

**Lynchburg Campbell Girl Scout Service Unit
Amherst/Appomattox
June 2020 Update**

Our Girl Scouts are finding all kinds of new and creative ways to “**Power the Promise.**” They are giving back to so many of our first responders, leading service projects and continuing to earn GS badges at home. They are developing new skills and staying focused on the good things. Girl Scouts have really stepped out, engaging in wonderful acts of service and kindness...for example writing letters/sending notes to people in nursing homes, to senior residence staff and caregivers. This long distance hug is a great way to share good thoughts...sharing these good solid values.

For those of you who have provided virtual meetings...great! This probably gives our girls a sense of normalcy. If you haven't been able to do any virtual stuff, no one will hold this against you. This is a crazy time we are living through. Everyone is trying to adjust to it the best way they can. **It is OK to pause.**

Please **welcome** three new **GSVSC staff** members...

Molly Hagan: GSVSC Program Director

Lori Parr: GSVSC Virtual Program Coordinator

Carrie Kessler: GSVSC Accounting Assistant

We have been greatly served by our local volunteers and thank them many, many times over for their day to day work “running the volunteer operations” of our Service Unit...everything from budget planning, event planning, continuing education, recruitment, mentoring, product sales and more! A great deal of volunteer effort and hours go into this planning so that SU meetings, events, activities and trainings at the SU level are valuable.

Service Unit Team Leader: Rebecca

Finance/Business: Sharlene, Sharon and Rebecca

Communication: Michele, Jen, Marion and Rebecca

Volunteer Recognition: Marion

Placement: SU, Katie and Rebecca

Mentors: Daisy – Ericka and Rebecca

Brownie – Marion

Junior – Amy and Marion

Cadette – Sarah

Senior/Ambassador – Detria

Delegates: Jen, Helen (girl member), Rebekah (girl member)

Alternates: Elaine and Rebecca

Event Pathways: Amy, Emily, Kellie, Christina, Shelly, Suzette, Sarah S. Erica, Rebecca and Marion

Gold Award Liaison: Karen Camper

Trainers: Donna Guill and Rebecca Duncan

Product Sales Coordinator/Area 9 Trainer: Detria Moore

Product Sales Manager: Detria Moore

Product Sales Cookie Booth Coordinators:

Sarah Muminovic/Lynchburg, Campbell County

Andrea Montanye/Amherst

Conflict Management: Sharon and Rebecca

SU Meeting Program Facilitators: Marion and Emily

"Cadette Camporee – Media Journey" (9/2019) Stephanie, Rebecca,

BWXT Women in Manufacturing" Bonnie, Jen, Jennifer, Laura, Helen, Karen,
Kathryn, Emily and Audrey

"Junior Camporee – Outdoor Journey" (10/2019) Kathie, Bonnie, Helen, Rebecca,
April, Troop 295

"Girl Scout Tea" (11/2019) Kappa Delta and Rebecca

"Field Day" (10/2019) Kappa Delta and Rebecca

"Geocaching" (11/2019) Kathie, Shelly and Lisa

"Night Owl" (11/2019) Kathie, Shelly and Lisa

"Super Service Day" (12/2019) Marion, April, Donna, Ann, Helen, Cindy, Lin,
Rebecca, Troop 440, Troop 1315, Troop 295, Troop 30, Troop 1164,
Troop 261, Bridgette, Erin, Kappa Delta

"Christmas Parade" (12/20019) Erin, Russ and Rebecca

"Late Night Skate" (1/2020) Fun Quest

"Coding/Robotics for Cadettes" (2/2020) Randolph College and Rebecca

"Dance Workshop" (2/2020) Dance Music Creations

"Sweet Heart Dance" (2/2020) Emily, Kellie, Christina, Shelly, Suzette, Troop 108

"WTD" (3/2020) Amy, Rebecca, Troop 440

"Archery" (3/2020)

"Daisy Day" (4/2020)

"Brownie Camporee" (4/2020) included in 20-21 planning

"College Planning/Preparation" (4/2020)

"Striving for the Gold Banquet" (5/2020)

"Bridging" (5/2020)

"Leader Appreciation Dinner" (6/2020) Rescheduled to 9/3/20

We need more conversation regarding sustainable strategies for planning/continuing SU events/adding events... Event Training 106 provides you with guidelines... contact Rebecca if interested in this training Becka6778@aol.com

Congratulations to our top cookie sellers!

