

Lynchburg Campbell County Girl Scout Service Unit
Amherst/Appomattox

November Update – 2022

Power of the Promise

Elana, member of Troop 440 created a large pollinator garden at Agudath Sholom on Langhorne Road to address the declining pollinator population and the lack of flowers in this area and surrounding woods for her Silver Award project. Some of the plants chosen were: Brown Eyed Susans, Lavender Chives, Cone Flowers, and Milkweed among many others. A beautiful addition to the grounds surrounding the synagogue. Congratulations to karinw7@gmail.com



Taylor and Lila, members of Troop 234 for their Silver Award Project designed and built the “Bookworm Box” to benefit the students at the Timberlake UMC Early Learning Center. Together they created the “Mission Moment” video which has recently been launched in the Campbell County Community to introduce their program and the ongoing need for pre school books. Keywestem@gmail, jvettare2@gmail.com



Thank you to a Fox Hill neighbor, newest addition to our Camp Sac GS Adult Trail maintenance team ...artist **Glo Winters** for her stunning artwork on the back of the Trail map “**Ricky**” our Day Camp mascot...it is amazing and super cute.
glowinters59@gmail.com



Managing camp properties is a very complex and expensive proposition, but it is so important that we maintain our camps to ensure we continue to attract our girls and go back to basics. **At least 65% of girls said they enjoyed outdoor activities A Lot!** Spending time in nature, even if it's a walk, or a hike has been shown to improve concentration and creative reasoning among children and adults.

Words cannot express our **sincere appreciation for all of those who have had a hand in upgrading and maintaining Camp Sacajawea**...our wonderful volunteers from the highest award Girl Scouts whose projects are making such an impact, Boy Scouts who chose Camp Sac for their Eagle Project, to our painters, tree cutters, chain saw operators, log splitters, campfire ring builders, sign creators/installers, activity tub creators, floor moppers, trash collectors, toilet/latrines cleaners, leaf blowers, trail walkers/trail maintenance work crew, Camp Sac's road crew, mowers, weed trimmers, brush workers, garage organizers, to Ranger Tim our builder and Charles the jack of all trades. **Lots and lots of face to face conversations...our inspirations and how the MAGIC begins.**

A Girl Scout Bond is a common **Find**
We help each other in any **Bind**
We laugh, we cry, we learn, we **Grow**
We mean more to each other than we will ever **Know**
Though we may **Part** as time goes by
Our Girl Scout Bond keeps us close at **Heart.**

If you are not yet part of our circle of GS volunteers, we invite you to join us. Please contact Rebecca at Becka6778@aol.com to talk with her about how you can be part of all of our wonderful work at Camp Sacajawea! Next two volunteer team work days... Tuesday, December 27 and Saturday, December 31 (schedule a time/discuss a task, etc. with Rebecca.

Camp Sacajawea Summer Camp is less than 240 days away! It will be geared toward an "Adventure Camp" where the girls will learn more about outdoor camping and survival skills while spending lots of time in the creek, at the Dot and at the archery range. For the older Girl Scouts we hope to include Hatchet/Tomahawk throwing. Girls will work on outdoor progression patches during camp which will run from Friday morning until Sunday morning...three days and two whole overnights. We are hoping that a long weekend of camp will allow more girls and adults to participate. There will be two residential camps. Please mark your calendar.

Session 1: Friday, **June 23 – Sunday, June 25** – Rising 1st – 5th graders

Session 2: Friday, **June 30 – Sunday July 2** – Rising 6th – 8th graders

Stay tuned for more details coming soon!

Camp Buttercup

Super Service Day Saturday, **December 10**, at First Presbyterian Church. Our girls will participate in three service projects, make at least four holiday crafts to take home, and decorate and eat their own sugar cookies. Planners: Marion and Rebecca

1. Handmade Thinking of You cards for two local nursing homes
2. Girls are asked to bring items to help fill birthday boxes for Meals on Wheels.... suggestions: shampoo, lotion, toothbrush, toothpaste, shaving cream, pens, tablets, soap, socks, gloves, etc. Just about anything a senior could use. They are so appreciative! For most of these recipients these "Meals on wheels Birthday Boxes" are their only birthday remembrance. Girls need to bring a two piece cardboard shoe box (lid separate from box, no flip tops).
3. Girls are also asked to bring an item for the Lynchburg Area Food Bank. Their wish list includes beef stew, peanut butter, juice boxes, soups, canned meats, powdered or box milk, cake mix/frosting, coffee, etc. All cans need to have pop tops.

