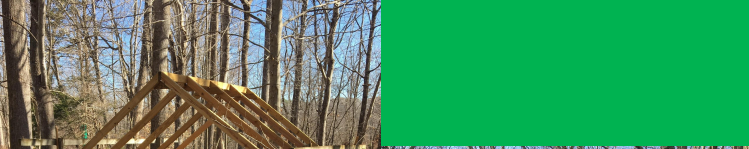




Lynchburg
Campbell County
Girl Scout Service Unit
Amherst/Appomattox
Girl Scout Updates
March 2023





Oh Happy Days...

The "Big Orange" (Kubota tractor) has returned to Camp Sacajawea! And what a great day for volunteers to be at Camp Sac on February 7 working with Charles... beautiful weather, great crew, being outside at our "Happy Place" and knowing that Mama Eagle was sitting on her eggs. We started at the Tanglewood campsite which will become our new cabinet unit. We dismantled the old fire circle and relocated it. We opened up an area along the Sweetheart Trail to serve as a nice parking spot for three vehicles. From there, the volunteers and "Big Orange" moved to the new archery field. Two weeks prior Sean and Rebecca cleared out the wood pile to open up a nice wide entrance to the new range (right across from the archery shed) removing lots of debris, sawing and stacking logs. Charles and the "Big Orange" could now get into the range and pull up over half of the stumps. Please visit - you can visualize what we are doing and see the new range. We moved to the Gay Lodge area and pushed the pile of cut debris over the hill...oh what a wonderful day!



Congratulations to Liza Johnson, Troop 108, for earning her Silver Award.

For her project Liza created and built a "Little Library" at the Center for Autism and Developmental Mental Services Clinic.

There is an ongoing need for child and adolescent (kids and pre-teen) books.

You may contact Dr. Emily Bradshaw (rob.emilyjohnson@gmail.com) or Rebecca (Becka6778@aol.com) if you have books to donate.

Thank you!



Many, many thanks to Kim Murray and Sweet Briar College for the many programs provided for our Girl Scouts since October.

The most recent "Paint n' Sip" was a huge hit! Their campus is a lovely location.

This has been a great partnership - one enjoyed by the girls, leaders and parents.

Please consider a note of appreciation sent to "college leadership" % president@sbc.edu and admissions@sbc.edu



SWEET
BRIAR
COLLEGE



Girl Scout Cookies Are Here!



GET COOKIES

By mid-March we will be wrapping up cookie sales. We are so fortunate to have the most amazing team: Detria our lead, Cynthia and Brad: booth coordinators, Brentz and Alys: cookie delivery and your troop's own cookie manager. They are incredible!

Detria: thepreachaswife@hotmail.com

Brentz: cess525@gmail.com

Alys: karlnalys@juno.com

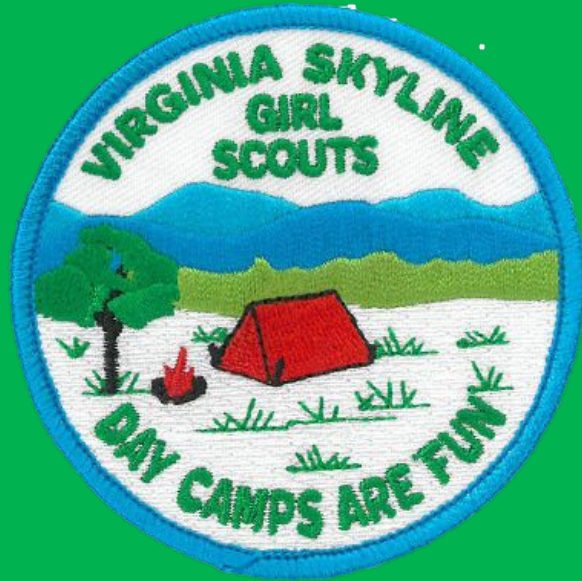
Cynthia: cindy_bragg@hotmail.com



April is Girl Scout Leader Appreciation Month.

These dedicated women work hard to bring this amazing Girl Scout program to life on behalf of your girls. A special card... little party, a gesture of appreciation goes a long way!





Save the dates for Camp Sacajawea Summer Camp.

