

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

July Update 2020

### Why Be a Girl Scout Leader?

Being a Girl Scout in my mom's troop was pretty cool; we did a lot of two person pup tent camping, lots of hand sewing and fixed snacks...we loved snacks! Out of desperation to find a troop for my daughter Michele, I found myself agreeing to be a troop leader of eight adorable Daisy scouts. If someone had told me that I would be leading this troop through high school, I would have told them that was unlikely. I thought frankly who is still a Girl Scout by the time they hit high school?

Being a troop leader when the girls were younger was certainly easier. They had less on their schedules and more time for meetings. Badges and activities were more clear cut and pretty easy to achieve.

As we muddled through middle school, I often questioned if Girl Scouts was worth my time and effort. Middle school was hard, life was changing, friendships shifting...Girl Scouting however, seemed to provide this **safe space** and then we would have that certain meeting or activity that really brought our girls together and I would be reminded of the bonds they had formed through what I felt was a lifetime ago. The Silver Award group project was one of them.

Approaching high school, I will admit that I really did not know what a GS troop leader looked like. Claire and I became more of advisors prepared to adjust to whatever. We were more focused on life skills than badge work although we did squeeze some in sometimes without them knowing it. Meetings often consisted of supper together and talking about prom dresses. Not only did this give Claire and me a chance to do what we could to pass on our own life lessons that might serve them in the future, but gave us a front row seat of what was being accomplished. By 11<sup>th</sup> grade their focus and what motivated them – sleepovers at Gay Lodge, Brownie Camporee, building the Camp Sac Amphitheater and planning their last "Hurrah" trip to NYC after high school graduation.

Turns out, I didn't realize it that most of the true benefits of Girl Scouting kick in just when we are most inclined to quit...both girls as well as adults. Over the years our girls learned many great lessons about independence, individuality, creativity, entrepreneurship and leadership. It is now they begin to demonstrate their understanding of commitment, realize the fundamental benefits obtained through Girl Scouting and the **power of sisterhood**. The diversity of this troop was very special, friendships would not have formed otherwise. They had a voice to be heard and a power to control their self image. **Girl Scouting was a grounding force**. Nothing was more important than building healthy relationships.

**Girl Scouts provides the platform. We as Girl Scout volunteers provide the underpinning**



Yours in Girl Scouting,  
Rebecca

### **Why Be a Girl Scout?**

**Congratulations Jenna**, Girl Scout Troop 1350, Summa Cum Laude graduate ACHS, Girl Scout 11+ years, Award Recipient, Governors School, FFA... Recruited player for the Randolph College softball Team '20-'21. **"Girl Scouting provided experiences and friendships I would not have had otherwise."** Troop Leaders: Roxanne and Deborah

**Congratulations Emily Whipkey**, Girl Scout Troop 295, Science Hill High School, Johnson City, TN graduate – Woodman of the World Academic Award, Liberty Award and Liberty Champion. Even though Emily moved to TN over 4 years ago she remained active in her LCC troop (295), coming back to join them in hiking expeditions as well as taking on leadership roles in our Brownie and Junior Camporees. Emily, along with other Troop 295 members left a high imprint at Camp Sacajawea by designing and erecting the green GS Law signs along the main camp road. "Girl

Scouting has taught me so many valuable life lessons and skills that I use everyday...money management, communication, team work, goal setting and critical thinking. Girl Scouts allowed me opportunities to make new friends, reach outside my comfort zone and find a sense of belonging with my troop and in our community. **I remember looking up to the older Girl Scouts as role models and now when I go back to volunteer with the younger Girl Scouts I hope I am a strong role model for them as well.**" She moves back to Lynchburg to attend CVCC – Liberty University.  
Troop Leaders: April and AJ.

**Congratulations** to our Amherst **Troop 1315**, who sold a whopping **11,446** boxes of cookies and had 5 girls earn their pearls. High cookie sellers: What a tremendous effort! **Highest Troop Cookie Sellers** in our area.

