

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

October 2020 Update

Please **welcome** eight **New co-leaders** to our SU: **Julie** Hart D/B Troop 1138 Bethlehem Lutheran; **Leigh Fraiser**, **Susan Martin**, **Tammy Goode** and **Gail Briceland**, ML Troop 234 at TUMC; **Andrea Gabathuler**, Daisy Troop 9730 PUMC; **Amy McCarty**, Cadette Troop 9424 at PUMC; **Alexis Horsely** ML Troop 3441 at Fairview Christian.

Many local troops are having good **success** in their “**reopening**,”...some are meeting outside entirely, others one outside/one virtual on a monthly basis. Parents are working through the COVID-19 Participation Agreement/Guidelines with minimal issues. They are so appreciative of the fact their daughter can return to Girl Scouting. Let us know how we can help...conversations/review guidelines, etc. Troop leaders will be glad to share their success. **Sac is open**, selected sites for troop meetings/outdoor activities. Please contact GSVSC headquarters. You will still need to use same camp reservation form #2150.

Power the Promise – Juniors of Amherst **Troop 1315** Payton, Madison, Abigail, Colleen, Caitlyn and Cheyenne are making improvements to Sac’s Little Orchard at Camp Sacajawea for their **Bronze Award Project**. They have replaced the tree markers, and are working to publish an educational Tree Identification Guide to accompany the new signage. The girls have reached out to community experts at the Virginia Department of Forestry, and although we weren’t able to meet in person, they guided us to lots of quality online learning sources. The girls have learned a lot about dendrology. They have also found that our new Camp Ranger, Seth Ramsay, has a strong background in National Resources management, and has given us sound advice for helping us maintain the health of the trees at Sac’s Little Orchard. We have also networked with our GSVSC Design and Website Manager, Lillian Minix, for her expertise in graphic design, copyright, and creation of promotional materials. Laminated copies of the educational tree guide will be posted at Camp Sac for future Girl Scouts to use and reuse when they visit Camp Sac for learning all about the trees. We are seeking permission from GSVSC to have their Tree Guide included in the Council Outdoor Ed manual and/or Program Centers Guide, as an additional learning activity available for future Girls Scouts and leaders to pursue when they visit Camp Sac. As the girls learned about the history of Sac’s Little Orchard and the many previous projects that have taken place there, they decided to refresh some of those too: they have painted the Trefoil bricks green, they plan to install a painted rock garden for future girls to contribute to, and they will install a new time capsule. They will also renew the fenced garden area with new plantings to attract butterflies. Email your **congratulations** to tamb6c@gmail.com.



Congratulations to Kiernan Criswell, Troop 676, and her work with the Lynchburg Humane Society Fostering Program to complete her **Bronze Award Project.** For the past 4 ½ months, Kiernan has fostered multiple sets of kittens from newborns that had to be bottle fed every three hours, to kittens with injuries and those with a minor illness. She kept a detailed journal which is being incorporated into a booklet to educate, inspire and encourage those in her age group to be a “foster parent”...everything from how to get involved, time commitment to the general care and needs of some fragile animals so that they all have a chance to find placement in their forever homes. Email: mnealoncriswell@gmail.com

Congratulations to Kameron East, Cadette Troop 819, for completing her **Silver Award Project** on behalf of the children at Concord Elementary School and the families from this rural Campbell County community. Kameron put together a wonderful outdoor space for the students at CES. This well thought out project included site preparation, designing and constructing four wheelchair accessible picnic style tables and providing general overview to the teachers for crafts, science projects to outdoor parties and lunch. Via permission from the principal, families may use this outdoor space on the weekends. The CES PTA will take over the project from upkeep to the addition of two-four tables using Kameron's original plans. Email: Kamash2005@gmail.com

Solo **Gold Award projects can take place within the Girl Scout Community** such as programming and on **camp properties**. "The Griz" (amphitheater) was the last Gold Project carried out at Camp Sacajawea 2002-2003.