Lynchburg Service Unit **World Thinking Day '23** will be celebrated Saturday, **March 4th**, at First Presbyterian Church. Making the world a better place is part of the Girl Scout Law, so it's no surprise we have a day dedicated to doing just that. It's a day of international friendship and a time to stand up for causes that improve the lives of girls around the globe. We have a different theme each year; our '23 theme is "Our World, Our Peaceful Future." Along with the stations highlighting specific countries around the world we will include the information needed so the girls can earn the World Thinking Day Badge. We would love for your troop to present a country...this can be done by creating a tri-fold that showcases their research...then provide simple food tasting at your station. The flyer will be out soon. Event planners: Amy and Rebecca.

The **Adventurer's Wild Women's Weekend** is **March 18 – 19, 2023** At Camp Icimani. Event Training will be offered along with Adventurer Training which will help you with facilitating a program for older girls (11 – 17). Save the date...amazing weekend! A group dedicated to providing wider opportunities to our older Girl Scouts in the GSVSC.

Are you ready?? **Eagles** should be **returning** to Camp Sac really soon to spend the Winter and Spring with us...add to their nest, lay their eggs and raise their two babies. Target date...week of November 13/20 to check it out. Activity tub "Mama Stump Trail" located at Sunspot. You will find information about the Eagles, the trail and six high quality binoculars. Thank you to Ann Miller for this wonderful donation. Be mindful of the "**Quiet Zone**" (soft voices please). Trail Blaze is light green. Trail sign coming soon; trail head behind shelter (one with the four Adirondack chairs to right of Day Camp; Shed). A new path was just created taking girls from "observation area" toward another James River overlook where girls can reflect and hopefully get a chance to watch the Eagles fish. A real learning experience and lovely hike toward the mighty James.

Wreaths Across America sponsored by the Blue Ridge and James River Chapters National Society of the Daughters of the American Revolution have planned an inspirational ceremony at the Old City Cemetery Saturday, December 17, to honor the more than 2,300 veterans from the Revolutionary War through Vietnam buried at OCC. The program is free, starting promptly at noon - will include music and laying of the wreaths. All are invited...meaningful experience for your girls. Reservations not required.

Winter coats needed by our neighbors...please drop them off at the **Clothing Connection/Park View Mission**, 2323 Memorial Avenue, Suite 28, Lynchburg 24501
Also, you can drop off donations at their site at the lower back side plaza shop
M/W/F 9 – 3 and Tues noon – 3.

Christmas Stockings for the Salvation Army – stockings are available for pick-up 9 – 3 (office closed for lunch noon – 1 pm) M – F at main office across from Miller Park. Stockings are due no later than December 17th. 434-845-5939

Warm Streets is a non-profit community service program that works directly with the homeless or near homeless local population. They are in need of “Necessary Kits” for ladies in need of hygiene kits. In a gallon size zip lock bag...deodorant, soap, wash cloth, 4 – 5 pads, 2 pairs of panties (size 5, 6, or 7) and a small bottle of lotion. More information: Warm Streets.org. Warm Streets is located across from the YMCA on Church Street...look for the red door.

Still need your SWAPs for the **Girl Scout Tree of Hope**, part of the Festival of Trees at the Alan B. Pearson Regional Cancer Center. Contact Rebecca for pick up/drop off. More details forthcoming on when you can view the trees.

