

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

November 2020 Update

Power the Promise

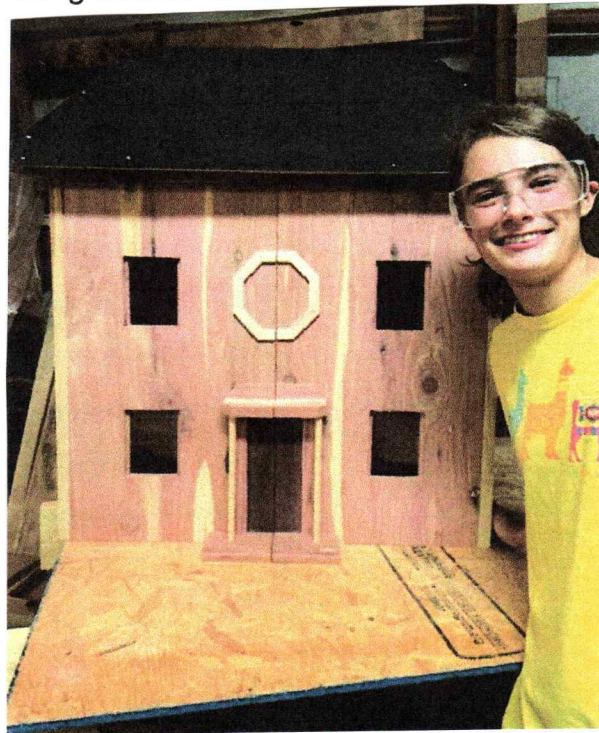
Congratulations to **Desire** and her completion of the **Bronze Award Project “Good to Grow.”** She learned about food insecurity in Lynchburg and how to grow fresh healthy fruits and vegetables. Desire devoted her time to helping plant and tend three gardens that served various people in the city. She planted some perennials which will return year after year but her new found knowledge of gardening and healthy eating will continue even longer. Desire created and donated gardening lesson plans to Camp Timothy Give and Grow Garden to be used with campers who are between the ages of 5 and 13. Also, she taught the children on their weekly visits to the garden about the plants – how to plant, harvest and eat them as well as about the insects in the garden. By teaching other children about gardening and healthy eating her knowledge has been passed on and will continue through even more people than just herself. Project Team Advisor: Amy, Troop 676, Leader: Mama Stump. Acknowledgement to gretawilliams@msn.com

Congratulation to **Emmeline**, Troop 1315 (Amherst/Sweet Briar) for completing her **Bronze Award Project** at Camp Sacajawea. The perennials she chose to plant in Little Sac’s Garden are beautiful and will make a lasting impact at Camp Sac for many, many years. Along with her Girl Scout sisters all the trees in Little Sac’s Orchard have been identified and remarked. This now provides a wonderful outdoor learning space that includes a laminated guide. The Sac’s Little Orchard sign has been reinforced and painted. You can see it well from the Gay Lodge circle drive. Acknowledgements to meganph@gmail.com.

Natalie and **Grace** from Troop 1069/Amherst have proudly and successfully completed their **Silver Award Project**. They saw a vision to positively impact the lives of their peers. These girls, with help from other Cadettes in their troop, focused their time and energy on putting together an outreach program to build healthy relationships between middle school girls in the community, so perfectly named **“Perfectly Imperfect.”** Monthly events were hosted to improve or enhance self-image, confidence, values and understanding. They were able to create a “safe place” for girls to feel loved, supported and encouraged all while having fun! This event will be continued by the Cadettes of Troop 1069 who encourage you to like “Perfectly – Imperfect – Middle School Girls Only” on Facebook for updates and future events. You can congratulate these girls by reaching out...jessyshipe@gmail.com Project Advisor: Jessy