These resident weekend camps are volunteer led, organized and run from campsite manager to program activities to meals. This is the link for volunteer sign up: <https://qsvsc.campbrainstaff.com>
Questions: daycampsacajaweava@gmail.com

June 23 - 26 for our rising 1st through 5th graders. We appreciate the volunteers who have stepped up to offer an extra hand... We could always use a few more to help out at camp sites or maybe lead a program activity. Girl registration opens March 1.

June 30 - July 2 is reserved for our girls rising 6th - 8th grade. Please consider volunteering your time and expertise so we can move forward on our planning. Registration will open, depending on volunteer status.

THANK YOU FOR YOUR HELP!



Being part of a Girl Scout troop is one of the earliest ways children begin a life of volunteering, helping and giving back to their community! There are several opportunities at Centra Health, both Lynchburg General and Virginia Baptist Hospital, that your girls/troops may be interested in.

Anyone can help with regular off-site service projects and those fourteen and over can volunteer at either of the Lynchburg hospitals and have the opportunity to be awarded college scholarships by their Auxiliary if they meet the requirements.

Are your troops searching for a service project? Contact volunteer at 434-200-3228. They have collection projects for their patient comfort carts...as a group or individual
Do your girls sing, play an instrument? They could schedule a time to perform in the lobby.
Knit or crochet? They are in need of baby blankets and prayer shawls. They have specific patterns.

Lynchburg General Hospital
1901 Tate Springs Road
Lynchburg, VA 24501
434-200-3094

Virginia Baptist Hospital
3300 Rivermont Avenue
Lynchburg, VA 24503
434-200-4696



Booker T. Washington National Monument Girl Scout Patch.

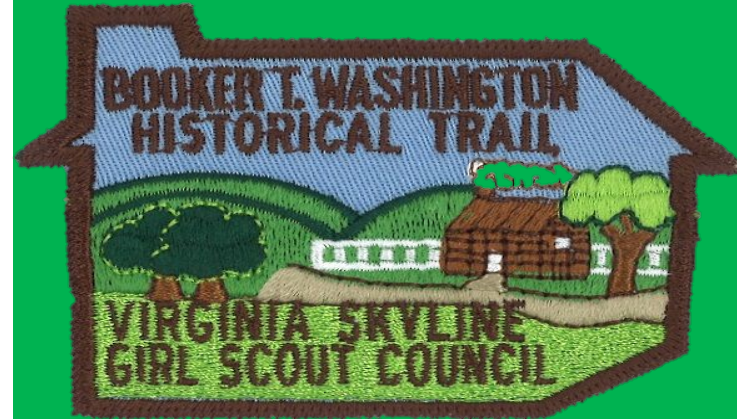
Earn this local GSVSC fun patch by making a trip with your troop to the Booker T. Washington National Monument in Hardy, Virginia (near Roanoke).

Booker T. was born a slave in April 1856 on the 207-acre farm of James Burroughs. After the Civil War, Washington became the first principle of Tuskegee Normal and Industrial School. Later as an advisor and orator, his past would influence his philosophies as the most influential African American of his era.

Patch is \$2.00 and can be purchased through the Skyline Shop.

More info:

<https://www.gsvsc.org/en/about-girlscouts/our/program/kits---patches.html>



Junior Jam Jumpstart

Leap on over to join other Juniors in experiencing Girl Scout traditions with a modern flair.

Workshops will include songs, hiking, knots and SWAPs.

Date: Saturday, May 20.

Time: 9:00 am to 8:00 pm

Location: Camp Brethren Woods, Keezletown (near Harrisonburg).

Cost: \$40/girl and \$30/volunteer adult.

Registration opens March 3.

https://www.gsvsc.org/en/sf-events-repository/2023/iunior_jam_iumpstart.html



A Great Community Service Opportunity for a GS troop.
Volunteering with Lasagna Love is easy and impactful!

Get your lasagna pans ready and join us in spreading kindness.

<https://www.lasagnalove.org/volunteer>. It's easy...volunteers sign up through their portal and how often they want to cook.

Tips and training provided.

You will get a message as soon as you're matched to a family.