GSVSC Updates

- Mackensie Scott gave Girl Scouts a record breaking donation...\$84.5 million is the largest donation received by a single donor. Donations went to GS of the USA and 29 regional councils. Our own Virginia Skyline received \$800,000.
 1. Money used toward GS membership '23-'24 scouting year
 2. Spring Volunteer Conference April 21-23 at Icimani
 3. Refinancing Icimani loan debt
- COVID-19: council operation remains in Phase V. They will review again late Fall.
- To date total membership 3,881. Girls = 2,095, Adults = 829, Lifetime Members = 957.
- Troop Participation Catalog/opening up spots for new girls. Please notify Katey Markiewicz at info@ or <https://gsvscgirlscouts.wufoo.com/forms/troop-participation-catalog-updates>
- Spring Volunteer Conference April 21-23 at Icimani.
- CIT Training date, Saturday, December 17, from 10 til 4:00 at Camp Sacajawea, taught by Donna and Rebecca. Registration on GSVSC web site for rising 9th grader and up '23-'24 school year.
- Service Unit Event and Program Planning 107-A will be in person for local volunteers, Saturday, January 7, '23 at Sac 10 til noon. This is a pilot program. Instructors:

Volunteer Conference.

- GSVSC office/shop building on Peters Creek Road, sold for \$950,000. 10,000 square foot building is no longer needed, 60/70% of staff is out based so GSVSC will move to Icimani and use 2,600 Square feet of that facility. Money from this sale
 1. go into reserve
 2. new office space

- Cookie Program '23/Update from Little Brownie Bakery
 1. have new supplier for various ingredients
 2. increase number of transports from 1 to 3
 3. at bakery itself, added 24 shifts and increased pay

Forms/documents:

<http://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) <http://www.gsvsc.org/en/for-volunteers/volunteer-resources.htm>

**Surround yourself with the
risk takers, story tellers, creators,
truth seekers, artists, adventurers,
and dream makers, but mostly
surround yourself with the people
who draw that same MAGIC
out of you.**

Brooke Hampton

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

Questions: LynchburgCampbellCoGirlScouts@gmail.com
www.lburgccgirlscouts.weebly.com
www.facebook.com/LCCGSC

Enclosures: Camp Sacajawea Trail Map
Trails and Destinations at Sac
Sunspot Badge Barn
SWAPs