- Individual girls: pearl recipients (4) *

- **Taylor** – Troop 234 – 1500 boxes (packages)
- **Zoey** – Troop 678 – 1200
- **Alaina** – Troop 678 – 1200
- **Sophia** – troop 678 – 1018
- **LezLye** – Troop 341 – 896
- **Desire** – Troop 676 – 789
- **Addison** – Troop 293 – 696
- **Aaliyah** – Troop 3160 – 650

- **McKenzie** – Troop Troop 676 – 611
 - **Lauren** – Troop 108 – 542
 - **Gabriella** – Troop 30 – 540
 - **Ashley** – Troop 234 - 535
 - **Maggie J.**– Troop 440 – 517
 - **Maggie B.** – Troop 261 – 500
 - **Sophia** - Troop 261 – 500
- Top 5 troop sellers
- Troop **234** – 5,296
 - Troop **676** – 4,045
 - Troop **678** – 4,017
 - Troop **440** – 3,905
 - Troop **3160** – 3,337

- Our SU sold 41,071 packages (boxes) an increase of 1,756 boxes from last year. **Job well done toward our support of GSVSC.**

If you are not already a member of these GS **“Think Tanks”** highly recommend to search and join...

- GS Daisy Leader Think Tank
- GS Brownie Leader Think Tank
- GS Junior leader Think Tank
- GS Cadette Leader Think Tank
- GS Senior Leader Think Tank
- GS Ambassador Leader Think Tank
- GS Leader Chat
- GS Gab
- GS Badge SWAPs

Great places to share information, bounce ideas, ask questions from leaders in our council and beyond...designed to enrich the Girl Scout experience.

Leader-Connecting Leaders provides easy to use activity booklets for your troop meetings...planning made easy. Designed by Jodi Carlson who has 25 years of GS experience. Connect with Jodi...jodicarlson@leaderconnectingleaders.com

Girl Scout Network Newsletter: Learn with GS at Home – programs presented by talented Girl Scout Alumni/part of their Campfire Series. Their monthly newsletter includes inspiring alumni, savvy career from and for women, mentoring tips and videos – leadership, outdoor skills, entrepreneurship, science and technology offering girls/leaders new ways to participate in the GS experience...new virtual resources available to everyone.

Virtual Badge Work for Cadettes – all kinds of workshops ranging from 1 – 3 hours.
<https://virtuallybadges.weebly.com/middle-school-workshops>

Tips for Troop Leaders <http://www.girlscouts.org/en/adults/volunteer/tips-for-troopleaders>

Sugar Hollow Day Camp is going viral – virtual offerings are free – models for outdoor progression program patches – live events such as Scouts Own, Sing-a-longs and more fun to be announced – join their mailing list at sugarhollowdaycamp.com/registration July programming

Girl Scout Patch Program offered by **Cabot Creamery**. There are three presently being offered: Gratitude, Pollinator and the Sustainability Patch.

Gratitude: Learn about the importance of feeling and expressing gratitude

Pollinator: Teach girls about the importance of pollinators in our communities

Sustainability: Learn about what it is and how to take small steps toward sustainability

Contact information: www.cabotcheese.coop

Adventurers is unable to provide programming at the state parks this summer but their **State Park Patch** is still **available** to girls who participate with their families. Patches available at the Skyline Shop as well as through Adventurers. Get Outside! Enjoy the Summer! **Virginia State Parks** gradual reopening. Virginia Department of Conservation and Recreation dcr.virginia.gov

Home Depot is not able to offer their monthly in store classroom kids' workshop project, but your child can still receive a **workshop kit**...just ask when you stop in at Home Depot.