NEED A HAND WITH FEEDING YOUR FAMILY?
YOUR NEIGHBORS WANT TO HELP!
REQUEST A FREE LASAGNA DELIVERY WITH THESE 5 STEPS:



1

SIGN UP
ONLINE AT
LASAGNALOVE.ORG



2

GET MATCHED
TO A LOCAL
LASAGNA
MAMA OR PAPA



3

COORDINATE A
DELIVERY DAY
AND TIME



4

GET A SAFE,
CONTACTLESS
DELIVERY



5

SIGN UP AGAIN
THE NEXT
MONTH!

Feed families, spread kindness, strengthen communities.

www.lasagnalove.org



Adventurers — High Knoll Backpacking Adventure 2023

Sunday, June 25, from 1 pm to Saturday, July 1, at 9:00 am.

Blue Ridge Scout Reservation, Hiwassee, Va. (Pulaski County)

<https://mailchi.mp/gsvsc/highkn0112023-1>

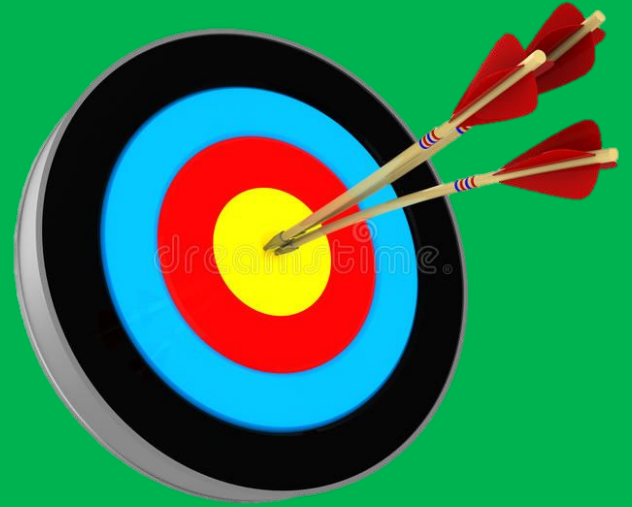


Cadette Archery Day at Camp Sacajawea,

Saturday, March 11, from 1 — 5:00 pm hosted by GSVSC.

Cost: \$25.

Deadline for registration March 6, 2023.





Save the date April 29 — 30

"Mall Madness."

Saturday, April 29, 10:30 pm — Sunday, April 30, 6:00 am

Valley Mall, Harrisonburg.

Theme: "Spring Fling



For our leaders:

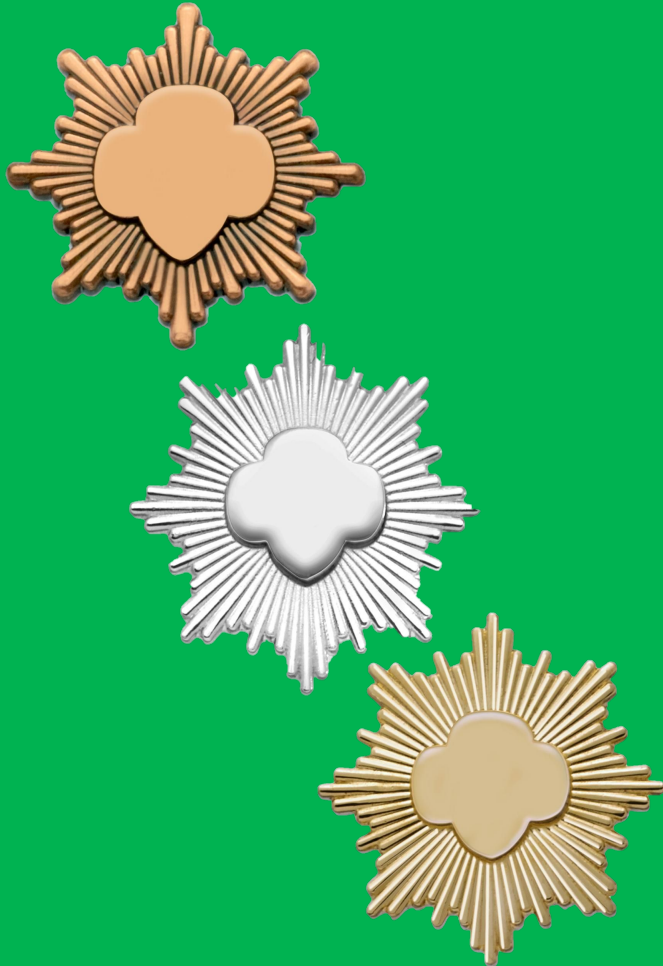
New Daisy Badge kits.

