

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

May Update 2022

Tribute to Jean Ann Hughes

On April 2, 2022 a wonderful woman, instrumental in shaping mine and Lora's lives was celebrated at Oakley's Vinton Chapel. Jean Ann Hughes led the GSVSC as our CEO from 2008 – February 2016, for almost the entire time we were involved with it, although her dedication in Girl Scouting far exceeded this time period. She taught and lived the example that "girls change the world." Her empowerment of girls at all levels of the organization was tremendous and she whole heartedly supported the girls' efforts and undertakings. No idea was turned away but rather, she had the attitude of "how are you going to do it," and "how can I help." I have full confidence that the opportunities and support she offered to Lora were the genesis of her development into the confident and accomplished young woman she is. Jean Ann backed up her words with action, inviting girls and leaders alike to be involved with and experience important growth activities. She made it a point to show up, sometimes completely unexpectedly to support their undertaking.

I was honored to be part of a group of friends who gathered in September for fellowship with Jean Ann and to pre-record her requested songs: "You are My Sunshine," and "On My Honor" to be played at her service. My voice honored her and my heart was with Sam and many others.

Jean Ann you are loved and missed. DS Sampson we send much love your way as well. Your friendship is treasured.

Val
Lynchburg/Campbell County
Troop 217 Leader (retired)

Power of the Promise

Helen Cohen, a Juliette Girl Scout from Lynchburg, recently completed her **Gold Award**. "My Gold Award took action against period poverty, by helping provide individuals and the organizations that serve them access to menstrual cups. Menstrual cups are reusable period products that can last up to ten years, helping alleviate the strain of period poverty on individuals and community institutions and saving 2000 tampons from the landfill per cup. I wanted to be able to provide this service for free, so I made a partnership with a manufacturer and was able to donate almost 200 for no cost to community institutions like shelters and clinics in Massachusetts. I created educational materials to go with the cups, as they are a less common period product and can have a bit of a learning curve. I am working to expand the project to help a wider network of people, hoping to have partners across Massachusetts and scattered

In Virginia by the end of the year. Learn more here: automyperiod.org." Helen is a student at Bard College in MA. (helenrcohen@gmail.com) **Congratulations Helen!**

We had a BLAST at the recent **Daisy/Brownie Journey in a Day at Camp Sacajawea**. We were outside enjoying the day, the six hands on learning stations, enjoying our friends, meeting lots of new friends, running and laughing and just being together!! It was a great day for about 65 folks. Our Daisy Girl Scouts earned the "Welcome to the Daisy Flower Garden Journey," including the Watering Can Award, Golden Honey Bee and Amazing Daisy Award; our Brownies "The Brownie Quest," and GS Way, Making Friends and three keys to Brownie Leadership. The learning stations included "Feed Your Soil" and "Soil As a Filter" led by Amy and assisted by Lily and Peyton; "Bee Bath" and "Girl Promise Tree" led by Rosa assisted by Brentz and Alys; and "Dirt Pudding" and "Dirt Babies" led by Rebecca and assisted by Claire, Ellie and Sophia. We planted "Dave," the White Pine Tree donated by Grace, VT Forestry student, to kick off the GS Mission to plant 5 million trees by 2026 worldwide. **Oh how much fun we all had!!**



Possible Bronze, Silver or Gold Award Potential Projects... Campbell County. Open to all interested scouts. Their wish list of good opportunities include:

- Little Free Pantry at the County Library locations. Have one at the Rustburg Library, need three.
- "Selfie Station" at each Campbell County park. There are tons of cute designs to research.
- Mural projects in the town of Brookneal.
- Dock at the Timbrook pond. If interested, Troop Leader Molly Eden, would be willing to help with legwork/regulations, etc.
- Welding project/they have design in mind.
- Domestic Violence Emergency Shelter in Altavista "Frannie's House" has a wish list of needed supplies.
- Campbell County Crisis Centers are in need of clothing/toiletry supplies.

Contact: Ms. Jordan Welborn (ljwelborn@co.cambell.va.us) Libraries and Parks

Molly Eden (mheden@co.campbell.va.us) Economic Development Specialist

Wonderful Volunteer Opportunities for our Girl Scouts ages 14 – 17 at Lynchburg General/VBH shared by Graysen Adams, Director of Volunteer Services at LGH.