The Adventurers is an action-oriented group of older Girl Scouts who are seeking exciting, stimulating activities to challenge their capabilities, broaden their horizons and increase their self confidence. It is for girls ages 11 – 17, grades 6 – 12. Activities to enjoy range from rock climbing, caving, kayaking, backpacking, canoeing, hiking, travel (local and abroad)...girls may be active in regular GS troop or participate individually. For more information go to gsvsc.org "About"

- Adult volunteer facilitators/coordinators/planners are needed to serve as mentors, and plan trips and adventures. **"Wild Women's Weekend," August 28 – 30** at Camp Sac is a fantastic learning experience for those adults interested in being an Adventurer facilitator. Cost: \$50 for new Adventurer fac/coordinator, \$25 for current coordinator previously trained. To register: Send Adventurer Event Registration #2277 to Debbie Clark by email: denmotherfor3@yahoo.com or mail to 6661 Christopher Drive, Roanoke, Virginia 24018. Check made payable to Adventurers – Girl Scout Troop 1912

Ready, Aim, Fire and Throw Series with Tomahawk Throwing – Saturday, **July 18**, and part of the GSVSC Adventurers. This event is for girls, beginners and advanced to learn and reinforce proper shooting habits and to have a background in proper safety techniques away from the range. Emphasis is on empowering girls/women with knowledge and skill of gun safety and how to shoot properly.
Location: The Flying Rabbit Sporting Clays, Mt. Crawford
Girls Ages: Cadettes –Ambassadors; adults
Cost: \$55

To Register: mail or email Adventurers Registration form #2277 to armentroutcrew@gmail.com and pay with Venmo or credit card by contacting Laura Burchett at Lauraburchett90@gmail.com or mail payment made payable to Adventurers – Girl Scout Troop 1912 to Lou Armentrout, 10321 Jess Arey Lane, Dayton, Virginia 22821.

Questions: armentroutcrew@gmail.com or 540-810-2068

GSVSC Adventurers Massanutten Canopy Adventure – Saturday, October 3, at Massanutten Resort's Family Adventure Park, McGaheysville. Your Adventure starts with a canopy journey through the forest where you will take on four bridges, hanging vines and six zip lines – then lunch – afterwards enjoy a marandering three mile hike to Kaylor's Knob. Cost: \$45 Juniors (must be 11+) – Ambassadors – weight between 70 – 250 pounds. Register with the Adventurers: mail Adventurers Registration form #2277 (along with check made payable to Adventurers – Girl Scout Troop 1912) to Amy Roy, 1111 King Edwards Way, Harrisonburg, Virginia 22801 – 7367.

Questions: Amy Roy amyroy04@gmail.com

July, **hopefully** will be a good time to meet with your own "Team" to start the discussion on GS troop planning. Your SU program Team is already looking ahead, planning events and contacting venues. At this point in time our first choice for times and dates have been "penciled in." We will reach out to them periodically....and stay in touch with GSUSA/GSVSC guide line. Save these dates:

- **Cadette Camporee:** 9-26/27 '20 at Sac "Outdoor Journey"
- **Outdoor Ed Combo:** 10-2/4 '20 at Sac
- **Robotics for D/B/J:** 10-10 '20
- **"Sweet Treats"** aka Cadette IP "Sweet Shoppe": 10-17 '20 at First Presbyterian
- **Junior Camporee:** 10-24/25 '20 at Sac "Get Moving Journey"
- **GS Tea for D/B/J** 11-7 '20 at First Presbyterian
- **"Sewing"** aka Cadette IP "Sew Glam": 11-21 '20 at First Christian
- **Christmas Parade:** 12-6 '20
- **Super Service Day:** 12-12 '20

GSVSC wants to update their "Troop Opportunity Catalog" by June 30, 2020. the Opportunity Catalog puts existing troops with openings at the finger tips of interested parents/potential volunteers and GSVSC. If you do not wish to have your troop displayed in the "Opportunity Catalog" you may "Opt Out" by contacting

info@gsvssc.org

Subject: Troop _____

Message: Troop _____ Lynchburg Campbell County GS SU does not wish to be display in the "Opportunity Catalog" requesting "opt out" status.

At a later time you may choose to "opt in."

Signs Being a Girl Scout Volunteer Runs in Your Blood

- You save everything because you might need it for a craft at a scout meeting
- Lost my keys and as I went through my purse I found GS receipts, WTD patches, several fun patches, a promise pin, scout planner, several small pencils...