Congratulations to **Ivy Elizabeth**, Troop 261 for completing her **Silver Award Project “Take a Book, Leave a Book.”** “A few years ago my neighborhood expressed interest in having a Little Free Library. As my troop started talking about completing our Silver Award Projects, I thought about my love to read and also how people kept moving into

and out of my neighborhood. I realized that making a Little Free Library would provide books year round and also create some unity in my community. It would help people get to know their neighbors and expand their reading opportunities. In addition, while not part of the original plan, it also happened to create a way for neighbors to interact safely during the COVID-19 quarantine. My neighborhood has a Neighborhood Association who will take over the project. It has only been a week and already I have had a huge positive response from my neighbors. I have no worries about the upkeep and its long term care as my neighbors are really supportive of this project. The Little Free Library is 30" wide, 14" deep, 39" tall (includes the roof) and is 3' off the ground. There are two shelves, top shelf for adult reading and lower shelf easier for children to reach, featuring their books." Project Team Advisor: Jennifer. Troop Leaders: Cawannakie and Michelle. Congratulations can be emailed to nittanylion98@gmail.com.



Very proud of **Troop 1069 Amherst** for being one of the sponsors for the October 30th Drive-Thru **Halloween Spooktacular** at Coolwell Park in Amherst. They served children in their community along with the Amherst County Parks and Rec. It was a successful event.

We had a successful in person/virtual **October 11 SU Meeting**. Thank you Detria for the technical support. A good part of our discussion centered around our SU events and activities now and for the remainder of the '20 – '21 scouting year. November/December events will not take place primarily due to restrictions in group size per church. Many churches are just beginning to reopen and in the case of First Presbyterian and Super Service Day, group limit is 25 (combined total of girls – adults – facilitators). Another concern is the funding itself...our volunteer led Service Unit is self supporting, 98% of our total operating budget comes from our volunteer led events/activities. Profits from each event although small do provide needed funds to start purchasing supplies for the next event. Our last SU event was World Thinking Day, Saturday, March 7th. Realistically we can be hopeful about the Sweetheart Dance planned for the last weekend in February because it is our money maker for the '21 – '22 camporees (Cadette – Junior – Brownie – Daisy), Geocaching and Night Owl, providing Camp Sacajawea rental. It might be necessary for individual troops to provide sponsorship and assume greater responsibility in event planning and implementation. This has to be percolating in the background so when we can roll again we will be ready.

Highest Award Virtual Training: Save the dates:

- **Silver Award Training**, Saturday, **January 2, 2021** 10:00 – 12:00 noon
- **Bronze Award Training**, Sunday, **January 3, 2021** 2:00 – 4:00 pm
- **Gold Award Training**, Sunday, **March 14, 2021**, 2:00 – 5:00 pm

Register on line

Mobile STEM Center (van) designed to bring programs outside is being outfitted now – then gets wrapped – ready to go

GSVSC met their fund development goal for the '19 – '20 year/ending year 20% up

GSVSC virtual programming has been shared with other councils so more girls could participate in GS'ing. Badge boxes were created and shipped to girls who did not have virtual access.

Membership challenge for '20 – '21/focus now is on retention

75/80% of GSVSC budget comes from product sales/last three years focused on balancing GSVSC budget

Camp Ichimani/the Dark Hollow Unit (Roanoke Camp) has three new cabinets, spaced for four sets of bunk beds each. Future plans are for an amphitheater built into side of

hill and featuring concrete benches with backs and stage lightening. There will be a special fire circle close by in the shape of a trefoil.

Delegate elections/Open Dialogue Meetings/Annual Meeting

- 1) Erika Theodorides
- 2) Amy McCarty
- 3) Rebecca Duncan
- 4) Tiffany Baxter – Alternate

News from GSVSC

- To make technological improvements the following will **not be available from November 18 – December 17**

- Your member troop account – make sure your member troop account is updated prior to cookie sales – on line sales begin December 15
- VTK access (Volunteer Tool Kit)
- gsLearn
- Looker (SU level)

Council staff will be working and will be available during this time.

- **gsLearn is GS's new official online training form.**

It supports accuracy and consistency across the GS movement providing "general knowledge" courses.

