

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

March 2021 Update

"I want to take the time to thank you for all you're doing during cookie sales. This season has certainly been like none other, but your creativity, perseverance, patience and flexibility are appreciated and admirable. Not only do I appreciate it, but I'm sure your scouts and their families appreciate your hard work as well!! We have about three weeks left in the cookie season. One way that has proven successful for many troops is the creation of the troop link. If you haven't set that up, please take time to do so. There is little to no involvement on your end, but you stand to gain additional sales. If you need help, let me know."

Detria
Area 9 Cookie Manager

March is "**Women in History**" month, and we celebrate the lives of **Ann Wynn** and **Rosel Schewel**, two local **Girl Scout Leaders**, who made a huge impact on where we are today. They brought Girl Scouting to our community and were champions of diversity...they were civil right pioneers. Rosel started her troop in the late 50's/early '60's, Presbyterian Church off Rivermont, and Ann late 60's/early '70's at Diamond Hill Baptist Church on Grace Street. We celebrate their strength, their vision and contributions. They supported girls from all walks of life and helped forge this inclusive organization where every girl has a safe place to grow. Both women were great supporters of Camp Sacajawea which had its beginnings in 1951. Latorya, one of our Ambassador Girl Scout Leaders, Troop 1097, remembers her times well with Mrs. Wynn who loved the outdoors and tent camping. "She taught me how to build a fire, pack a bag for hiking; I learned the pledge and real life cooking skills from Mrs. Wynn. She would always say camping is not fun with out the bugs." Honestly, because of Mrs. Wynn and my time with her, is why I became a leader.

Power the Promise

Congratulations to Kaylee and Serena, Troop 819 for, completing their **Silver Award Project** and earning this prestigious award. Both girls are amazing artists and used their talents to create and paint a large mural at Forest Elementary School that focused on career pathways for women to inspire self confidence and optimism. The girls had made plans for a second mural but due to COVID they moved outside creating another masterpiece inside the bus circle. Included in this new garden area were carefully placed painted rocks with inspirational quotes. Troop Leaders: Diana and Kathryn. Project Advisor: Mrs. Manley/principal.

To email your congratulations:

Kaylee (christinamcgregor64@gmail.com)

Serena (smelltheroses85@gmail.com)

Thank you Kappa Delta/University of Lynchburg for their well thought out 35 minute virtual program 2/23/21 "**I Choose Kindness.**" They shared life lessons of

compassion, understanding, respect and acceptance. For leaders/parents wanting to purchase the fun patch...snappylogo.com #7323.

We have had several tremendous work days at Camp **Sacajawea clearing the site for the new archery range**. What a great crew...Jess and David operating their chain saws...Karen, Michele and Rebecca stacking the cut wood. Great team effort! Thank you guys!! **More help needed to clear brush**. Contact Rebecca Becka6778@aol.com

Girl Scout Week, March 8 – 13th. Plan fun activities with your girls and daughters.

Here are a few ideas:

Monday, March 8 – “Make New Friends”

- Make a craft or kind note for someone.
- Sing a song to brighten someone's day.

Tuesday, March 9 – “Take Action”

- Are you passionate about something you'd like to see change: Start the process. Write a letter to your school, city or troop about what you'd like to see changed and ideas on how to start the change.
- Write a thank you note to your GS troop leader.
- Pick up trash.
- Learn about the highest awards.

Wednesday, March 10 – “Get Outdoors”

- Take a hike with your family.
- Sing your favorite GS songs.
- Chalk your sidewalk with inspirational quotes.
- Collect items from nature and make a design with them, share it with your troop.

Thursday, March 11 – “Throw Back Thursday”

- Dress like you use to a few years ago.
- Dress like someone from the past you admire.
- Fix a crazy hairstyle.
- Talk to your family and review your safety plan.

Friday, March 12 – “Spirit Day”

- Show our pride – wear your Gs uniform at school/in your neighborhood – selling cookies.
- Tell your leaders and family how much you appreciate their support.
- Draw a picture of what you love about Girl Scouts.
- Lead a mini food drive.

Saturday, March 13 – “Leadership Day”

- Learn about other GS leaders – leaders in history – who were former Girl Scouts.
- What makes a good leader?
- Take the initiative to help others. Organize a clothing drive at your school.
- Make a special treat for someone.
- Do something extra special for your sibling.

April is Girl Scout Leader Appreciation month. A special card of thanks would mean so much.

Product Sales/Cookies

We have the most **amazing** Girl Scout Cookie Team...Kudos to Detria and Sarah for taking the lead on product sales, our cookies cupboard, and booth sales. We applaud our cookie moms! No easy job as you have gathered especially this season. The girls have learned so much from selling to running a business and greeting customers. Please take the time to thank them all for their time, positive attitude and humor.

Detria Moore: Project Sales Manager and Area 9 Cookie Manager/Trainer

thepreachaswife@hotmail.com

Sarah Muminovic: Cookie Booth Coordinator

What to do with left over cookies?