- When your girls snap chat photos of your mini van that you sold but still see it around town they want the troop to buy it back just for outings
- Neighborhood kids know if they get a skinned knee to come to your house (not their's) because you have a first aid kit that could get you through Armageddon and you can fix anyone
- All your t-shirts are from GS events
- You open the trunk of your car and perfect strangers approach you waving money with wild eyes because they spotted boxes of GS cookies
- You serve the same meal to your family every night there is a GS meeting
- Your decision on which car to buy is based on how many cases of cookies it can hold
- You go somewhere and wonder, can my girls earn a badge for this

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>

**Your life is your story
write well – edit often**

**You gotta train your mind
to be stronger than your
emotions or else you'll lose
yourself everytime**

**Kindness makes you
the most beautiful person
in the world**

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](http://www.facebook.com/LCCGSSU)

Enclosures: Home "Campfire Treats" (3 pages)
Summer Reading fun Patch (2 pages)6



"Campfire" Treats

Here are some campfire treats you can make at home using an oven and basic equipment for our virtual sing-a-long with some help from an adult as needed. Ordinarily, we would use camping equipment like marshmallow stakes, pie irons, cast iron pots, and coals to make these, but there's no reason we can't have fun with these at-home adaptations!

INDOOR S'MORES

- Graham crackers
- Marshmallows
- Chocolate bar

Preheat your oven to 400 degrees

Break graham crackers in half. Lay $\frac{1}{2}$ the graham crackers on the cookie sheet, top with chocolate pieces to cover, then place marshmallow on top.

Bake until the marshmallows are puffed and golden brown, only about 3-5 minutes. Top with the remaining graham crackers. Be careful – the sugar in the marshmallows will make them really hot. Enjoy!

BANANA BOATS AT HOME (Adapted from *Joy the Baker*)

- Banana(s)
- Aluminum Foil
- Milk chocolate chips $\frac{1}{8}$ cup+
- Mini marshmallows $\frac{1}{8}$ cup plus+
- Other possible toppings (sprinkles, toffee or peanut butter chips, coconut, berries, caramel pieces, nuts, cereal, etc.)

Preheat your oven to 400 degrees

Slice bananas down the center vertically. Place split banana on foil. Top banana with chocolate chips and marshmallows. Close the foil around the banana and place on a rimmed baking sheet. Bake for 6-8 minutes.

Remove from oven, carefully open the foil, and top with whatever other toppings you would like.

PUDGY PIES – Per Pie

- 2 slices white bread
- 1 tablespoon butter, softened
- 3 tablespoons pie filling (apple, cherry, etc.)

- Chocolate, white chocolate, or caramel chips (optional)

Heat a skillet on the top of the stove. Spread one side of each slice of bread with softened butter. Lay the slice of bread, butter side down, onto a plate. Spoon on pie filling and add sweet chips if desired. Top with second slice of bread, butter side up.

Gently press the edges of the two slices of bread together, and place in skillet. Cook about 4 minutes, flip using a spatula, and cook for another 4 minutes. Bread should be golden brown when it's ready.

CAMPFIRE CONES

- Waffle Cones
- Mini Marshmallows
- Chocolate Chips
- Graham Cracker Pieces
- Other toppings (M&Ms, Rolos, Peanut Butter Cups, banana, strawberries, coconuts, butterscotch chips - really anything you can think of that would be tasty this way)
- Aluminum Foil

Preheat Oven to 400 degrees.

Put desired toppings into your waffle cone then wrap in foil. Put on rimmed baking sheet and cook in the oven for 5-7 minutes.

CAMPFIRE JELLY DONUTS

- 1 can of biscuit dough
- ½ cup white sugar
- ¼ tablespoon cinnamon
- 1 jar of jelly

Heat a skillet on the stove.

Separate biscuits and cut each biscuit in half, creating two thinner biscuits. Roll each half in the cinnamon sugar mixture.

Place a layer of jelly on one side of a biscuit half, then top with the other half of the biscuit to make a sandwich. Butter the skillet, and once the butter melts, place the "donuts" in it, flipping to keep it from burning. "Donuts" are done when the dough is cooked and golden brown.