- must have active membership to log in
 - log in to MyGS to take any of the leader training courses which range from facilitating troop meetings to VTK (Volunteer Tool Kit) to new leader training
 - **all new leaders will be trained through gsLearn.** NLO (new leader orientation) **GS101, GS 102, GS 103 will be retired.** New leaders will be provided a check list to help them through their trainings step by step. Meghan Cheresnowsky has a new staff role "First Year Experience Manager" to assist all new leaders/helping them move in the right direction
- Current Fall product sales information: 1,207 girls are participating – on line sales up 15%

Many thanks to Vivian for the **virtual Junior Space Science Badge program** she did on September 21... "One Badge One Hour." Vivian is beyond creative. The Juniors were so engaged and learned so much. It was great. We invite her back for future programs.

Fall Product Sales Wrap Up

- Product will be delivered Thursday, November 19 – Legacy Oaks Social Center, 100 Legacy Oaks Place, Lynchburg 24501. Exact time to be determined.
- On line sales continue until December 6th
- Money due to Detria by December 10th
- Please ensure that all your scouts are in the system. If there are any concerns, let Detria know immediately (thepreacaswife@hotmail.com)
- Remind parents to check for any on line girl delivered orders

Cookie Training: There will be two to choose from,

- 1) **Virtual training Wednesday, December 2** at 6:30 pm
- 2) **In person training, Sunday, December 13** at 1:30 pm at the Legacy Oaks Social Center, 100 Legacy Oaks Place, Lynchburg 24501

To register, contact Rebecca (Becka6778@aol.com) and cc Detria (thepreachaswife@hotmail.com)

We will be participating in the Alan B. Pearson Regional Cancer Festival of Trees, providing our own "**Girl Scout Tree of Hope.**" Instead of being at the cancer center this year, they will be displayed on social media platform and via flyers distributed throughout the community. Cindy Via and Troop 678 will do the honors from decorating, to tree display and photography. The public will be able to view all the trees November 16 – December 11. Auction bidding ends at noon on December 11. The money from the sale of the GS Tree of Hope is donated to the Patient Support Fund. We are in need of approximately 200 SWAPs. Please contact Rebecca (Becka6778@aol.com) to make arrangements for drop off/pick up. Your deadline is November 13th to have your SWAPs ready.

Science and Art Saturdays at Randolph College

Virtual labs, workshops and interactive tours taught by Randolph college professors. All sessions are free and open to high school students. Most sessions last two hours.

Questions: Joy McGrath at 434-485-8032 or sciencesaturdays@randolphcollege.edu

Registrations: <http://www.randolphcollege.edu/admission/visit/science-ar-saturdays>

- Art Saturday: How do Contemporary Photographers Depict the Anthropocene?
November 7, 2020 10 – 11:00 am
- How Big is Your Genome?
November 14, 2020
- Elevate Your Game: The Science and Strategy of Improvements in Esports
November 21, 2020
- Physics Phest! Physic's Quiz bowl
December 5, 2020

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>

Your greatest contribution
to the universe may not
be something you do but
something you raise..

I love the friends I don't
see for days for weeks or
for months. The bond is
still as strong as ever.

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)

Enclosures: - Friendsgiving Friendship Patch
- A Year in the Life of Juliette Patch Program
- Wonders of Wizarding



Friendsgiving Friendship Patch

Open Your Heart, And Lend A Hand

Happy Friendsgiving! Friendsgiving is traditionally a gathering of close friends to share the spirit of Thanksgiving. Friendsgiving is also a holiday where you can demonstrate your love for your friends and family through generous and friendly gestures; it is a new way to celebrate those who we care about. Further, it's also a great time to show folks who don't have people to spend the holidays with, that they are respected and cared for.

This Friendsgiving Friendship patch is a beautiful combination of symbols. The pumpkin pie is a traditional dessert enjoyed during the Thanksgiving & Friendsgiving holiday. The circle of hands represents the friendship circle which is a longstanding Girl Scout tradition. The heart in the middle of the girls' hands represents the love and care the girls have for their fellow Girl Scout sisters and others.