1. Year round Teen Volunteer Program. Application found on Centra Health Website...Volunteer Link. Teens commit to one shift a week (3 – 4 hours) and work year round. They can work in any service area such as guest services/discharge, information desks, gift shop or Emergency Department (over 16 only). If they volunteer for over two years they are eligible for a scholarship.
2. 7 Week Summer Teen Volunteer Program. A summer program led by Rhonda Jefferson. Teens commit to two 4 hour shifts a week for the full 7 weeks.
 - Teens are required to attend an interview on May 18 and orientation June 14. Deadline for returning application etc. is May 4, 2022.
 - Questions: Graysen Adams (graysen.adams@centrahealth.com)
434-200-3228
Rhonda Jefferson (434-200-7057)
 - Additional needs at Centra Health that all troops can participate in. They accept knit, crochet and sewn items such as teddy bears, balls, neck pillows, etc. Also, are in need of lovies or baby hats (knit or crochet). Patterns can be provided.
 - Donate items for the "Comfort Cart" that visits all patients. "Patient Comfort Items – wish list:" reading glasses, deodorants, notebooks, crayons, coloring books, lotions, shampoos, toothpaste, soft toothbrushes, dental floss, hair scrunchies, small containers of dry shampoo, emery boards, chap stick, earplugs, eye/sleep masks, adult puzzle books, large print (word search – crossword, etc.), new small stuffed animals, journals, pens/pencils, portable CD player, music (relaxing, inspirational, instrumental, religious and country music CD's), phone chargers, and walker caddies. You can take your donations to the Volunteer Office at either LGH or VBH or contact Rebecca for pick up/drop off.

Skyline Adventurers: Ready Fire + Throw + Bow...a full day of learning with the Adventurers, learning the history, safety and skills to shoot clay pigeons with a shotgun, throw tomahawks, and shoot arrows with a bow.

Date: **Saturday, May 28**

Time: 10:00 am – 3:00 pm

Location: the Flying Rabbit Sporting Clays, Mt. Crawford, Va.

Who: Cadettes – Ambassadors (ages 12 – 18)

Fee: \$55 per participant

Registration closes: May 13, 2022

Questions: Lou Armentrout, armentroutcrew@gmail.com 540-810-2068

To Pay: Mail payment (check made payable to Adventurers – Girl Scout Troop 1912) to Laura Burchett (6146 Renoir Lane, Roanoke, Va. 24018) or Venmo (account name: @Adventurers-GSTroop1912: indicated “RAFTB” or credit card by contacting Laura (Lauraburchett90@gmail.com))

Adventurers is an action-oriented group of older Girl Scouts who are seeking exciting activities to challenge their capabilities, broaden their horizon and increase their self-confidence. Girls grades 6 – 12/participate in rock climbing, caving, kayaking, backpacking, travel, hiking and more. Check out the latest Adventurer news via Facebook private group and Instagram page.

We have an **amazing dedicated volunteer work force** taking care of our beloved **Camp Sacajawea** that pretty much got started January 2021. They have done just about everything from taking down trees, to cutting up fire wood, removing trees blocking trails, painting, sanding and power washing, building fire wood boxes, repairing tent frames and lots and lots of brush work. Rebecca oversees most of the clean up projects and Donna is the master of the zero turn. These ladies have already started their second season of mowing, weeding and spraying. Many thanks to the troops meeting at Gay Lodge who are providing some general housekeeping. Our most recent work day was Saturday, March 26. Doug, Jacob, Ann and Donna assembled new shelves in the garage near the Ranger’s House. Troop 676 cleaned and painted benches at Troop House and started another new fire wood box; Bekah, Colleen and Karen removed more brush around Sunspot and Pavilion; Sean and Rebecca continued to work on the “jungle” to left of the Administration building, raking and clipping; Michele, Amy and Myra removed more leaves from under the Hideaway platform tents and latrines. You will not believe the Gay Lodge fire circle...tripled in size. Make your plans to visit Camp Sac with your troop...lots to do! Go to gsvsc website, “forms” type in 2150 which takes you to Camp Sacajawea calendar and reservations. But if you need help in planning please feel free to contact us: Caroline: cjassent@gmail.com, Christine: christine.h.terry@gmail.com, Marion: mamastump@hotmail.com, Donna: DonnaC.Guill@gmail.com, Rebecca Becka6778@aol.com, Amy: abebko@gmail.com