**Collen – 2,165**

**Peyton – 1,523**

**Abigail – 1,250**

**Emmeline – 1,210**

**Leyla – 1,001**

**Cheyenne – 850**

**Madison – 761**

**Caitlyn – 658**

**Lucy – 520**

**Haily – 502**

Troop Leaders: Tiffany, Andrea, Karen, Kelly, Katie and Adrienna  
Cookie Mom: Andrea Montanye

**Congratulations to Julie, Amherst Troop 1069** who sold **755** boxes.

Troop Leaders: Jessy and Melanie

**Collen** was the **Top Cookie Seller** from our Service Unit. I know you want to Congratulate her – [toanybeach@yahoo.com](mailto:toanybeach@yahoo.com)

Thanks to generous donors, GSVSC will be able to **expand its Girl Scout membership Financial Assistance Program** to help more members renew this year. They recognize a parent's commitment to their Girl Scouts' journey. Renew membership with or without financial assistance at [GSVSC.org/Renew](http://GSVSC.org/Renew). If you have specific questions about financial assistance, please reach out to [info@gsvsc.org](mailto:info@gsvsc.org) or call 1-540-777-5100.

### **New Badges for 2021**

#### **- Daisy**

Automotive Design 1, Automotive Engineering 2, Automotive Manufacturing 3,  
Democracy and Daisy Toy Business Design

#### **- Brownie**

Automotive Design 1, Automotive Engineering 2, Automotive Manufacturing 3,  
STEM Career Explanation, Democracy, Brownie Buddy Entrepreneur

**- Junior**

STEM Career Exploration, Democracy, Junior Business Jump Start

**- Cadette**

STEM Career Exploration, Democracy, Cadette Business Creation

**- Senior**

Democracy for Seniors, Senior Business Start Up

**- Gold Award Virtual Workshop Wednesday, July 8, 2020 from 1 – 4 pm.** Virtual via zoom. Register at <https://gsvsc.doubleknot.com/event/gold-award-virtual-workshop-7820/2702942>

**- Bronze Award Virtual Workshop, Sunday afternoon, July 26, from 1 – 3 pm.** Registration information will be out soon. Designed for leaders.

**- Silver Award Classroom workshop, Sunday afternoon, November 15, 2 – 4 pm at First Christian Church, 3109 Rivermont Avenue, Lynchburg.** Designed for Girls, Leaders and A Girl Scout parent. Registration will be online/forthcoming.

**Update from GSVSC**

- Mobile STEM Van to be launched late summer 2020. It will be fully equipped – exploring science in lots of fun ways – there is a special patch that goes with this programming – the mobile STEM van had its start via a \$30,000 grant from the Roanoke Women’s Foundation and will serve the entire Skyline Council.

- The Virtual GSVSC Day Camp programs have really taken off from Sugar Hollow to Dark Hollow – Trefoil Academy – Green Twilight STEM Camp to Friendly Hollow. Not only are they providing great programming for our council but Girl Scouts are joining them from other states and from Australia, Netherlands, Germany, Philippines, Japan, U.K., Canada, Puerto Rico, Italy and Peru. Amazing!!

- Skyline Council continues with weekly virtual programming

- 12 virtual programs a week (2 for each age level)
- “Diseyland”: designed for our pre-k and rising Daisies – Introductory program to new Daisy Girl Scouts and their families.

- IDP/reopening strategy for staff headquarters

- Headquarters – July 6
  - Staff will rotate schedules
  - Skyline Shop will continue to offer their curb side service – July 6 will begin to offer inside private shopping via appointments
  - Doors locked for approximately 4 – 6 weeks – admission via appointments – all visitors call office to set up a time – face mask must be worn – everyone completes a CDC self assessment before allowed to enter building – temp will be checked before entering building
  - 1-5540-777-5100, 1-800-542-5905
- Renewal: encouraging everyone to do so as this helps GSVSC plan and set the pace for the upcoming year as well as our local service unit

- "The Sky's the Limit," the GSVSC newsletter/magazine, goes digital – look for the July summer edition.

The **IP Patch** (Infectious Disease) is a program partnership with GSVSC and Virginia Tech Carillion School of Medicine. The overall purpose of this patch program is to educate Girl Scouts about infectious diseases, how they are spread, the treatment and prevention. This virtual patch program features lots of hands on activities. Purpose: I will know about ID, what germs are and how I can keep from getting sick. There is no cost for the program...small cost for patch (optional purchase).

<https://gsvscgirlscouts.wufoo.com/forms/infectious-disease-patch-program>

**Ranger Seth** at Camp Sacajawea, assisted by Ranger Tim (Ichimani), are doing lots of **projects at Sac**...once completed they will need painters. Please email [Becka6778@aol.com](mailto:Becka6778@aol.com) if you are interested in helping.

