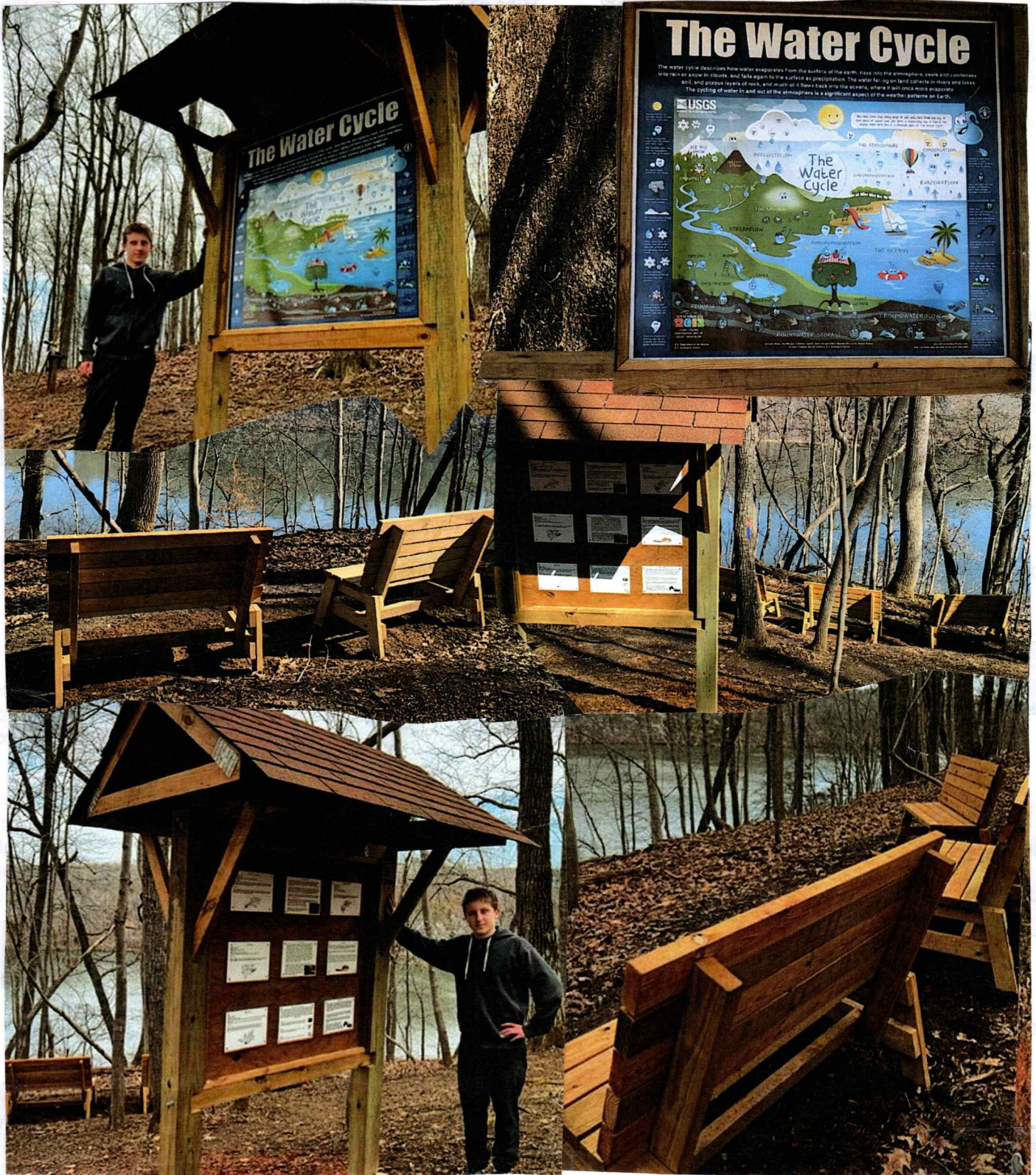


Lynchburg Campbell County Girl Scout Service Unit
Amherst/Appomattox
March Update 2022

This is a masterpiece! We all appreciate Ben E. choosing Camp Sacajawea as the location for his Eagle Award Project. It is a must see breathtaking view at the end of the Pavilion Trail overlooking the James River. Go to the Pavilion Camp site, enter from the back side of the campfire circle. Enjoy the pictures...worth a thousand words. Congratulations to molliwug72@gamil.com



Girl Scout Week March 6 – March 12, celebrating 110 years.

- Suggestions for a take home project with check off sheet or make your own.