- **Sunspot Badge Barn** (look for the yellow building, thanks to Audrey and Ella) which features a wonderful/well stocked library and resource center (thanks to Rosa) and multiple activity tubs... Scavenger Hunt, Public Speaking, Tree, Fairy Trail Adventure (Trail Adventure for D-B-J), LNT, Bugs, JGL Catch the Spirit, JGL Daisy Bingo, Astronomy/Space Explorer, Zink the Zebra, How Pulleys Work, Fossils and Earthquakes... Hiker is being updated and we look forward to Outdoor Adventure in the near future. Sunspot is open all year long at no charge. Feel free to use the table set up inside or take a particular activity tub to

your campsite. No check out needed, return as soon as you finish...we practice the Honor System. No trash can so bag your own and take to the dumpster.

- **“The Dot”** Camp Sacajawea Spray/Splash Pad. Rental season May-September. Cost per hour ranges from \$10 - \$15. Use form #2150.
- Archery Range, temporary range located at the end of the playing field. You will need to secure either an Archery 1 or 2 instructor before making your reservations. Use forms #2150 and #1086 re reserve equipment.
- **Playing Field** and **Amphitheater** are always available without charge. Sports shed is close by. Consider outside **Chapel/Meditation Area** located on Chapel Trail.
- Must visit **Skinny Dip Hole** at end of the Skinny Dip Trail once it is back “on line.” (City of Lynchburg needs to get going on their project plan.)
- **Little Sac’s Orchard** is a must see since Troop 1315 made all the wonderful upgrades. This also includes the adjacent perineal garden. Located near Gay Lodge.
- **Trails:**
 - **Animal Tracker Trail:** Blaze color **orange**. Length one way 0.29 miles. Trail starts near the Program Administration Building and ends at the Chapel/Meditation Area which intersects with the Chapel Trail and connector that takes you to the Hideaway Road. Location of Fairy Trail Adventure Activity Tub at Sunspot. Trail open. Rating: easy.
 - **Chapel Trail:** Blaze color **white**. Length one way 0.05 miles. Trail starts just past the Troop House entrance at the painted white steps on the main camp road. The trail is a short hike that leads to the meditation area, a great place for a Scouts’ Own (an inspirational, informal ceremony made up of a mixture of readings, reflections, music, etc.). It joins the Animal Tracker Trail and intersects with the Hideaway connector. **Trail open**. Rating: easy
 - **James River Trail:** Blaze color **royal blue**. Length one way 0.60 miles. The trail head is to the right of Gay Lodge, follows the James River and the railroad to the end of the Sweetheart Trail where you find the canoes (Judith Creek Trail). You will find the new overlook where the JRT intersects with the Pavilion Trail. Trail is open to the top of the hill, then you must turn around. We are having to deal with 2018 Tornado Storm leveled area beyond this point...work in progress. Trail open $\frac{3}{4}$ of the way. Rating: moderate
 - **Pavilion Short-Cut Trail:** Blaze color **green**. Length one way 0.05 miles. Starts just behind the Pavilion campsite fire circle and is a short cut from Pavilion Unit to the James River Trail and the overlook.
 - **Sweetheart Tree Trail:** Blaze color **red**. Length one way 0.25 miles. Trail begins at the end of Bowen Playing Field, near the Tanglewood Unit. It connects to the Judith Creek Trail (location of canoes) and will eventually connect to the James River Trail where the creek runs into the river. You can reach the Great Excursion Trail from the SHT. Rating: moderate. **Trail open**.