During this Friendsgiving time, we ask girls to be friendly and helpful & considering and caring by generously giving their time to make other people's lives a little happier. Here are some ways to open your heart, and lend a hand:

- Pick some flowers for a neighbor or friend
- Make someone a card
- Create a gift of a Thanksgiving or Friendsgiving centerpiece
- Bake for others
- Spread joy through song
- Bring someone their mail
- Help someone by walking their dog
- Learn a few jokes & share them (Make others laugh and smile!)
- Find a location that is accepting donations for Thanksgiving dinner and contribute toward the cause (canned cranberry sauce, canned ham, stuffing mix, canned corn, canned sweet potatoes or yams, cans of green beans, mashed potato mix or whatever they are asking for.)
- Anything else heartfelt that you decide

Choose one or more options. Be sure to always take a trusted adult with you when you leave your house. Thank you for making the world a better place!

These **2.5" patches are embroidered with an iron-on backing**. \$5 each and price includes shipping. Order details can be found here:

<https://www.facebook.com/groups/funpatchprograms/>



Wonders of Wizarding

FUN and EASY ZOOM MEETING. Please see the suggested activities below:

Suggested activities:

1.) Diagon Alley: Wand Making. Make a magical wand!

Supplies: *stick, ribbon, material, paper, glue, glitter and other decorative items optional.*

2.) The Three Broomsticks: Make and drink butterbeer.

Ingredients: *root beer, ice cream, caramel sauce, sprinkles*

3.) Decorate a cupcake for Harry Potter's birthday (pink frosting with green writing.) Sing happy birthday and eat the cupcake!

Supplies: *white cake mix, eggs, oil. Pink frosting. Green frosting in a tube for writing.*

4.) Hogwarts School:

· Learn a spell:

<https://www.fatherly.com/play/25-harry-potter-spells-charms-everyone-should-know/>

· Make a Potion from ingredients you have at home:

· <https://redtri.com/pretend-magic-potions-kids-can-make/slide/1>

· Create Troll Boogies (green slime)

<https://www.thekitchn.com/how-to-make-3-ingredient-slime-without-borax-245904>

Use GREEN food coloring

5.) Ministry of Magic: Write secret messages using invisible ink. Write with a feather pen and ink well if possible.[LINK](#)

6.) Train Station & Platform 9 3/4: Explore your senses: sense of smell, taste and feel while blindfolded

Supplies: *bandana to put over eyes and feel 5 things- identify*

Ideas: *peeled grapes, uncooked rice, jello, flour, salt*

7.) Gladrags Wizard Wear:

· Decorate your face like Harry Potter or one of the other HP characters. IE: lightning bolts on foreheads or anything else.

Supplies: *washable markers or face paint*

· Decorate Hogwarts TIES.

Supplies: *Construction paper: 2 colors. Glue. Optional: glitter*

8.) Bonus activities:

Decorate and trade wizard trading cards

Play wizard bingo

Watch a movie with a wizard (over zoom or Netflix group watch!)

For more patches similar to this one, check out: <https://www.facebook.com/groups/funpatchprograms/>

Wonders of Wizarding Patch:

These beauties are embroidered with an iron-on backing. \$5 each and price includes shipping. 2.5" diameter. PayPal details here:

paypal.me/JenWall68 Orders will be shipped in order of payment received. PayPal instructions: Be SURE to write your NAME, ADDRESS and PATCH description (IE: WIZARDING) in the comment bar.



A Year in the Life of Juliette Patch Program

Girl Scouts Go Pink!

Juliette Gordon Low, the founder of Girl Scouts of the USA, died in 1927 at the age of 66 from breast cancer. By raising awareness, girls can make a difference in the lives of women and their families who cope with the impact that breast cancer can have.

October 2016

Girl Scouts Go Pink!



When Juliette Gordon Low, the founder of Girl Scouts of the USA, passed away in 1927 at the age of 66, the words “breast” and “cancer” were not spoken in “polite company.” It wasn’t until 1996 that it was disclosed to Girl Scouts around the world that Juliette had died from breast cancer.

As our organization moves into our next 100 years, girls can be more involved in raising awareness about breast cancer. Girl Scouts have the power to make a real difference in the lives of women and their families who cope with the impact that breast cancer can have. Many Girl Scout have had the experience of having a mother or another family member suffer from breast cancer. And, like so many other serious illnesses, breast cancer affects not only the patient, but the patient’s family as well.