**GSVSC Adventurers** was founded in 1986. It was created to give older Girl Scouts (ages 11-17) a place to challenge themselves to try new exciting different outdoor activities like kayaking, rock climbing, hiking and other similar high-adventure activities. They also love to travel, regionally, nationally and overseas to one of the WAGGGS World Centers. [adventurers1912@gmail.com](mailto:adventurers1912@gmail.com) to become a **Skyline Adventurer**  
[gsvsc.org/adventurers](http://gsvsc.org/adventurers)

**Virtual Program Subscription Boxes** provided by GSVSC. Designed for girls k – 12, members and non members, for scout leaders and for those thinking about going Girl Scouting. July: STEM @ Home, August: Community Caring. Boxes are provided on a weekly basis. Contact GSVSC at [info@gsvsc.org](mailto:info@gsvsc.org) or 540-777-5100. For GS Troop Leaders: "Kickstart your Leadership skills"

### You tu Girl Scout Journeys

#### 1. **Daisy:** 5 flowers, 4 stories, 3 Cheers for Animals! Journey

Part 1: [https://youtu.be/VxTR\\_z8s7dU](https://youtu.be/VxTR_z8s7dU)

Part 2: <https://youtu.be/vmH209HHeno>

Part 3: <http://youtu.be/2L-ptDpHr-c>

Part 4: <http://youtu.be/LTC15QICbdw>

On this Journey, Daisies learn what animals need and how to care for them.

#### 2. **Brownie: A World of Girls Journey**

Part 1: <https://youtu.be/-gGWwem752M>

Part 2: <https://youtu.be/1QSNwReadRc>

Part 3: <https://youtu.be/5uKDeJG1s24>

Part 4: <https://youtu.be/1FjBcMPKJ8w>

Brownies learn about girls around the world and how stories can give them ideas for helping others.

#### 3. **Junior: aMuse Journey**

Part 1: [https://youtu.be/Q\\_1WwpN\\_uxo](https://youtu.be/Q_1WwpN_uxo)

Part 2: <https://youtu.be/OR4idkGroSc>

Part 3: [https://youtu.be/1NaO\\_u61\\_1k](https://youtu.be/1NaO_u61_1k)

Part 4: <https://youtu.be/TdjtYOGcezM>

#### 4. Cadette: Media Journey

Part 1: <https://youtu.be/sLGs8n4pcbE>

Part 2: <https://youtu.be/52nqNELpoko>

Part 3: <https://youtu.be/E27kntub4fw>

Part 4: <https://youtube/gKkM3GXgYSo>

Cadettes explore the media they love, including movies, TV shows and music...learn how to reshape news.

#### 5. Senior: Mission Sisterhood

Part 1: <https://youtu.be/qPDkEO5npAU>

Part 2: <https://youtu.be/W9YLsFNNOrg>

Part 3: <https://youtu.be/K8tGURHdNJE>

Part 4: <https://youtu.be/EnDPC5pe7uU>

Seniors learn about the powerful benefits of sisterhood and ways to nurture healthy friendships.

#### 6. Ambassador: Bliss Journey – Live It! Give It!

Part 1: <https://youtu.be/oBSd71y5svM>

Part 2: <https://youtu.be/lw3bw-JxVdo>

Part 3: <https://youtu.be/-TyV8o7L8AO>

Part 4: [https://youtu.be/FU\\_-uB1lrO](https://youtu.be/FU_-uB1lrO)

Ambassadors learn how to fulfill their own dreams and how to help others.

### Highest Awards

#### Bronze Award

- Highest Award earned by a Junior Girl Scout (4<sup>th</sup> and 5<sup>th</sup> grade)
- Must complete a Journey before starting a project
- Project does not require pre-approval by GSVSC
- 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 within their Girl Scout or local community
- Girls develop an understanding of sustainability
- Final report usually submitted by Troop leader/co-leader
- Online training available at <https://onlinetraining.sgsc.org/courses/bronze> (various classroom workshops scheduled throughout the year – contact [Becka6778@aol.com](mailto:Becka6778@aol.com) for local stuff)
- Although not required in order to move to the next highest award (Silver), **Girl Scouts earning the Bronze Award have a huge advantage in understanding requirements for the Silver Award**