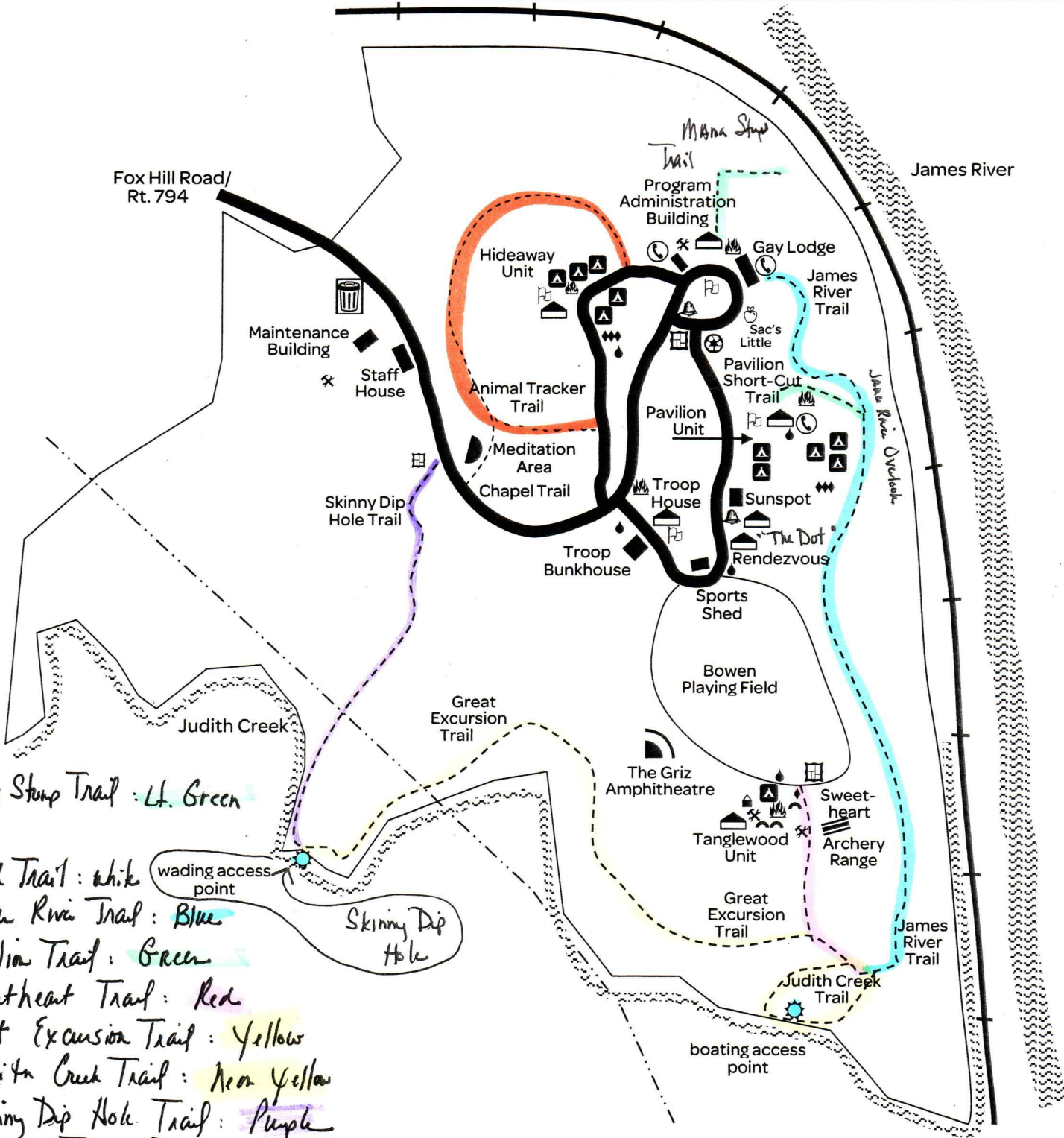
Camp Sacajawea

CAMP MAP



LEGEND

- | | | | |
|--|---------------------|--|---------------|
| | Dumpster | | Telephone |
| | Flag Pole | | Recycling |
| | Bell | | Storage |
| | Platform Tent | | Creek Access |
| | Dome Platform Tents | | Camp Kiosk |
| | Cabin | | Hiking Trail |
| | Shelter | | Road |
| | Latrine(s) | | Property Line |
| | Fire Circle | | Power Line |
| | Water Spigot | | Railroad |



- Mama Stump Trail : Lt. Green
- Chapel Trail : white
- James River Trail : Blue
- Pavilion Trail : Green
- Sweetheart Trail : Red
- Great Excursion Trail : Yellow
- Judith Creek Trail : Neon Yellow
- Skinny Dip Hole Trail : Purple
- Animal Tracker Trail : Orange

wading access point

Skinny Dip Hole

boating access point

Trails and Destinations at Camp Sacajawea

All of our trails and destinations are maintained by girl and adult volunteers just like you! As you explore our beautiful camp, you too can make the world a better place by picking up fallen limbs and sweeping and raking where needed. If you see something that needs tended to, leave a note at your campsite for local volunteers to collect and address.

1. **Mama Stump Trail:** Blaze – **light green**. Length one way: 0.3 miles. Trail head to the right of the Admin. Building/Day Camp Shed. Trail leads to the observation area of the Eagles' Nest, which can be viewed mid-November to mid-April, when the foliage is low. Just beyond the observation area there is a short path that takes you to another James River overlook, where you can sit, reflect, listen to nature and often observe the eagles scooping the river for food. Information about the Eagles and 6 binoculars available in **Mama Stump Trail Activity Tub** located at Sunspot. Rating: easy/moderate (hill).
2. **Chapel Trail:** Blaze – **white**. Length one way: 0.05 miles. Trail starts at the white steps on main camp road, not far from Troop House (green building). Trail is a short hike to Meditation Area, a great place for a Scout's Own (an inspirational, informal ceremony made up of a mixture of reading, music, and reflection). Great place just to sit and listen to nature. It joins the Animal Tracker Trail and the connection going toward the Hideaway Road. Rating: easy/moderate (short hill).
3. **James River Trail:** Blaze – **royal blue**. Length one way: 0.6 miles. The trail head is to the right of Gay Lodge, follows the James River and railroad track to where it intersects with the Sweetheart Trail. Trail also intersects with the Pavilion Short Cut Trail where you will find the James River Overlook. Rating: moderate.
4. **Pavilion Short Cut Trail:** Blaze – **green**. Length one way: 0.05 miles. Trail head just behind Pavilion campfire circle and a short cut to the James River Outlook. **James River Outlook Kiosk** has two features: the water cycle and a list of animals you will see at Camp Sacajawea. Rating: easy.
5. **Sweetheart Trail:** Blaze – **red**. Length one way: 0.25 miles. Trail head at the far end of the Bowen Playing Field, near Tanglewood Campsite. It connects