March 6th

- ___ Say or sing a grace before a meal.
- ___ Get outdoors! Go on a hike, visit a park, have fun outside. Collect any trash along the way.
- ___ Go to a religious or special service in your uniform.

March 7th

- ___ Sing your favorite Girl Scout song as loud as you can.
- ___ Leave a place better than you found it.
- ___ Practice an outdoor skill.

March 8th

- ___ Write a thank you note to your leader and mail it.
- ___ Learn about the three Girl Scout Highest Awards.
- ___ Pick up trash around your neighborhood.

March 9th

- ___ List three GS events you would like to do as a troop. Give ideas to your leaders.
- ___ Do 30 minutes of exercise with a friend.
- ___ Take a walk around your neighborhood, point out some problems you see.
Discuss how you could solve them.

March 10th

- ___ Wear something to school that represents Girl Scouts.
- ___ Collect food for a local food bank.
- ___ Do something special with your brother or sister.

March 12th

- ___ Check your house smoke alarm.
- ___ Talk to your family about a family plan.

- Participate in a worship service, plan an activity, organize a service project...make a meaningful connection.
- Girl Scout Sunday, March 6
- Girl Scout **Jummah**, Friday, March 11
- Girl Scout Sabbath/Shabbat, Friday, March 11 – March 12
- Working with your faith partners where you meet to celebrate Girl Scouting.
- Special GS Birthday party during a troop meeting
- Available patch: <https://www.girlscoutshop.com/girl-scouts-celebrate-110-years-sew-on-patch>
- Cute "Friendship" fun patch on snappylogo.com

Make Something Beautiful

Celebrating 110 years of Girl Scouting during the month of March`

Summer Camp 2022

- New system "Camp **Brain**"/new user friendly software
- Parents/guardian will need to create a "New Household Account"

- Health form will be saved year after year/parent will review and update yearly
- Camp registration must be paid in full by camp deadline...if not that spot will open up to next girl on wait list
- TBD: Junior Jamboree 2023
- "Dad and Me Camp" hopeful to return 2023
- **Camp Sacajawea Day Camp 2022**: message from "Captain Buttercup" (Amy McCarty)

We are gearing up for a full five days of summer camp this **June 21st – 25th**. Our theme this year is "Weather Watch." The girls will learn about weather. We will observe its effects, learn how it is made and even make some mini clouds and cyclones of our own. We are so excited that our camp dinner and **sleepover** will happen this year on the 4th day of camp, Friday, **June 24!** Promotional material will be posted soon on the Girl Scout website, but we need volunteers to make this happen! Please mark your calendar and plan to enjoy a week outside with our campers. Volunteers will receive a discount towards scout registration! **We need adult** (women and men!) and **teen helpers**. We are also looking for a camp nurse for part of the week. **Please let Captain Buttercup know if you will be available to help out at daycampsacajaweava@gmail.com**

"The Clothing Connection" /Peaks View Community Mission: Located at the lower level of the Plaza. It serves anyone in Lynchburg who has a need. It is also an amazing place to donate those items cluttering your linen closets, attic, dressers, clothing closets, etc. The Clothing Connection happily accepts home goods such as linens, cookware, dinnerware, etc. Please consider the Clothing Connection as you do your spring cleaning. ANYONE in need may walk in. <https://donorbox.org/donate-to-park-view-community-mission>

3rd Annual Tough Cookie Challenge Race

Date: **March 26, 2022** (rain or shine) at **Greenfield Recreation Park Cross Country Course/160 Preston Park Road, Troutville, Va 24175**

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

- 1 mile run \$30, includes a race bib, long sleeve t-shirt (adult size) or short sleeve t-shirt (youth size), 1 mile participation medal, race patch and 1 box of Girl Scout Cookies.
- 5K run \$40, includes a chipped bib, long sleeve t-shirt or short sleeve, 5K participation medal, race patch and 1 box of Girl Scout cookies
- Virtual participation packet
- Registration **deadline, March 16, 2022**

https://app.mobilecause.com/form/Gb9dOA?parent_id=693745&vid=pnlqe

more information on gsvsc.org web site

Elena Black, DDS, PhD, Appalachian Orthodontics of Lynchburg has created the most **informative program** for our Girl Scouts. The 90 minute program that takes place at her office (AO of L, Old Forest Road, Lynchburg) can be adapted to any GS age level, providing the girls with some interesting facts about the teeth and jaw, **dental care/health**, what to expect and much more! The program takes a good 90 minutes,

including snack and a special participation patch designed by Dr. Black and her staff. There is no charge. Reservations made directly with Dr. Black (dr.eleblack@gmail.com) Saturdays when available from 10:00 – 11:30 am. Junior Troop 676 attended the first workshop Saturday, February 19, 2022, and loved it! Feel free to reach out to Marion: mamastump@hotmail.com



SciFest at Randolph College to check out for your daughters or your troops... Here are a few but to receive information on future events, email them at scifest@randolphcollege.edu with the subject line "mailing list," also "Liking" the I Love Randolph Science Face book page.