#### Silver Award

- Highest Award earned by a Cadette Girl Scout (6<sup>th</sup>, 7<sup>th</sup> and 8<sup>th</sup> grade)
- Must complete a Cadette Journey before starting project
- Silver Award workshop training is required prior to starting project...online

<https://onlinetraining.sgsc.org/courses/silver> or classroom workshops. Tentative date for next classroom workshop is Sunday, November 15, 2:00 – 4:00 pm at First Christian Church

- May work as an individual or small groups of 2-3 girls
- Project does not require pre-approval
- 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, local community or make their neighborhood better
- 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 your Gold

### **Gold Award**

- Highest Award earned by a Senior or Ambassador Girl Scout (9<sup>th</sup>, 10<sup>th</sup>, 11<sup>th</sup> and 12<sup>th</sup> grade)
- Must complete two Journeys (Senior or Ambassador) or earn the Silver Award and complete one Journey
- Projects are individual and 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. Tentative date is March 2021
- Project must include provisions to ensure sustainability
- Final report submitted on line
- Council guide on [gsvsc.org](http://gsvsc.org) web site "Go Gold on line"

### **Triumph Award**

- Girls apply to receive the Triumph Award. For those Girl Scouts who have earned the Bronze, Silver and Gold Awards... GSVSC

Questions: [info@gsvsc.org](mailto:info@gsvsc.org)

Local resource for Bronze/Silver [Becka6778@aol.com](mailto:Becka6778@aol.com)

For this year 2020, **deadline** for final reports have been **extended** from 9/15/20 to **December 31, 2020**. These are **submitted on line** to [info@gsvsc.org](mailto:info@gsvsc.org)

Participated in a recent webinar provided by the International College Counselors "entitled "**Why Girl Scouts is Great for College Admission**, 6/9/20. It was most enlightening and very informative! There were many great talking points and here are some take aways that you probably want to share with your daughters and troop.

- Where Does Girl Scouts Come In and **How does Girl Scouts enhance your college application?**
  - You do stand out to the college admission board – see this as someone who has had some amazing experiences
  - It is worth it to follow your years in Girl Scouting all the way through. Even if not

super active with your troop particularly while in high school, participation in a day camp program, day event, etc. when possible allows you to mentor younger girls.

- Why is Girl Scouting a great program?

- Participation in Girl Scouts demonstrates:

Leadership skills

Communication skills

A passion

- Seen as an **authentic character building program** - colleges value Girl Scout experience – value the service aspect – Girl Scouts holds a lot of weight as you highlight your extra curricular activities on your application

- College admissions recognize the Silver and Gold Award particularly as major accomplishments – **very prestigious** – shows talent - skill – commitment – dedication – determination – confidence

- Even if you are not a highest award recipient, having the Girl Scout experience on your resume/application is extremely important as it shows engagement – experience – gained knowledge

- National Young Women of Distinction honors Girl Scout Senior and Ambassadors whose Gold Award demonstrated extraordinary leadership, and made measurable and sustainable impact – 10 girls selected yearly

- More colleges are offering scholarships for Girl Scouts earning the Gold Award

- More Girl Scout councils are offering scholarships... GSVSC is one of them

- Girl Scout activities provide an excellent opportunity to answer the questions college admissions are asking... what they are looking for... seen through a girl's person college essay (most colleges require at least one). Interesting to note how many Silver/Gold Award recipients write about their project. GS Activities show interest – problems girls solved, what challenges were faced – what was accomplished – gained personal growth – showcases commitment – service initiative – communication skills – leadership – empathy – good kind people (solid value – **kindness is a marketable skill**). Girl Scout built upon a basic level of humanity and respect. Service is valued by college.

- Future Job Applications

- Include your Girl Scouting experience – years in scouting

- Include highest awards earned

- For letters of recommendation – include your Girl Scout family who know you well

- Impressed with the “**College Knowledge**” **GS Badge**

Girls Scouts who earn this badge will better understand steps on how to apply – the plan – rules, etc.