This patch program is designed to promote breast health and cancer prevention. Girls will learn about the importance of breast health by participating in games, crafts, research and other activities. All age levels are invited to participate in this program.

Daisies complete at least two requirements. Brownies complete at least three requirements. All other grade levels complete at least four requirements.

- Make a pink ribbon and give to five women. Get the women to pledge to get a mammogram annually.
- Celebrate Juliette Low’s Birthday (Oct 31) by making pink refreshments (punch, cupcakes, cookies) and inviting family members to attend a celebration for Juliette. Share with the others what you have learned about the importance of regular mammograms and doctor visits.
- Create a pink pumpkin patch. Decorate pumpkins pink with paint, ribbon and stickers. Find a way to display them to make people aware of breast cancer and what they can do to make a difference.
- Draw/write/create something about Juliette Low and breast cancer. Share with others.
- Make a Chemo Care Kit- girls can use a reusable shopping bag that they can decorate and fill with items to help ease the symptoms associated with chemotherapy. Bring to a local oncologist office or other facility that supports women in treating breast cancer. You can find ideas for items to include on Pinterest or use the following ideas:
 - A funny book
 - A pretty scarf or hat
 - Plastic utensils (helps with metallic taste that chemo patients sometimes experience)

Special thanks to the Girl Scouts of the Green and White Mountains www.girlscoutsgwm.org for creating the original badge program upon which this is based.

- Hard candy
- A small pillow
- Ginger tea
- Lip balm
- Notes of encouragement
- ◆ Learn about and name three ways that women can reduce their risk of breast cancer.
- ◆ Visit a local hospital or women's care center to learn about how mammograms are done.
- ◆ Invite a breast cancer survivor to speak with your troop/group.
- ◆ Learn about a notable woman who experienced breast cancer. Tell your family or troop about the person you studied, or make a poster or short video.
- ◆ Make a list of resources in your community related to breast cancer/breast health.
- ◆ *Older Girls*- with parental permission, invite a doctor, nurse, or other health professional who can demonstrate to girls how to perform a self-examination.



Girl Scouts Go Pink Order Form

Troop Age Level: Daisy Brownie Junior Cadette Senior Ambassador

Troop Leader's Name: _____

Street: _____

City: _____ State: _____ Zip: _____

Phone# :(day) _____ (evening) _____ (cell) _____

_____ # of patches @1.50 each \$ _____

Shipping/handling (see below) \$ _____

Total enclosed: \$ _____

Major credit cards are also accepted. Please sign your name if you would like to pay with a card, and our shopkeeper will be in contact with you when we receive your order form to take your card information.

I would like to pay with a card: _____

Shipping & Handling rates:

0-\$15.00	\$4.75
\$15.01-\$25.00	\$6.50
25.01-50.00	\$8.50
50.01-75.00	\$10.50
75.01-100.00	\$12.50

If you have any questions, call 304.345.7722.

Please mail your Patch Order form to:

Attn: Girl Scout Shop
Girl Scouts of Black Diamond
321 Virginia Street West
Charleston, WV 25302

Special thanks to the Girl Scouts of the Green and White Mountains www.girlscoutsgwm.org for creating the original badge program upon which this is based.



Girl Scouts Go Pink Program Evaluation

Troop Age Level: Daisy Brownie Junior Cadette Senior Ambassador

Troop Leader's Name: _____

Street: _____

City: _____ State: _____ Zip: _____

Phone# :(day) _____ (evening) _____ (cell) _____

1. What did your girls discover about themselves during the activities?
2. What did they discover about others in their troop and/or community?
3. What did your girls gain from connecting with local organizations/resources?
4. How did your girls take action while earning this patch?
5. What activities did your troop/group enjoy the most?
6. Did you change or adapt any activities? In what way?
7. Would you suggest any changes?
8. Comments:

Please mail your evaluation form to:

Girl Scout Shop, Girl Scouts of Black Diamond, 321 Virginia Street West, Charleston, WV 25302

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