- Keep some for troop snacks
- Keep some for thank you gifts
- Donate to Daily Bread or another food pantry
- Donate to first responders and include special notes
- Consider donations to our military...those serving overseas or recuperating at Walter Reed Medical Center – contact Rebecca (Becka6778@aol.com) for these donations.

Cookie Season Badge Work:

- **Goal Setting** – “Count it Up Daisy; “Give Back” Brownies; “Cookie CEO” Junior; “Think Big” Cadette.
- **Decision Making** – “Give Back” Brownie; “Cookie CEO” Junior; “Marketing” Cadette; “Customer Loyalty” Senior
- **Money Management** “Count it UP” Daisy; “Give Back” Brownie; “Cookie CEO” Junior; “Business Plan” Cadette
- **Business Ethics** – “Cookie CEO” Junior; “Business Plan” Cadette; “My Portfolio” Senior

Highest Awards

- Service Unit Gold Award Champions

- **Karen Camper** and **Karen Stober** are members of the Gold Award Committee and serve as local Gold Award Champions/Mentors. They can work directly with girls prior to submitting their proposal. Both are great assets, helping our girls by reviewing proposals and making suggestions, providing guidelines on budgeting, proof reading, etc. before it goes to the Gold Award Committee for approval.

- For questions regarding the Bronze and Silver, you can reach out to Becka6778@aol.com or info@gsvsc.org

- Upcoming highest virtual award workshops

- **Gold Award:** Sunday, March 14, 2021 2:00 – 5:00
- **Gold Award:** Sunday, April 11, 2021 6:00 – 9:00
- **Silver Award:** Sunday, March 21, 2021 2:00 – 4:00 Full
- **Silver Award:** Sunday, June 6, 2021 2:00 – 4:00

- **Bronze Award:** Sunday, May 2, 2021 2:00 – 4:00

All workshops are required. The 45 minute online training has been retired. Workshops require adult participation.

- For those Girl Scouts who have earned all three highest awards – Bronze, Silver and Gold, you may apply to GSVSC to earn the **Triumph Award**. They honor each Triumph Award recipient with a life time membership.

The Skyline Adventurers presents Ready, Aim, Fire, Throw and Bow, Sunday, March 21, from 10:00 am – 3:00 pm. Amazing activities planned and include clay pigeon shooting, axe-throwing and archery. The goal is to teach the girls the history, safety, and skills for proper use of firearms, axes and bows. This event will empower girls with knowledge and skills for a lifetime.

Location: The Flying Rabbit Sporting Clays
Mount Crawford, Virginia 22841

Who: 12 – 18 year olds (C – A)

Fee: \$55 per participant

To Register: mail or email Adventurers Girl Event Registration #2277-G and/or
Adventurers Adult Event Registration #2277-A to Lou Armentrout,
10321 Jess Arey Lane, Dayton, Virginia 22821-2379.
(armentroutcrew@gmail.com)

Questions: Lou at 540-810-2068

Great program opportunity for **Women's History Month** – The Clara Barton National Historic Site is now scheduling free **virtual presentations** for groups in honor of Women's History Month, March 2021. This year marks the 200th anniversary of Clara Barton's birth, it's a great time to learn about Clara Barton's life of service.

To schedule, contact : Kevin D. Patti, Park Ranger George Washington Memorial Parkway kevin_patti@nps.gov (301-320-1407)

GSVSC presents the 2nd annual "**Tough Cookie Challenge Race.**" Join them for the sweetest challenge race in the Roanoke Valley! Take on the greenway at Green Hill Park and the Girl Scout Cookie-themed obstacles along the way.

Date: **March 27, 2021** (rain or shine)

Location: Green Hill Park, 2501 Green Hill Park Road, Salem, Virginia 24513

Time: 1 mile fun run at 9:00 am, 5K at 9:45 am.

Registration: 5k (timed) \$40 (includes a t-shirt, race patch and 1 box of GS cookies)...

1 mile Fun Run \$25 also includes t-shirt, race patch and cookies.

Virtual: Can't join in person? Select this option and participate at your convenience

<https://app.mobilecause.com/vf/TOUGH>

A fund raiser for the Girl Scouts of Virginia Skyline Council

"Bake for Good" – **Bake for Good is a King Arthur Baking Company free outreach program for students 4 – 12.** They have 3 goals: learn – bake – share. Students learn to make bread from scratch at home using ingredients supplied by King Arthur.

The recipe provided will make 2 loaves...one to keep and one to share with someone in need or as an act of kindness. Each student will receive a baking kit. The Bake for Good instructor teaches live for 45 minutes remote. KINGARTHURBAKING.com
Contact them for questions: bakeforgood@kingarthurbaking.com or 802-299-2240.