This badge can be altered for Cadettes to start that conversation



**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>

**Your mind will believe  
everything you tell it.  
Feed it faith, Feed it truth  
Feed it Love.**

**Happiness is an inside job.  
Don't assign anyone else that  
much power over your life.**

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)

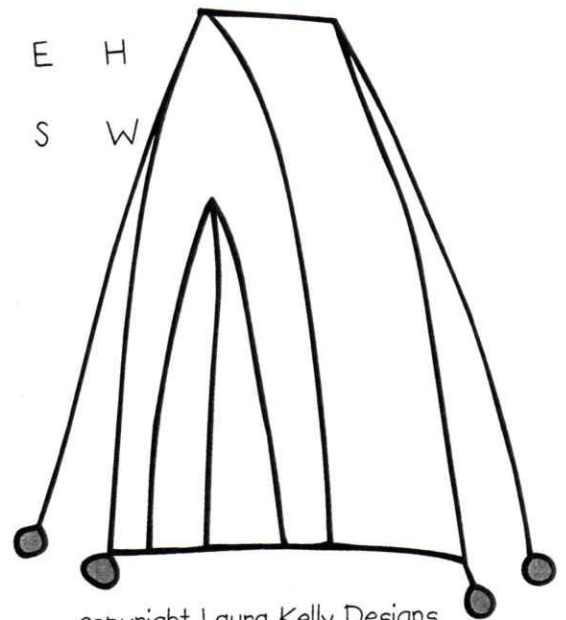
Enclosures: - **Campfire Word Search**  
- **I Am Brave**  
- SOW What Journey, TAP by Helen Cohen  
Informational pamphlet for "**Good Shopping Habits**" for you and the planet

# CAMPFIRE

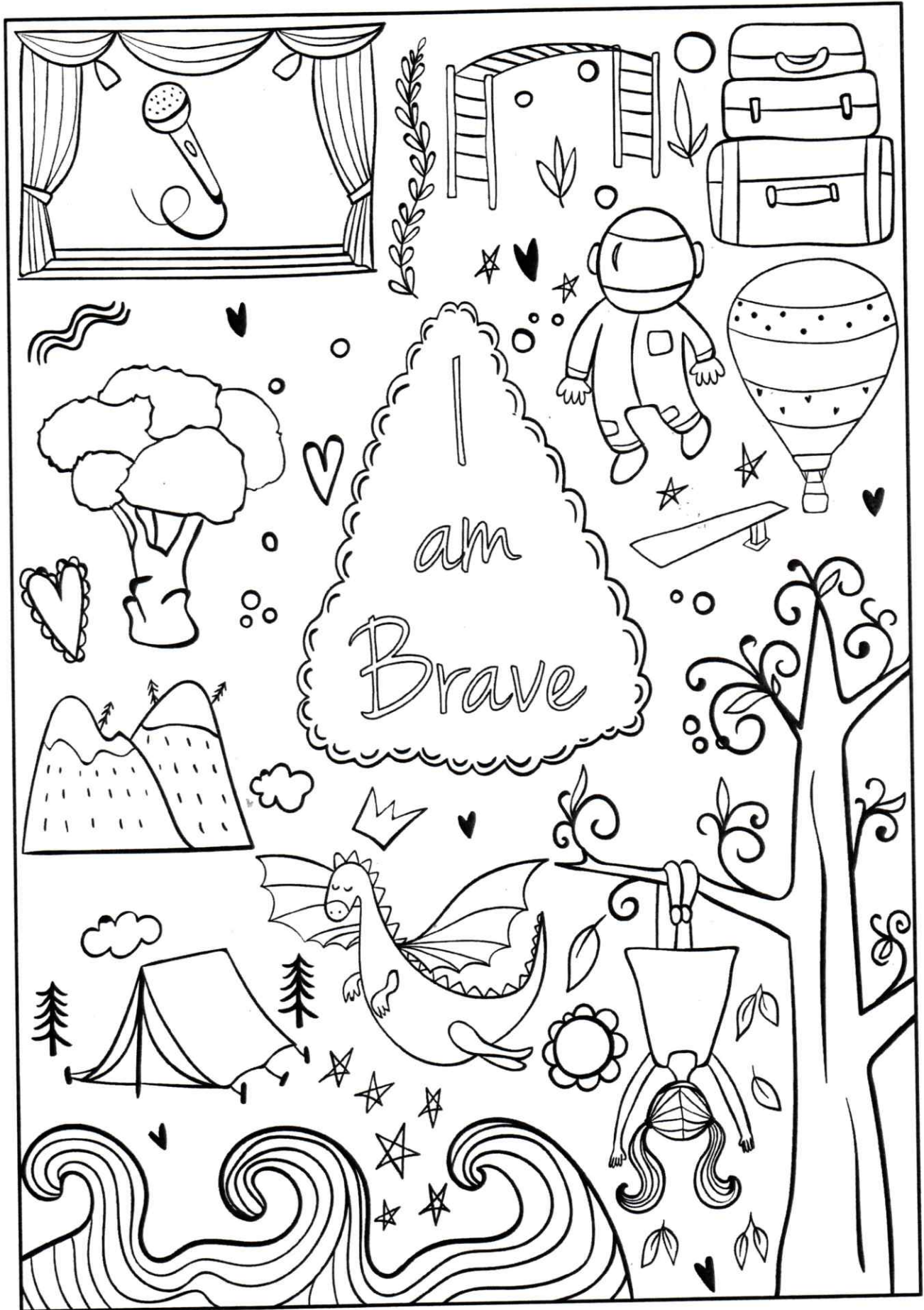
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Always  
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 Safe!