Kit includes badge requirements/pamphlets, instructional sheets and activities...

1. Good Neighbor
2. Outdoor Art Maker
3. Space Science Exploration

<https://www.girlscoutshop.com/adults/daisy>





Highest Awards

Your project is the solution to the problem you have identified. It's about exploring/visiting communities, finding/identifying an unmet need, then designing a project to fill that need.

It isn't about coming up with a project idea of what you want to do and then finding someone's community to accept this idea.

Periodically check the GSVSC calendar for highest award training dates.



Bronze Award

Highest Award earned by a Junior Girl Scout, 4th and 5th grade.

Must complete a Junior Journey before starting the project.

Each Junior is required to complete a 50 minute virtual or in person training and the team's advisor the additional 60 minutes. Project does not require pre-approval of GSVSC unless you plan to create/build on council properties (Camp Sugar Hollow, Camp Sacajawea, Icimani) or if you plan to request a grant. Use form #2751 if you plan to do a project on GSVSC properties

Minimum project hours, 20 per girl — 40% planning hours and 60% on actual project. Project focus is something the girls care about and what they want to improve/fix within a specific community.

Girls develop an understanding of sustainability and implement this into their Bronze Award project so there is a lasting effect.

Final report submitted on line by the team's advisor, form #2752 by September 15. The deadline to complete final report of a 5th grader is September 15 following graduation from 5th grade.



Silver Award

Highest Award earned by a Cadette Girl Scout (6th, 7th and 8th grades).

Must complete a Cadette Journey before starting project. - Each Cadette and her team's advisor are required to complete a 2 hour workshop either in person or virtual provided by GSVSC.

Cadettes may work as a small group of 2 - 4 girls or solo. Each team has its own advisor. Team's advisor (often leader, mom, etc.) must be registered Girl Scout.

Silver Award project requires pre-approval by GSVSC, form #2732. Pre-approval of project plan is also required if you plan to work on council properties form #2751.

Minimum project hours per girl is 50, 30% planning hours, 70% on actual project. Project focus is something girls care about and what they can do to improve/fix a problem an issue in a specific community.

Project must include sustainability... has a lasting impact... continuing on even after project is completed. Final report is submitted on line by each individual girl even if a group project #2733. Plan to include multiple pictures of the process... beginning to end. Deadline is 9/15. Deadline to complete final report of an 8th grader is 9/15 following graduation from 8th grade.

Silver Award is a great spring board toward Gold.



Gold Award

Highest Award earned by a Senior/Ambassador Girl Scout (9th, 10th, 11th and 12th grades).

Must complete two grade level Journeys or earn the Silver and complete one Journey before starting your project. Projects are individual/girl-led.

Pre-approval of project proposal is required by Council. Pre-approval project plan is also required if you plan to work on council properties #2751.

Gold Award Training is required.

Minimal project hours - 80 hours, 20% planning hours and 80% project hours.

Gold Award project must include provision to ensure sustainability. Final report submitted online.

Council guide on www.gsvsc.org "Go Gold."

"Community" • a group having something in common...school-church-humane society-food pantries are examples.



Triumph Award

Those girls within GSVSC who have earned all three highest awards (Bronze, Silver and Gold) may apply to GSVSC to receive the Triumph Award #2607.

Triumph Award recipients are honored by GSVSC with life time membership.