- **Judith Creek Trail:** Blaze color **yellow**. Length one way 0.15 miles. This trail loops off the Sweetheart Trail. It is a pretty trail that follows closely the Judith Creek with a cliff side overlook site. It leads to a boating access for kayaking/canoeing on Judith Creek. No James River Access. Rating: moderate. **Trail open.**
- **Great Excursion Trail:** Blaze color **neon yellow**. Length one way is 0.40 miles. The trail head is located just beyond the archery equipment shed and just off the Sweetheart Trail. The trail descends down the side of hill and over large rocks following Judith Creek from above the cliff side rocks. It provides a longer hike for the more adventurous due to its deep terrain. It connects to the end of the Skinny Dip Hole Trail. **Trail open** but still in process of being upgraded.
- **Skinny Dip Hole Trail.** Trail color **purple**. Length one way 0.24 miles. Trail begins just off the main camp road and short walk from Troop House going toward front gate. Trail leads to Judith Creek where the girls can wade in a lovely creek surrounded by the forest. This trail meets up with Great Excursion Trail near creek access point. **Trail temporarily closed.**
- **Mama Stump Trail:** Blaze color will be **light green**. Length one way 0.30 miles. The trail head begins to right of Administration Building/Day Camp Shed. The trail leads to the observation area for the Eagles' Nest. Trail to be opened June 5, 2022. Rating: easy.

Troop 224 from the Radford/Montgomery SU spent the weekend of April 8 – 10 at Camp Sacajawea. They did an amazing job shoring up the James River Trail from the new overlook up to the bridge. They carried down eight long tree poles (had been previously cut), secured them with stakes and large rocks to keep them in place along this low side and from rolling down the hill along the river side of the trail. This will greatly help to level out the section of the trail. Thank you Heather, Gracie, Sori, Maddie, Alice, Delancy, Evelyn, Leota, and McKinley. They also painted two of our Trail signs along the Pavilion Trail and James River. **Thank you ladies.**



While there are certainly many things that we associate our Girl Scout experience with; nothing has been as significant or as impactful, to us, as Camp Sacajawea. When we joined the GS organization during Anya's kindergarten year in 2013, we loved our meetings and adored our sweet, little Daisy troop. But, when we set foot onto Camp Sacajawea for Day Camp in the summer of 2014, we were instantly hooked into scouting in a way that only Camp Sacajawea could induce. The grounds offered a beautiful, outdoor oasis in the middle of our small city. When we first entered through the gate and read the Girl Scout green signs of the law, we truly felt like official Girl Scouts. When we first hiked the trails that overlooked the James River we knew we were in a very special place meant for very special girls. When we ended our first day at Day Camp with our largest friendship circle, where we were literally physically connected to so many wonderfully creative and remarkably intelligent girls and women of all ages and backgrounds, we knew we had BECOME Girl Scouts. To say that Camp Sacajawea has had an impact on our scouting experience would be an understatement. We often chat about what our favorite parts of our meetings were or our favorite memories of Girl Scouts have been. In those discussions, we often have differing opinions on what was fun or what we liked the most, but when asked what our favorite part of girl Scouts is, we are in total agreement that Camp Sacajawea is our favorite Girl Scout activity and memory. We feel so very fortunate that we have had the opportunity to spend time with our troop, their families, and our Service Unit at such an amazing place. We cannot imagine Girl Scouting without it!

Anya and Sarah Muminovic
Troop 440

Camp Sacajawea Day Camp 2022 "Weather Watch," under the direction of "Captain Buttercup" and programming by Rebecca...five days, Tuesday, June 21 – Saturday AM, June 25. Our girls will learn about weather from clouds to wind...make a cloud in a jar, a vortex, rain gauge and more. Lots of hands on learning. There will be a camp dinner, an evening event and sleepover Friday, June 24. We need adults (women and men), teen helpers (rising 7th graders and up) and camp nurse for Friday afternoon, 2:30 pm til Saturday morning. Day Camp **deadline is May 18 at 11:30 pm** with payment in full....\$95 campers and \$25 youth volunteers. There is a camper discount if a parent volunteers to work Day Camp. No tag along unit due to limited building space. **We need your help!** Questions: Amy McCarty "Captain Buttercup" (daycampsacajawea@gmail.com) Save your clear **plastic 2 liter drink bottles. Plus need to borrow several cake stands that spin.** Contact Rebecca.

