girl Scout or local community.
- Girls demonstrate an understanding of sustainability in the project plan and implementation.
- A final report submitted on line by each individual girl even if a group project.
- Silver Award is a great spring board toward the Gold.

Gold Award

- Highest Award earned by a Senior or Ambassador Girl Scout (9th, 10th, 11th + 12th grade)
- Must complete two Journeys (Senior/Ambassador) or earn the Silver and complete one Journey.
- Projects are individual/girl-led.
- Pre-approval of Project proposal is required.
- Minimal project hours is 80, 20% planning hours and 80% project hours.
- Gold Award training is required.
- Project must include provisions to ensure sustainability.
- Final report submitted on line.
- Council guide on gsvsc.org web site "Go Gold."

Triumph Award

For those Girl Scouts who have earned the Bronze, Silver and Gold Awards, then you may apply to GSVSC to earn the Triumph Award. They honor each Triumph Award recipient with a life time membership.

Questions: info@gsvsc.org

SU Gold Award Champion

Karen Camper, member of the Gold Award Committee, also serves as the Lynchburg Campbell County/Amherst/Appomattox SU Gold Award Champion. She can work

directly with girls prior to submitting their proposal. Karen is a great asset, helping our girls by reviewing proposals and making suggestions, guidelines on budgeting, proof reading, etc. before it goes to the Gold Award Committee for approval. Call/text/email Karen: krcamper@msn.com or 434-221-5415.

Highest Award Virtual Workshops

Silver Award: Sunday, March 21, 2021	2:00 – 4:00 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** and **3 hour Gold Award Workshops** are **required** for girls and their team advisor. The 45 minute Silver Award on line training serves only as a review.

Power the Promise

Congratulations to all of our girls who have recently completed their Bronze or Silver Award project.

Evelyn's Bronze Award project was a direct response to the COVID pandemic's effect on her school community. She worked with special education teachers to identify the needs of students while they were doing remote learning. Evelyn planned out sensory baskets for over 40 different students. She identified the different needs and tailored the basket items appropriately. She shopped for all of the basket items, and assembled them. Through her work doing this made her aware of the food insecurity that fellow students were facing due to the pandemic; she was also able to deliver meals to students' families. Evelyn also saw in her neighborhood how COVID had affected a family and so she developed activities for those children to keep them engaged and help to alleviate the stress the parents currently have due to health issues and the COVID restrictions. Troop 676 Leader: Mama Stump/Project Advisor: Amy.

For their **Bronze Award Project Lily and Desire** participated in the big spring planting of the Quaker Memorial Presbyterian Community and the Camp Timothy Give and Grow Gardens. Both of these gardens donate all of their produce to local food banks and to people in need of fresh vegetables. Lily and Desire also planted an herb garden of both perennial and annual herbs at their host church so that Quaker Memorial Presbyterian could cook with fresh seasonings at its weekly luncheon. Although they planted perennials which would return year after year they wanted their new found knowledge of gardening and healthy eating to continue even longer. The girls created and donated gardening lesson plans to the Camp Timothy Give and Grow Garden to be used with campers who are between the ages of 5 and 13. Lily and Desire also taught the children on their weekly visits to the garden about the plants – how to plant, harvest and eat them as well as about the insects in the garden. Troop 676 Leader: Mama Stump, Project Advisor: Amy.

Step Up and Inspire and Uplift Others was the **Bronze Award Project** of Anna, Ella, Maysie, Lucy and Virginia members of Troop 440. The girls voted to do an inspirational mural at a local elementary school, however, due to COVID-19 they had to postpone completion of this project and identify an alternate community. The girls connected with their GS Community at Camp Sacajawea by designing and making inspirational stepping stones. As part of this project the girls also worked at camp to clear brush to establish a walkway to place the stones around Gay Lodge, a land mark at camp. The girls learned how to mix concrete to form the large permanent stones and learned how to use different landscaping tools to clear the brush. Troop Leaders: Sarah, Jennifer and Doris. Project Advisors: Jennifer, Doris and Rebecca

For her **Silver Award Project**, Elizabeth from Cadette Troop 819 created/designed a manual for her school detailing how to carry out food drives. Her focus was the "Food for Thought" organization, and their Backpack Program, a program that supports children in schools who are in need of food over the weekend. Elizabeth also oversaw an extensive food drive for the "Food for Thought" Backpack Program that serves children in need in all city schools and surrounding counties. Troop Leader: Diana and Kathryn. Project Advisors: Food for Thought.

These girls have done amazing things for other people.