Updates on Camp Sacajawea

- Working with various teams now to start painting in October through November. Contact Rebecca if you have interest in being part of this group.
- We have already started with preservation of the eight outside **beams at Gay Lodge**... power wash-sanding-restaining.
- **Anya, Elizabeth and Skye** (Troop 440) will be making some major upgrades to **Skinny Dip Hole**.
- **Audrey** (Troop 440) has put together some amazing plans for the **Sunspot Badge Barn** from updating all activity tubs, to better storage/shelving them and welcoming new look to the outside. Check this out "Solaria"
- **Troop House**: new shelter overhang and roof about **75% complete**... Beautiful craftsmanship!
- Expansive repairs at **Bunkhouse** from removal/replacement of half the **floors** to restricting the exterior **walls to bathroom renovations**. This includes new showers with **dresser rooms** and cabinetry for the double sinks.
- Plans for '21 1. Brand new and much larger **Pavilion** building that will include bathrooms and kitchen, 2. **Bathhouse/bathroom** between Rendezvous and Archery Range (somewhere along Bowen playing field), 3. Renovation to present **archery range**.
- Future plans: Use of storm cleared land for a new campsite... "**cabin unit**" and "**new**" **archery range**. Excited with the partnership with Arlene Lee, President of the RE Lee Construction Company. She is already sending crews to help Ranger Tim and Ranger Seth.

The Lynchburg/Campbell County/Amherst Service Unit received a GSVSC "**WOW the World**" recognition for being one the "Top 3 selling service units" for the 2020 Cookie Program...generating revenue in the amount of \$205,355. Many, many **thanks** to all of our participating troops and to **Detria and Sarah** for their guidance and hard work!

GS Trax Advancement Spread Sheets outlined in "Scoutbook"...easy to follow charts.
<https://trax.box-scouts.net/gstrax.htm>

We will hold **GSVSC Delegate Elections/SU Meeting Sunday, October 11**

1:30 – 2:30...in person and virtual. Legacy Oaks Social Center, 100 Legacy Oaks Place, Lynchburg, Va. Delegates will serve a one year term October 1 thru 9/30/21 and represent us at both Open Dialogue Meetings and the Virtual GSVSC Annual Meeting scheduled for Saturday, January 23, 2021. We plan to elect three delegates and two alternates. Nominations may be self-nominations or from the floor.

Delegates must be 14 years of age or older

Delegates begin their term October 1 and ends 9/30/21

There is no restriction on how many consecutive terms a person can be elected to serve as a delegate

New delegates or alternates are required to complete online Delegate Self-Study.

Everyone is encouraged to register for one 2020 Open Dialogue Meeting: on line
Saturday, October 10, 2020 (10:00 – 12:00 noon)

Monday, October 19, 2020 (6:00 – 8:00 pm)

Thursday, October 29, 2020 (6:00 – 8:00 pm)

Tuesday, November 10, 2020 (6:00 – 8:00 pm)

These Open Council Dialogue Meetings give GSVSC volunteers the opportunity to share their thoughts, ideas and concerns and offer suggestions to the governance of the GSVSC. Go to www.gsvsc.org/calendar for additional information and to register.

GSVSC Girls and Ghouls Outdoor Halloween Party: Two hour time slots planned at two locations: Cost \$20 per girl. Limit of 35 girls per 2 hour time slot.

Camp **Icimani** in Roanoke **October 17**

Camp **Sugar Hollow** in Crozet **October 24**

Safety measures will be in place. If you can't make event, you can purchase a Girls and Ghouls-in-a-box for \$30...shipped to your door.