Ability Awareness and Inclusion Patch D – A. Provided by the San Diego Girl Scouts. Earn this patch by becoming aware of the need for inclusion and finding ways to include people with disabilities in your troop and community. www.sdgirlscouts.org
Link to San Diego GS Patches...

<https://www.sdgirlscouts.org/en/girls-families/our-program/badges-journeys/patch-programs.html>

Other available patches/programs...Art of Ballet, Building Bridges, Climate Controller, Flag Fun...lots more

Save the date, Thursday, April 1, at 6:30 pm Virtual Service Unit Meeting – Lynchburg/Campbell Co/Amherst/Appomattox.

2020 – 2021 SU Leadership Team

Service Unit Team Leader: Rebecca Duncan (Becka6778@aol.com)

Finance: Sharlene Riddlebarger (sriddlebarger75@gmail.com)
Rebecca Duncan

Product Sales Manager: Detria Moore (thepreachaswife@hotmail.com)

Cookie Booth Manager: Sarah Muminovic (smmuminovic@comcast.net)

Communication (Update): Rebecca Duncan (Becka6778@aol.com)
Marion Stump (mamastump@hotmail.com)

(Facebook): Jen Phelps (jenzphelps@gmail.com)

Julie Palmer (juliebpalmer@verizon.net)

(Website): Michele Morgan (michelemorganrn@gmail.com)

(Roster): Katie Gotts (gottstamps@gmail.com)

Troop Level Mentors: Daisy – Erika Theodorides (erika.theodorides@gmail.com)

Brownie – Marion Stump (mamastump@hotmail.com)

Junior – Marion Stump

Cadette – Sarah Muminovic (smmuminovic@comcast.net)

Delegates: Amy McCarty (abebko@gmail.com)

Erika Theodorides

Rebecca Duncan

Recruitment: Everyone

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>

**Be thankful every chance you get.
Not because life has been easy
perfect or exactly as you had
anticipated, but because you
choose to be happy and grateful
for all the good things you do,
all the things you have and
all the problems you know you
don't have.**

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

Questions: LynchburgCampbellCoGirlScouts@gmail.com
[www/facebook.com/LCCGSSU](http://www.facebook.com/LCCGSSU)

Enclosure: "Say No to Vaping" Patch

Girl Scouts of Orange County "Say no to vaping" Patch



Purpose: To learn the harmful effects vaping has on our bodies, ways to avoid vaping, and helping those who vape. To take action by preventing others from vaping and stopping those that have already started.

This patch is a Silver Award Project made by Maylene Hall and Emily Trinh of Troop 2807, Orange County, CA. Earning this patch will help Girls Scouts become aware of the harmful effects of vaping, as well as take action against it.

Complete the following to earn the "Say no to vaping" patch:

Girl Scout Daisies: One Discover and one Connect to Take Action requirement

Girl Scout Brownies: One Discover and two Connect to Take Action requirements

Girl Scout Juniors: One Discover and three Connect to Take Action requirements

Girl Scout Cadettes, Seniors, and Ambassadors: One Discover and four or more Connect to Take Action requirements

Discover

1. Watch the Vaping video, available at <https://youtu.be/yNjEA1mXSr0> **OR**
2. Research the effects of vaping on the human body and what you can do to prevent vaping in your community **OR**
3. Ask an expert about vaping and what they recommend

Connect to Take Action:

1. Make posters and use them to spread awareness about vaping.
2. Spread the word at home and school. Encourage others to not vape.
3. Support and/or join a non-profit, anti-vape committee or organization. Get involved with their activities.
4. Make a video about vaping and share it with others. Get your troop involved in the process of making and sharing the video.
5. Start an "Say no to vaping" club at your school and encourage other students to not vape.
6. Make a presentation about vaping and present it to your class or school.
7. Make a pledge against vaping and get 5 or more people that are not close friends or immediate family members to take the same pledge. Sample pledge: "I, _____, promise to not vape or smoke."
8. Find out about a local issue related to vaping and write a letter to an elected official urging action on the issue.
9. Make a skit about vaping and present it to your community.
10. Investigate whether a vaping related issue is coming up for vote in your community and speak out. City Council meetings usually allow public statements and you can make one or more during a council meeting.

Links to Learn About Vaping:

1. <https://www.flavorhookkids.org>
2. <https://www.mayoclinichealthsystem.org/hometown-health/featured-topic/a-doctors-warning-about-the-dangers-of-vaping>
3. <https://www.hopkinsmedicine.org/health/wellness-and-prevention/5-truths-you-need-to-know-about-vaping>

Anti-vaping Organizations:

1. <https://www.endthevape.com/> (Submit photos of your troop/Juliette holding the patch to endthevape@gmail.com and they will post it on their website!)
2. <https://avoidvapes.com/>
3. <https://www.tobaccofreekids.org/>

The "Say no to vaping" fun patch are available for purchase at <https://www.advantageemblem.com/fun-patches/s-6303-say-no-to-vaping.asp>. If you have questions, you may reach us at gspermissionslips@gmail.com.