- to the Great Excursion Trail, Judith Creek Trail (location of canoes), and James River Trail. Rating: easy/moderate (as you move down a hill).
6. **Great Excursion Trail:** Blaze – **yellow**. Length one way: 0.4 miles. Trail head is located beyond archery equipment shed and just off the Sweetheart Trail. The trail descends down the side of a hill and over several large rocks, following Judith Creek from about the cliff side rocks. It provides a larger hike for the adventurous due to the deeper terrain. It connects to the Skinny Dip Hole Trail and the SDH wading area. Rating: moderate †††
 7. **Judith Creek Trail:** Blaze – **neon yellow**. Length one way: 0.15 miles. The trail loops off the Sweetheart Trail. A very pretty trail that follows Judith Creek with a cliff side overlook site. Location of canoes and kayaks. Rating: easy.
 8. **Skinny Dip Hole Trail:** Blaze – **purple**. Length one way: 0.24 miles. Trail head just off main road going toward front gate. Trail leads to Skinny Dip Hole/Judith Creek for wading in a lovely part of the creek surrounded by forest. Look for wide platform steps for safe easy access into the creek. Picnic table and games available. Rating: easy/moderate.
 9. **Animal Tracker Trail:** Blaze – **light orange**. Length one way: 0.29 miles. Trail head is to the left of the Admin. Building, near the road to Hideaway campsite. It ends at the Meditation Area which intersects with the Chapel Trail. The connector takes you to Hideaway Road. Location of the eleven fairy doors. The **Fairy Trail Adventure Tub** for D-B-J located at Sunspot Badge Barn helps the girls earn their Trail Adventure Badge. Rating: easy.

Destinations

- **Eagles' Nest**, located at the end of the Mama Stump Trail. Activity tub located at Sunspot Badge Barn
- **Sunspot Badge Barn** is a great resource center, library, and where all the activity tubs are stored. Many tub's activities have been adjusted to serve multiple scouting levels. Look for the yellow building
- **Skinny Dip Hole:** wading, picnic, and games located at end of Skinny Dip Hole Trail/Judith Creek. Look for the steps, which provide easy access into the water
- **Boats:** 6 canoes/ 3 kayaks/ storage building for paddles and lifejackets; mouth of Judith Creek. Located along Judith Creek Trail

- **Meditation Area:** great place to reflect, listen to nature, and have a Scout's Own; located along the Chapel Trail
- **Eleven Fairy Doors** located at the hill top along Animal Tracker Trail. Goes with the program Fairy Trail Adventures (activity tub at Sunspot)
- **James River Overlook**, intersection of the James River Trail and Pavilion Short Cut Trail. Check out kiosk featuring water cycle and animals at Sac
- **Archery**, temporary range located at end of Bowen Playing Field. Just up the Sweetheart Trail is the archery shed
- **"The Dot":** Camp Sac's spray/splash pad. Open May – September, reservation required
- **"The Griz"** located just off the playing field, Camp Sac's Amphitheater
- **Little Sac's Orchard**, located near Gay Lodge featuring trees and information (information located at entrance)
- **Bowen Playing Field** and adjacent sports shed (red building) where you will find equipment to borrow while at camp

Sunspot

Welcome to Sunspot Badge Barn

Sunspot is always open, there is no rental fee, and reservation is not required! We use the honor system, so feel free to use what interests you, from books to resources and tubs. You may use the materials here or take them to your campsite. However, these book/resources/tubs do not leave Camp Sacajawea.