Save the date, **Wild Women's Weekend** at Camp Sacajawea...**March 19/20/21, 2021.**

Girl Scouts of Citrus Council Patch Programs – Explore your interests and expand your horizons by working on patches and badges created just for you by fellow Girl Scouts as **Silver Award Projects** from Girl Scouts of Citrus. **Life Skills:** Breast Cancer Awareness Patch Program – Sun Safety Patch Program – Social Distancing/We're All in this Together Patch – GSGCF Women's Right to Vote - Culture Patch Program – Be a PAL Patch Program **Outdoor Adventures** – Survival Sisters Patch Program – Eco-Art Patch Program – Habitat Detective Patch Program - **Faith** – Child of God Patch Program

<https://www.citrus-gs.org/en/our-program/coucil-patches.htm>

Cabot Farm Families proudly introduces the newest Girl Scout patch "**Farm Love.**" They will teach children how to care for cows, their communities and their planet.

Also how delicious dairy farm products are made. Learn more and how to get started...cabotcheese/farm-lovepatch

Virtual Girl Scouts from the **Girl Scout Council of the Southern Appalachians** (GSCSA), Includes a **series of virtual programs and badge workshops** that kids of all ages can participate in...STEM – Outdoors – Life Skills. go to www.girlscoutcsa.org or <https://www.girlscoutcsa.org/en/our-council/virtual-gs.html>

Girl Scouting never stops!

Learn more about the **history of Juliette Gordon Low the founder of Girl Scouts** in the video from the Girl Scouts of Montana and Wyoming. Juliette Gordon Low is credited with establishing and nurturing a global movement that has changed the world.

“Fun and Fast Activity: History of Juliette Gordon Low”

<https://www.youtube.com/watch?v=58dboPkZ9HE+feature=youtu.be>

Some more fresh ideas....

- Check out activity page from Girl Scouts in England
 - Adventurers at home for younger people www.girlguiding.org.uk
Girl Guiding.ORG.UK
- My Best Self (Brownie Badge) with Emotional Health in mind
- Girl Scouts of Eastern Missouri
“Disability Awareness Patch Program” D-B-C/S <https://www.girlscoutsem.org>
- “Celebrating Our Differences”
D-B-J level (another Disability Awareness Patch Program) girlscoutscoc.org
- Digital Icebreakers and Games/Tips for Leading Successful Icebreakers
www.girlscouts.org
- Virtual National D-Day Memorial Scout Day. Saturday, November 14, 9:00 – 3:00 pm for D-B-J-S-A level Register now at <https://www.gsvsc.org/en/events-repository/2020/NatD-DayScoutDay2020.html> Patch included/Girl fee: between \$5 and \$10 includes activity packet
Questions: 540-586-3329, Ext. 111 or EDUCATION@DDAY.ORG

As you start out your '21-'21 Girl Scouting year...

- Designate one person to be the **Troop Treasurer**. This person should be a registered and back ground checked adult, completed **GS 102** and be on the troop account.
- Keep a detailed check register of debits and credits for your Troop account utilizing a troop finance ledger to keep track of and categorize expenses.
- Purchase a carbon copy receipt book to use for all monies in and out of account...troop trips, etc. Bring with you to every Troop meeting or anytime you are meeting with parents/guardians to collect money.
- Keep all receipts of purchases for the troop, including personal receipts used for reimbursement.
- Try to purchase all GS related materials with Troop debit card or Troop check. ATM receipts are not an acceptable proof of purchase.

- Reconcile your Troop bank account statement on a monthly basis. This will help to resolve any issues in a timely manner.
- Maintain all records together and in a safe place.
- **End of Year Finance Reports are due June 30...**
 - Review/uptake the GS 102 training. This will help with process of submitting Troop Finances.
 - Gather all financial records for the GS year, including bank statements and receipts.
 - Financials are submitted electronically through the Volunteer Tool Kit (VTK). Once you've logged in via the website, click on the "Finance" tab in the green menu bar.
 - Great rule of thumb is to be sure all your credits are categorized in the income section, all of your debits are categorized in the Expense section.
 - Any pending debits or credits will be documented at the end of the outline form. Your reconciled amount should equal the calculated amount on the form.