- Saturday, April 2, 2022 – **Science Day** for 3rd – 6th graders, 11:30 – 4:00, Athletic Center/Norfolk Avenue. May attend as an individual with adult or group of children with leaders, pre-registration required (sciday22.brownpapertickets.com) More details at SciFest Science Day for 3rd – 6th graders.
- Saturday, April 2, 2022, 8:30 – 10:00 pm at Winfree Observatory “**Glow Stick Star Party.**” Come view the heavens! Refreshments will be served and glow sticks provided. Registration not required.

How to Encourage Citizenship in Your Troop/Ways to Encourage This:

- **Mock Election:** One of the best ways to encourage girls to become comfortable with voting when they grow up is to help them practice. You can either set up mock voting that is completely made up or you can simulate real ones.
- **Attend events together:** If there are any local town hall community events (politically balanced) or service units would be an awesome way to teach them to be a good neighbor and give back. Our own SU events/activities have a community support/take action/give back component.
- **Encourage Advocacy:** Encourage your girls to speak up about needs they see in their community, needs of others and share in service projects as a troop or with your Service Unit...take action when you see needs at Camp Sacajawea.
- **Find Common Ground:** Help girls find common ground if they disagree with each other. Teach them about having meaningful discussions.
- Check out “**Leader Connecting Leaders**”
(<https://www.leaderconnectingleader.com> or Jodicarlson@leaderconnectingleaders.com)
 - 1) 4 Ideas to Help Your Girls Earn the Junior Inside Government Badge
 - 2) 5 Fun ways to Earn the Brownie Celebrating Community Badge
 - 3) 3 Fun activities to earn the Cadette Finding Common Ground Badge
 - 4) 5 fun activities to earn the Senior Behind The Ballot Badge

Cabot Creamery offers 8 free programs for scouts:

- 1) “**Farm Love**” – Girls learn how dairy products you enjoy make it from farms to the table
- 2) “**Co-ops for Community**” – Learn about the value of cooperatives as a business model, help build leadership skills and support community connections
- 3) “**B Corp**”- The B Corp Patch Program teaches girls the importance of strong healthy communities .
- 4) “**Pollinator**” – Teaches scouts about the importance of pollinators in our communities
- 5) “**Sustainability**” – Learn how to take small steps toward renewable-sustainable
- 6) “**Gratitude**” – Learn about the importance of feeling and expressing gratitude
- 7) “**Fueling Head to Toe**” – Learn about the importance of healthy food choices and exercise in a healthy lifecycle
- 8) “**Calcium Challenge**” – Learn about how calcium helps maintain healthy bones and a healthy you

Cabot's Scout Patch Program/Cabot Creamery www.cabotcheese.coop

The **Girl Scout Heritage Fun Patch** is designed for Girl Scouts at all levels and their leaders to celebrate the cultural richness and honor our histories. There are 5 individual 2 ¼ X ¼" and trefoil center, representing 5 unique history programs: Hispanic History, Native American History, Black History, Asian American History and LGBTQ + Pride Month. You can learn about all 5 or order those you are more interested in which form a circular fun patch when sewn on a GS uniform. Go to www.girlscoutshop.com to view the fun patch, the individual pieces and program/activity sheet that goes with each.

GSVSC News/Updates

- Mission Delivery Team + Volunteer Services

- Judith Rankins: Senior Director of Mission Delivery
- Bella Corbo, Community Engagement Manager/North East Territories
- Callie Thompson, Community Engagement Manager/South East Territories (Lynchburg/Campbell Co, Bedford, Rockbridge, Appomattox)
- Elizabeth Copp, Community Engagement Manager/Western Territories (Franklin, Danville/Pittsylvania, Charlotte)

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

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

**It is not so much what you do
for your girls but what you teach
them to do for themselves that
will make them the most successful.**

Forms/documents:

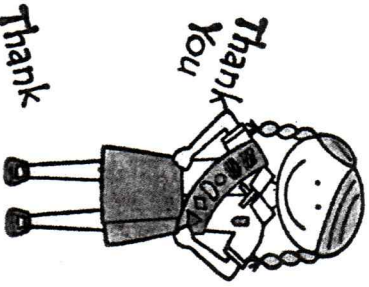
<http://www.gsvsc.org/en/for-volunteers/forms---htm>