Why earn the Highest Awards? Why Girl Scouts is Good for College Admission

- Girl Scouting is seen as an authentic character building program.
- Some GS Councils offer scholarships for girls earning their Gold Award, GSVSC is one of them.
- Very prestigious, with exceptional leadership skills
- Gained emotional gratification developed through critical thinking to learning how to work as a team for the betterment of others.
- Your highest awards remain on your resume and weigh significantly on scholarships, internships and even jobs.
- The values, skills, friendships and credentials from Girl Scouts will make a continuous impact on life.
- Lifelong influence that you might not really understand and reflect on until adulthood.
- Your years in Girl Scouting do matter and provide you with opportunities to mentor younger girls. shows commitment
- Opportunity to Make the World a Better Place.



Questions

Gold Award Champion: Karen Stober, member of the Gold Award Committee.

She serves Lynchburg/Campbell County, Bedford, Amherst, Appomattox, Buckingham and Nelson counties as the girls' advisor.

Karen can work directly with the girls, reviewing their Gold Award proposals, making suggestions, providing guidelines on budgeting, proof reading, etc., before it is submitted to the Gold Award Committee for project approval

GSCMArea8@gsvsc.org (Amherst, Appomattox, Buckingham, Nelson)

GSCMArea9@gsvsc.org (Lynchburg/Campbell County, Bedford)

Bronze/Silver: info@gsvsc.org or Rebecca Duncan (Becka6778@aol.com)



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>

Face to face collaboration is priceless both mentally, emotionally and productivity wise. It is when the magic beings.

Teams need the energy of each other to inspire and push the momentum to the next level.

Lynchburg Campbell County Girl Scout Service Unit

4925 Boonsboro Road, PMB 189

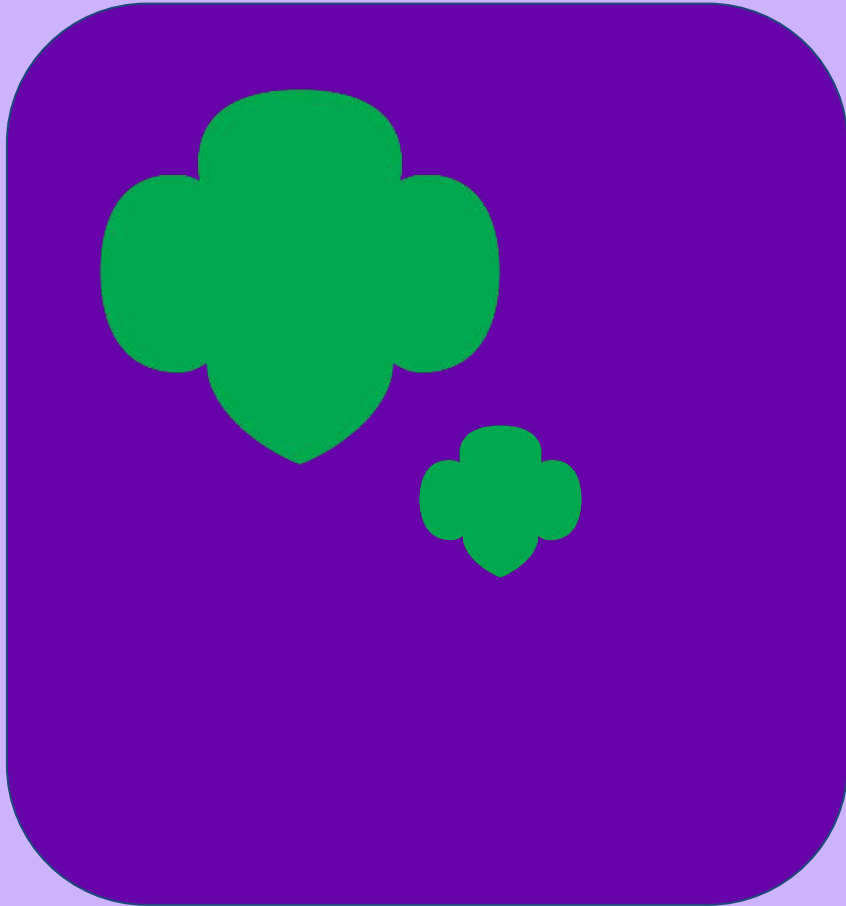
Lynchburg, Virginia 24503

Questions: LynchburgCampbellCoGirlScouts@gmail.com www.lburqccgirlscouts.weebly.com

www.facebook.com/LCCGSSU



Council News

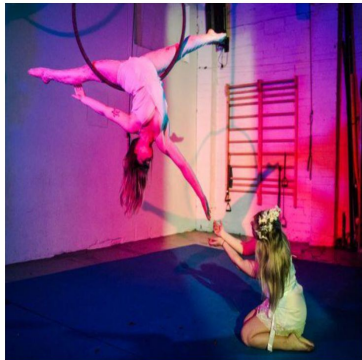


Council has changed insurance companies effective January 1, 2023. We chose to team with the insurance company that insures 96 of the 105 Councils. This will allow us less restrictions on activities due to our insurance. Hooray!