PINEAPPLE UPSIDE DOWN CAKE FOIL PACKETS

- 1 ½ tablespoons brown sugar
- 1 tablespoon butter
- 1 can of pineapple rings
- 1 shortcake shell
- Maraschino cherries
- Aluminum foil

Preheat oven to 400 degrees. On a piece of foil, place 1 ½ tablespoons brown sugar & 1 tablespoon butter. Lay pineapple ring on top, stuff the inside with maraschino cherry. Take the shortcake shell and place it upside down over everything else. Fold the foil to make a packet. Place on baking sheet & bake for 7-10 minutes.

CAMPFIRE DESSERT QUESADILLAS

- Tortillas
- Toppings (Nutella, peanut butter, marshmallows, graham cracker crumbs, chocolate chips, etc.)

Heat a skillet on the stove. Melt some butter or use cooking spray in skillet. Place tortilla in the skillet. Add your favorite toppings (if you're using spreads like Nutella or peanut butter, you'll want to spread those prior to adding to the skillet for ease), then place a second tortilla on top. Wait a few minutes, then use a spatula to flip the quesadilla and brown the other side.

CHOCOLATE-COVERED PRETZELS

- Chocolate (either chocolate bars or chips)
- Pretzel sticks (the larger long ones)

Melt the chocolate over the stove in a pan. Take sticks & dip them into the chocolate, coating half the stick. If you like you can add sprinkles, nuts, or your favorite chopped candy while the chocolate is still warm, then allow it to cool before eating.

CAMPFIRE APPLE PIE PACKETS (Adapted from The Country Cook)

- 1 Apple cored & sliced
- 1 tbsp Butter
- 1 ½ tbsp Brown sugar
- ¼ Ground Cinnamon
- 1 tbsp Dried cranberries, raisins, or chopped nuts (optional)
- Aluminum Foil

Preheat oven to 400 degrees.

On a large sheet of aluminum foil, place apple slices, butter, brown sugar, cinnamon, and dried cranberries/nuts/etc. if you're using those. Wrap packet securely with a little room for heat expansion. Place packet on baking sheet & place in oven for 10-12 minutes. Be very careful opening the packets as there will be hot steam. Enjoy!

CHOCOLATE PEANUT BUTTER CAMPFIRE BURRITOS

- 1 Large flour tortilla
- 2 Tablespoons peanut butter
- 2 tablespoons mini marshmallows
- 2 tablespoons mini chocolate chips
- Aluminum Foil

Preheat oven to 400 degrees. Smear peanut butter on tortilla. Sprinkle with marshmallows and chocolate. Roll into a burrito and wrap in foil. Heat in oven until heated through about 3-4 minutes.

Summer Reading fun patch

READO



1. Decide how long the reader must spend reading to earn the square.
 - a. Recommended: 20-30 min depending on age
2. Determine what they must complete to earn the patch
 - a. How many squares, READOs or a Black out
3. Let them Read!

Patches shown above:

- a. Is actual size & colors as pictured ~ 2x2
- b. Available for purchase \$1.75 +shipping
 - i. Iron on
 - ii. Contact CherylEngelstad@gmail.com

Summer 2020

R E A D O

| | | | | |
|--|---|--|--|--|
|  <p>Read a book you love again</p> | <p>Read in a bath tub (No water just blankets)</p> |  <p>READ ABOUT YOUR FAVORITE SPORT</p> | <p>Read a fairy or folk tale</p> | <p>READ outside</p> |
| <p>Read a book about kindness</p> | <p>Read in BED</p>  | <p>Read on the ROAD (in a bus, car plane, train...)</p> | <p>Read OUT LOUD</p>  | <p><i>Read Poems</i></p> |
| <p>Read on a swing or in a rocking chair</p>  | <p>Read a non- fiction book</p> | <p>Free</p>  | <p>Read a book about ANIMALS</p> | <p>Read a biography</p> <p><small>The New York Times Best-selling series</small> Who Was</p> |
| <p>Read a story with a strong female lead</p> | <p>Read a Magazine Article (digital counts)</p> | <p>Read in your Swim Suit</p> | <p>Read to someone over the phone or computer</p>  | <p>Read in your Pajamas</p>  |
| <p>Read a Dr. Seuss Book</p>  | <p>EAT A SNACK WHILE READING</p> | <p>Read with a flashlight</p>  | <p><i>Read a graphic novel</i></p> | <p>Read to a Pet (stuffed is ok too!)</p>  |

Spend at least  minutes reading each day!