**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>

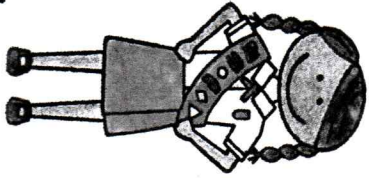
Enclosures: Printable thank you notes/cookie booth partners and customers

Thank You



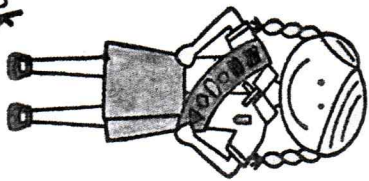
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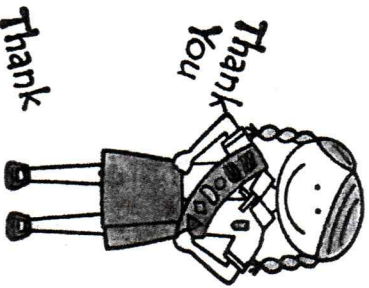
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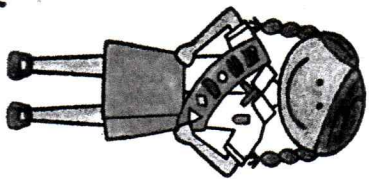
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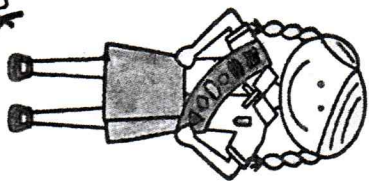
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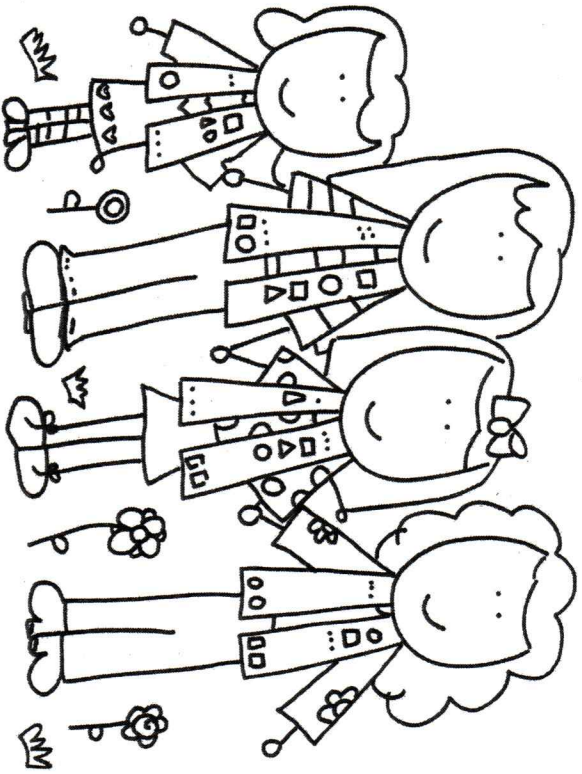


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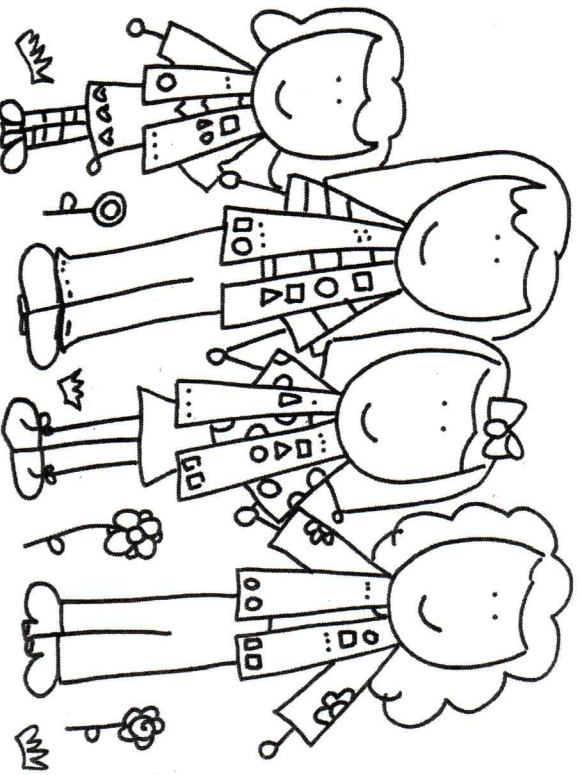
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Thank you!



Thank you!