We will release details and plans as we receive the written policies. If you have questions please reach out to Jodi or Brenda. Details to follow at a later date.

Safety Activity Checkpoints

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Aerial Fitness

Includes:

- Silks
- Hoops
- Trapeze

Council Approval: As per Council Policy P1: [Activity/Trip Permission \(2129\)](#)

Vendor Approval: Required

Required GSVSC Training:

GS 201 Trips & Overnights
GS 203 International Trips, if activity takes place outside of the conterminous United States

Activity Permitted for: C, S, A

About Aerial Exercising

Aerial Fitness is more than just a fun activity. Using silks, hoops, and trapeze, it provides a range of health benefits that target physical strength and support a positive mental state by fusing together a variety of activities and skills such as stretching, Pilates, cardio, strength training, concentration and fun.

This is a great way for to get healthy outside of the normal gym workout. Aerial Fitness allows for the freedom for the different design of body types, personality types and in different levels of challenge for reviving or restoration. Aerial Fitness has a special focus on 3-dimensional movement, conditioning and joint rotation and mobility.

Aerial Fitness uses a variety of equipment to support and suspend the body to work with your body type using the effects of supported body weight and gravity to lengthen, strengthen, contract, extend muscles improve posture, add gentle traction effects, optional inversions, and align joints.

Learn More:

- [American Circus Educators](#)
- [Circus Safety Strategies](#)
- [Aerial Essentials](#)
- [Guide to Safety in Circus Arts](#)



Based on our new insurance carrier requirements, we overhauling all of Safety Activity Checkpoints (SAC).

First look at updates will be shared at the [Volunteer Conference](#) in April!