Sunspot was built in 1961 as an arts and crafts building. It now serves as a library and resource center, activity area, and storage for multiple activity tubs created by many of our Girl Scouts.

Along with the tubs you will find paper, scissors, stamp pads, games, etc.

Available Activity Tubs

How Pulleys Work

Zink the Zebra

Scavenger Hunt

Leave No Trace

JGL Catch the Spirit

Bugs

Hiker

Trees

Public Speaking

Outdoor Adventure

Fairy Tale Adventure

Mama Stump Trail/Eagle's Nest

Daisy Bingo

Many tubs have been adapted to serve several age levels, such as "Bugs" for Brownies can be used for Daisy and Junior Scouts as well. Our Daisies, Brownies, and Juniors would also enjoy the Cadette "Tree" badge which will take you to Little Sac's Orchard.

If you have questions or would like to create/donate an Activity Tub, feel free to reach out to:

LynchburgCampbellCoGirlScouts@gmail.com

Your troop help is needed with the daily upkeep at Sunspot! Please sweep, tidy up table/chairs, remove your own trash (small trash bags are available), and return resources and tubs to their proper places after each use. Keep both doors and windows closed when not in use.

Thank You for your help!



Discover: Discover SWAPS are and the tradition behind them.

Connect: Learn how to make your own SWAPS

Take Action: Make your own SWAPS to keep and share

Step 1: Discover SWAPS

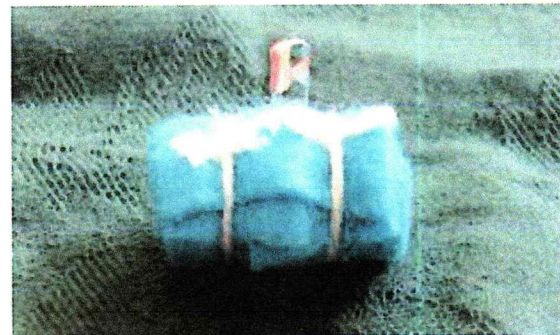
- **SWAPS:** Girl Scouts often make small tokens of friendship to exchange with the Girl Scouts they meet while traveling. These little gifts are called "SWAPS," which stands for "*Special Whatchamacallits Affectionately Pinned Somewhere.*"
- The exchanging of Girl Scout swaps dates back to the first round ups in the 1950's and 60s as a way to create international friendships. A round up, a gathering to show off the best of international Girl Scouts occurred every three years. The first round up was held at Highland State Park, Milford, Michigan on June 29th 1956. 5,000 girls attended the Americana themed event. The swaps were intended to encourage a correspondence with someone from other state or country. Today *swaps are exchanged at council, service unit or troop events, day camp, neighborhood events and national conventions.* During quarantine, SWAPS are being mailed to girls in other areas, there are FACEBOOK GROUPS dedicated to exchanging SWAPS worldwide.
- **Swap Guidelines:** As a general rule Swaps should be about one to two inches in length, include a safety pin and have the scouts name and troop number attached. Girls usually take a theme, either about themselves or the event they are attending and create a swap using a variety of materials. *Swaps should be portable, handcrafted, and often made from recycled or donated materials.*
- **Swap Etiquette:** There are several etiquette guidelines when participating in swaps, the main one being that it is considered rude to refuse a swap. This is even more important as the focus has become more about collecting different swaps as well as about building friendships.
 - Other etiquette rules include –
 - Accept swaps politely, always say thank you.
 - Swap face to face.
 - Avoid sharp objects and glass in swaps.
 - Avoid using food products.
 - Some councils have rules that all swaps pinned on hats/vests are off limits. Others that swaps on hats can be traded, but not those on vests.
- **Swap Storage:** There are a variety of ways girls can store their swaps, the inclusion of pins makes the possibilities endless. Pinned on a hat, scarf or blanket, on a lanyard or tote bag even a specially decorated storage box enables girls to display their swaps creatively. Other ideas are banners, swap trees and swap sashes. Tons of options online with a quick Google search.