We would love to share your project with others. Information can be submitted by girls themselves, troop leaders, parents, etc. Send to Becka6778@aol.com

Rachel and Sally, Troop 40, are overseeing the "Hideaway Campsite Redue" as their Silver Award project. 90% of the shelter has been painted, new screens will be installed and firewood boxes will be built over the winter. For this to become a more welcoming and user friendly campsite it will need a new roof. Based upon conversations with Ranger Seth, the cost of a metal roof/underpinning is about \$2,500. A fund has been set up with GSVSC for this purpose. All donations are greatly appreciated, no amount is too small. Checks should be made out to **Hideaway Roof fund/Sacajawea** and mailed to Melissa Hilderbrand, GSVSC, 3663 Peters Creek Road, N.W., Roanoke, Virginia 24019. The check can be designated to honor someone, include that additional information and address.

Thank you to everyone who participated in the **Alan B. Pearson Regional Cancer Center Virtual "Trees of Hope."** The Girl Scout Tree of Hope did receive several nice auction bids. It was picked up Friday, December 11, by the highest bidder. They were very pleased. Another thank you to Troop 678 for overseeing this project, Mrs. Via for displaying our tree.

Kathie Driscoll, local Naturalist and avid supporter of Girl Scouting is willing to provide a **"One Hour One Badge"** 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 2 age groups can earn their similar badges at same time (Brownie Pets and Junior animal Habitats)

Supplies will be provided, including Make + Take Items.

Troop provides the GS Badge.

Kathie Driscoll, Education Director – The Nature Foundation at Wintergreen.

434-325-8169 (youth@tnfw.org)

Daisies, Brownies and Juniors – mark your calendar for a **special 30-35 minute zoom program planned by Kappa Delta Sorority UL Tuesday, February 23 at 6:30 pm.** Their imaginary friend “Zink” will **teach life lessons of compassion, understanding, respect and acceptance** of those with actual or perceived differences. This program is being prepared in conjunction with our SU. Registration not required although we will take role to assist leaders in purchasing fun patches.

GSVSC “**Girl Scout Cookie Rally 2021**” – open to Daisies – Ambassadors. Saturday, January 16, 10:00 – 11:30 am free virtual fun via Zoom. Pre-register for this event. Event will provide the tools to solve problems, how to collaborate with others and be resilient. There will be door prizes throughout the program.

Session #1: You are a cookie CEO (broken down into the 5 age levels. Daisy Talk it Up Badge – Brownie Meet My Customers – Junior Cookie CEO – Cadette Think Big – Senior Customer Loyalty – Ambassador Profit and Loss/Promise and Law

Session #2: Discover how to boost your personal brand and online presence as an entrepreneur. Earn a virtual marketing fun patch during this session.

Date: Saturday, January 16, 10:00 – 11:30 am

Location: Virtual fun via **Zoom meeting**

Girl/Adult cost: Free

Note: By Thursday, January 14, registrants will receive an email regarding a list of basic supplies (markers, pencil, paper) as well as some items to print out like coloring sheets and planning materials

Sponsors: United Way of Central Virginia and Greater Lynchburg Community Foundation

Cookie Rally registration listed gsvsc.org “Upcoming Events”

Virtual Service Unit Meeting, Thursday, February 4, 6:30 – 7:30 pm. Zoom link will be provided one week prior to meeting date. Please mark your calendar.

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>

Enjoy the Little Things in Life
Because one Day You'll look back
and realize that they were the Big Things.

Feeling safe in someone's energy
is a different type of togetherness
That feeling of peace and protection
is really underrated.

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

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

Enclosures: Recipe for a Girl Scout Troop

RECIPE FOR A GIRL SCOUT TROOP

1. Girl Scouts come in all colors, from all places around the world. Every Girl Scout is a sister, no matter where she is from, no matter the language she speaks, no matter the color of her skin. Girl Scouts are the colors of the rainbow (M&M CANDIES)
2. We have a Promise and a Law. On our honor, we will try to do our best to be fair and square. (CHEX CEREAL)
3. Some of us are tall and some of us are small. When we get together, size doesn't matter at all. (PRETZEL THINS & MINI MARSHMALLOWS)
4. Sometimes we are nutty and we love to joke and play. We love to put a Girl Scout smile into everybody's day. (NUTS)
5. When we get together, we seem to make circles. We may sit in circles, play circle games, or make a Friendship Circle. You could say that we are well-rounded. (CHEERIOS)
6. When we are busy planning a project or doing a craft, we pop around until we're done. (POPCORN)

7. Girl Scouts respect all living things. The earth is our home, and we want to keep it safe for everyone. (GOLDFISH CRACKERS)
8. Girl Scouts are “chips off the old block”. Girl Scouting began in 1912. Since then we all have been part of an old tradition, and are proud to be part of the future. (BANANA CHIPS OR CHOCOLATE CHIPS)
9. Young Girl Scouts may be hard to resist because they are fresh, sweet, and new. But the old Scout may be more fun because she has more experience than you! (RAISINS)
10. AND THERE YOU HAVE OUR RECIPE FOR A GIRL SCOUT TROOP AND NOW WE’D LIKE TO SHARE IT WITH YOU!