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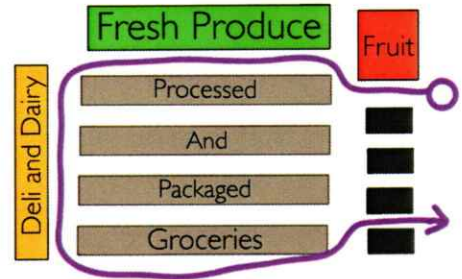
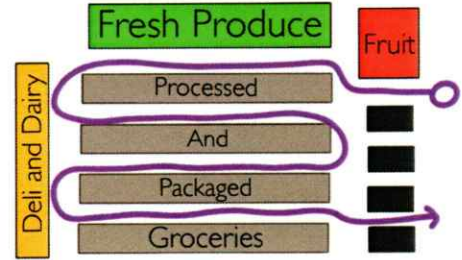


From the book *I Am Confident, Brave & Beautiful: A Coloring Book for Girls*. Copyright 2017.

# Good Shopping Habits (For you and the Planet)

## Your Shopping Road Map!

Stick to the edge of the store. That is where the fresh produce is kept. This can help you incorporate more vitamins into your diet and keep you away from the more processed unhealthy food, which is usually shelved in the center of stores. It also reduces your time in the store and prevents impulse buys.





## The Dirty 12

1. Strawberries	7. Peaches
2. Spinach	8. Cherries
3. Kale	9. Pears
4. Nectarines	10. Tomatoes
5. Apples	11. Celery
6. Grapes	12. Potatoes

1. Avocado	9. Cauliflower
2. Sweet Corn	10. Honeydew Melon
3. Pineapple	11. Broccoli
4. Onion	12. Mushrooms
5. Papaya	13. Cabbage
6. Sweet Peas (Frozen)	14. Cantaloupe
7. Eggplant	14. Kiwi
8. Asparagus	



## The Clean 15

## Remember the Dirty dozen, and the Clean 15.

Every year the Environmental Workers Group puts out a list of the vegetables and fruits with the most and least pesticides. The Dirty Dozen and the Clean 15. The printable shopping guide is available on the EWG's website, you can print and cut my guide which is to the right. Try to avoid purchasing the Dirty Dozen. The pesticides they are coated with can be harmful to you, and are have harmful ecological effects to pollinators and other wildlife. There are plenty of delicious foods on the Clean 15. If you do purchase something from the Dirty Dozen, make sure you wash your produce.



Try going packageless.

- Always remember your reusable bags! One reusable bag can be the same as 22,000 plastic ones.
- Try to avoid heavily packaged foods. The excess packaging piles up in landfills, and the food inside them usually isn't as nutritious.
- Try shopping in the bulk items. You can bring jars and bags, and purchase loose items from bins, such as rice, grains and nuts, and fresh produce.

Consider trying different diets!

While I'm not asking you to become a vegan, it's good for the planet to reduce your meat and dairy intake.

Modern day animal farming is very inhumane for the animals, with cramped space and little light. The dairy industry is also quite hard on cows, with constant impregnation and milking.

These industries also require lots of water, land, and resources. Meat and dairy account for 15% of all greenhouse gasses.

If you can reduce how much of these foods you eat you can help the environment.

Try having a Meatless or Milk-Free Monday! Or a Vegetarian Weekend.

Even small decreases in meat and dairy can help the environment.