Step 2: Learn how to Make SWAPS

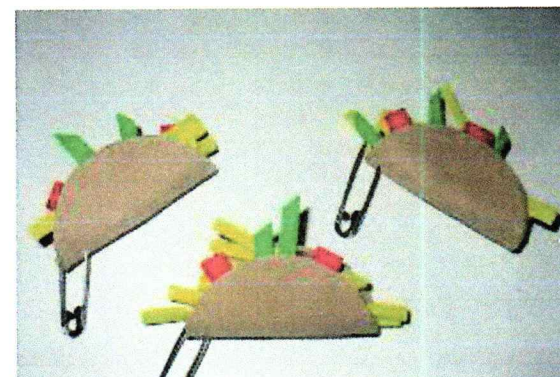
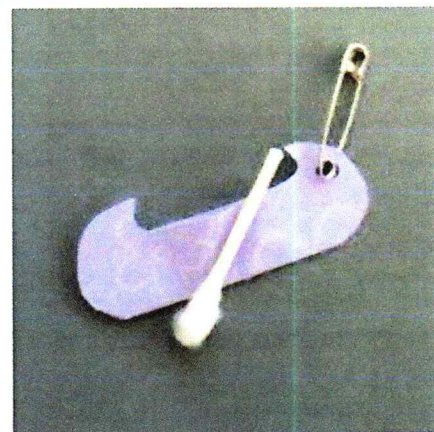
- SWAPS for any occasion or activity
- SWAPS that show something about you (favorite food or activity)

What are some SWAPS you can create with recycled/reused materials around your house?

Samantha made a couple of videos to show you how to put 4 different SWAPS together to go along with the kits



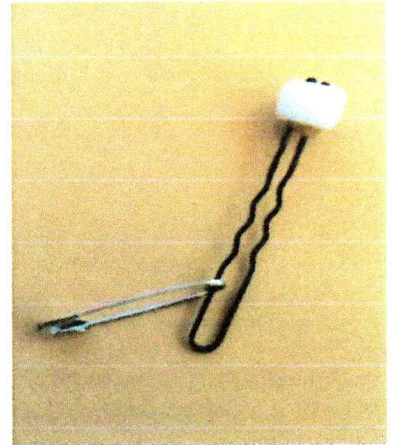
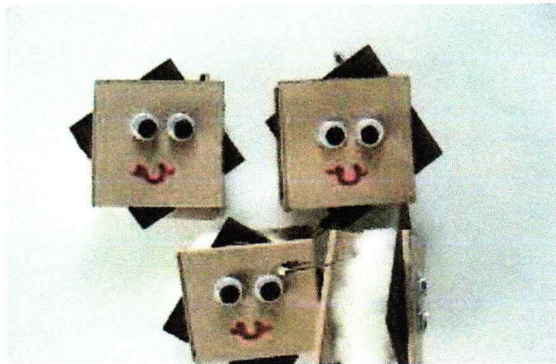
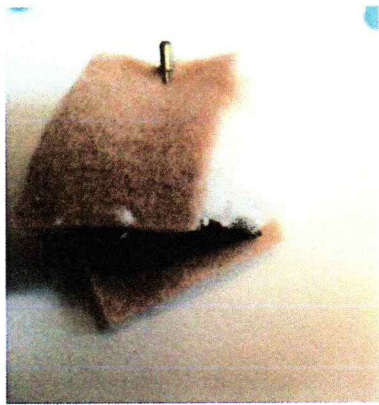
- **Video:** Sleeping Bag SWAP
 - <https://youtu.be/c8tu-poHRhs>
- **Video:** Canoe SWAP
 - https://youtu.be/X_yFtDodx_I
- **Video:** Water Jug SWAP
 - <https://youtu.be/FWCgYqMPzU0>
- **Video:** Taco SWAP
 - <https://youtu.be/Ce-HHX4UZfs>



Step 3: Make SWAPS

- Make any/all of the SWAPS in your kit
- *Make any additional SWAPS you can think of using materials you have at home (optional)*
- Take pictures of your SWAPS and share!
- *Practice Social Distancing, reach out to your sister girl scouts to see if anyone wants to trade SWAPS (optional)*

Some additional SWAPS ideas



Girl Scouts Superhero SWAPS