Reminder, **Leader Appreciation Celebration, June 5, 2022.** Hosted by Amy, Michele and Rebecca. Contact Rebecca for additional information.

1. Elena Black, DDS, PhD, **Appalachian Orthodontics of Lynchburg** is providing a most informative program for our Girl Scouts. This **90 minute program** takes place at her office on Old Forest Road, Lynchburg. Perfect for our D-B-J, but can be adapted for our older girls. The program includes many interesting facts about teeth/jaw, dental care/health, what to expect and much more! Dr. Black provides a special snack, special

participation patch and take home goodies. Reservations are made directly with Dr. Black (dr.elenablack@gmail.com). Saturdays from 10:00 – 11:30 am.

2. **Homestead Creamery Tour** “Smith Mountain Lake: Gems in the Blue Ridge – Homestead Creamery” 7254 Booker T. Washington Highway, Wirtz, Va. They are offering selective tours designed to educating troops on the dairy industry. Claudia Pick, Marketing Representative, has created a curriculum that dives into Homestead Creamery and the industry through activities, a virtual tour and more. Contact Ms. Pick for more information and the opportunity to visit.
claudia.pick@homesteadcreamyinc.com

Save the date “**Farm Day**” scheduled for **October 1st**. One of the family farms will be open to the public for a day on the farm. This will include milking a cow, petting zoo, ice cream AND more! Flyer will be provided with additional information
Admission fee. “The Way Milk Should Taste”

GSVSC News

- **Charles Burrell** has been hired to fill a Facilities Maintenance position providing service to all three camp properties.
- **Donna and Rebecca** were recognized Thursday, April 28, with the **GSVSC Immeasurable Impact Award** at the Women of Achievement Banquet held at the Hotel Roanoke. They received their award on behalf of the volunteers, girls and adults, who have spent hundreds of hours taking care of Camp Sacajawea.
- **COVID-19** – We are in Phase V. Check out gsvsc.org to check out overview
- **Sandy Barbour**, Business manager is retiring. **She will be greatly missed.**
 - Cookie sales to date \$2,477,000.00, 10% over last year
 - Troops participating = 228
 - Girls participating = 1,789
 - Digital cookie = 513,500.00
 - Fall Product Sales Mascot will be the Hawaiian Monk Seal. Theme “Go Bright Ahead”

Check these opportunities for summer fun or highlight them for Fall planning.

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>

**The world is changed by your
example not by your opinion.**

Be the reason someone believes

in good people.

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: "Adventuring 110" Fun Patch program

Adventuring 110 Fun Patch

Celebrating 110 years of amazing adventures!

Back in 1912, the very first Girl Scout troop played basketball, hiked, swam, identified plants, gardened, and camped. They learned to tell time by the stars. Getting girls involved in outdoor physical activities was one of the main goals of the early Girl Guide/Scout Movement. Starting on March 12, 2022, we are celebrating 110 years of Girl Scouts. This fun patch will get you outdoors and having fun like your original Girl Scout sisters!

HOW TO EARN

Girl Scouts (girls & adults) need to do an outdoor activity that counts for 110 of something: feet, minutes, miles, strokes, pedals, seeds, litter, etc. Be imaginative and have fun! That's the Girl Scout Way! What "110" will you take on as a challenge to complete and celebrate 110 years of Girl Scouting?

OUTDOORS IDEAS

Dribble, pass, kick, serve
Hike, walk, run
Swim, row, paddle
Climb, cave, camp
Horseback ride, hike with a llama
Ice skate, snow tube, ski
Biking, fishing, birding
Geocache, letterbox, scavenger hunt
Outdoors service project, take action project, give back
Gardening, picnicking, farmers' market visit
All outdoor fun counts!



WHO: girls (Daisies-Ambassadors) & all adult members including alum!

TIME/PLACE: anytime in 2022

COST: \$2/fun patch

TO ORDER PATCHES: no need to pre-register—just take the challenge & buy your patches here: www.gsvsc.org/adventuring110

QUESTIONS: 540-777-5100, info@gsvsc.org

This fun patch is dedicated to all the volunteers who have brought the joy of Girl Scout programming to girls over the past 110 years!



girl scouts 
of virginia skyline