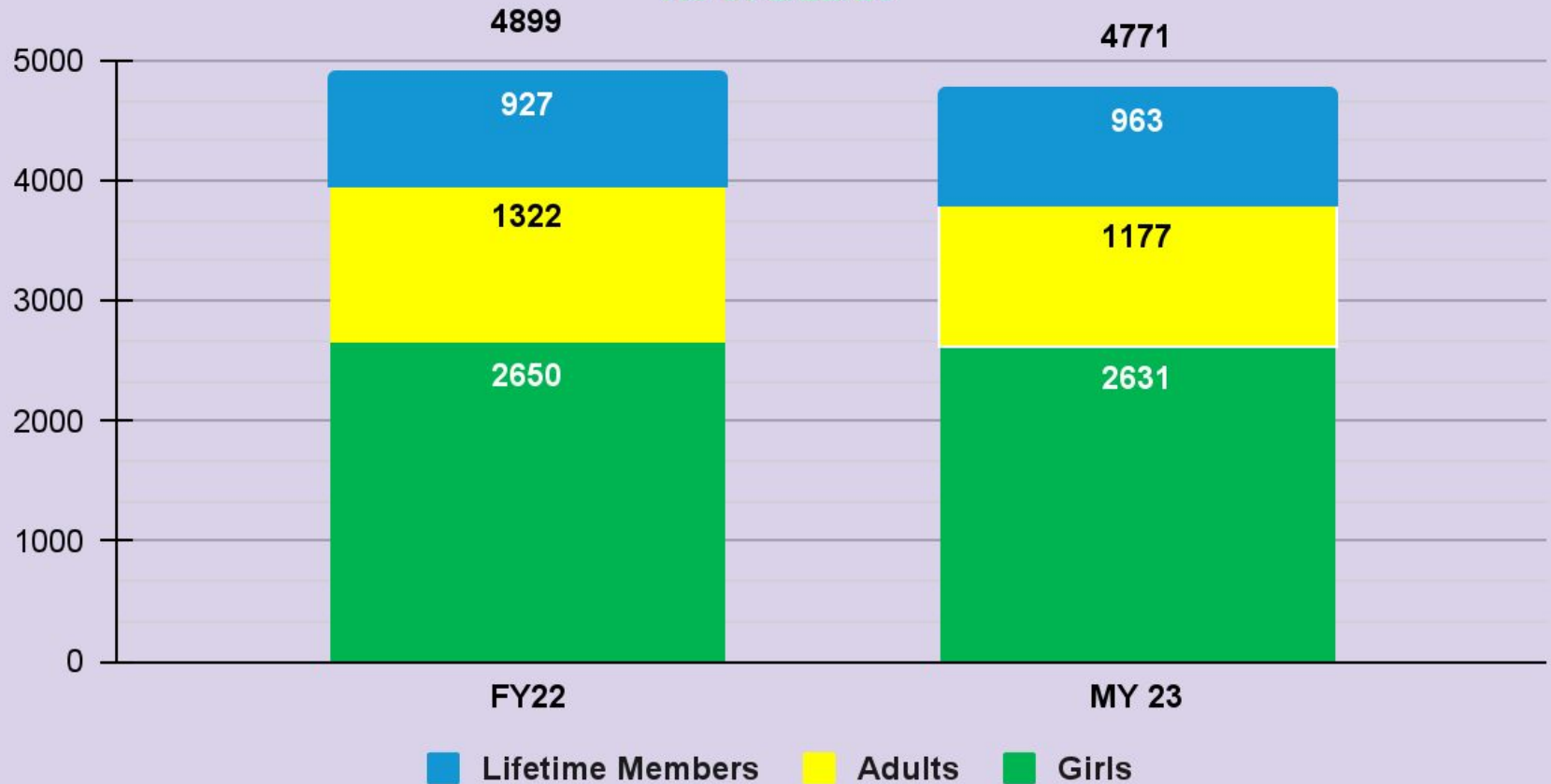
Each SAC will provide at a glance:

- Council Approval requirements
- Vendor Approval requirements
- Required GSVSC Training or additional certifications
- Appropriate activity program-level permissions



GSVSC Membership

As of 2/22/23





girl scouts
of virginia skyline

Volunteer Conference 2023

Learn. Share. Be Inspired.

Plan to join us for Sisterhood, Belonging, and Friendship!

Dates: April 21- April 23, 2023

Location: Icimani Adventure Center, Roanoke, VA

[Click here to register!](#)

Early Bird Registration Rate Ends: March 1, 2023

Early Bird Reg. Fee: \$15

Late Registration: March 2, 2023 - March 15, 2023

Late Registration Reg. Fee: \$60

Last date to register: March 15, 2023

Min/Max Capacity: 40/90

NCS 2023 + Phenom 2023

2023 Girl Scout Convention

July 18–22, 2023

Walt Disney World® Resort

REGISTER NOW

Girl Scouts from across the country and around the world and those who believe in our mission gather every three years for convention. The 2023 Girl Scout Convention will be taking place July 18–22, 2023 at *Walt Disney World*® Resort in Lake Buena Vista, FL. It consists of two events over the course of nearly a week:

56th National Council Session: 56th National Council Session is the national business meeting being held on July 18–20 where delegates from every council across the nation and USA Girl Scouts Overseas meet to discuss, debate, and vote on issues important to the Girl Scout Movement, and elect national leaders for the next triennium.

Phenom by Girl Scouts: Phenom by Girl Scouts consists of exciting experiences in the Expo Hall and other fun and enriching programming from July 20–22. Meet special guests, attend the National Bridging ceremony and Gold Award celebration, take part in amazing activities and demos in the Expo Hall, and much more.

Check out the Adventurers trip:

https://www.gsvsc.org/en/sf-events-repository/disney_world_trip_20.html

Fund Development

Tough Cookie registration is open. Register by March 6 to guarantee your shirt.

<https://www.gsvsc.org/en/events/ToughCookie.html>



Mission Moment





Contact Council:

info@gsvsc.org or 540-777-5100

Thank you!