Don't be afraid to ask questions. **Get your '20-'21 Girl Scouting year off to a good start.**

"It's Not a Girl Scout Event" or "Non Girl Scout Event" – It's Not a Good Idea! But still going as a group...this could jeopardize the girls' safety and also put both the council and the volunteer at legal risk, because courts look beyond the words to the actions "girls in the troop/group, supervised by the Girl Scout volunteers, engaged in the activity together." It may also expose the volunteers to some personal liability if there is an accident, injury or liability that might have been avoided had the volunteer followed Girl Scout safety guidelines. Girl Scout insurance does not cover participants in non Girl Scout approved events.

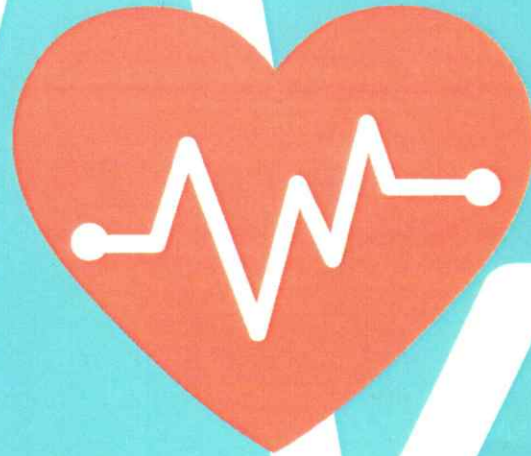
If you plan to participate in the **HumanKind "Thanksgiving Turkey Box Program,"** providing a meal for a family in need, please let them know by the end of October so they can match your troop with a family. Troops volunteer to decorate a box, something strong with a detachable lid such as one copy paper comes in, and fill with items from the suggested list. A gift card is also included to cover the cost of a turkey, \$20-\$25, along with a table cloth/festive napkins. Contact 434-845-5944 for more information. Drop off is 1660 Graves Mill Road, Lynchburg 24502. Great way to honor Juliette Gordon Low on her birthday.

Speaking of **"End of the Year Reports,"** where are you with wrapping up your '19-'20 EOY report? You will not be allowed to serve in your volunteer capacity, which includes registering your Girl Scouts for upcoming events, until report is submitted and audit completed. Please let SU know or our GSVSC staff support (rshmokler@gsvsc.org) how we can help.

Call me crazy but I
love to see people happy
and succeeding. Life is
a Journey not a competition.

May your week be filled
with good thoughts, kind
people, happy moments
and unexpected blessings.

Enclosures: Food Allergy Education Webinars
Juliette Low Says
Bike Safety



GOLD AWARD PROJECT BY SHREYA
SHIVAKUMAR (TROOP 81617)

Food Allergy Education Webinars

Learn about food allergies using group discussions, videos, and learning activities!

**REGISTER FOR A WEBINAR AT
YOUR TROOP'S MEETING TIME**

Contact Shreya at shreyashivakumar7@gmail.com to register for a webinar over Zoom!

How to Play

It's just like Simon Says, so (from what we remember, and how we play it) have the girls stand at one end of the room, and the Speaker at the other. The Speaker picks a card out of the stack, and reads it to them. If they say "Juliette Says" before the action (like, "Juliette Says put your hands on your knees") the players need to do that action.

If the Speaker doesn't say "Juliette Says" but only says the action (like, "roar like a lion") the players don't do that action. If the players do any action that Juliette didn't tell them to do, they go back to the starting line.

The kids will need to pay attention to what you are saying, because not only do they need to know if "Juliette Says" to do it or not, but some actions will also have a specific number of times they need to do that action, (like jump 3 times). If the Speaker tells them to do an action that is continuous, (like "do jumping jacks"), they will need to keep doing until the Speaker says "Juliette Says Stop" or until another action allows them to stop.

For example, if the Speaker says "Juliette Says touch your knees," they should keep doing this until the Speaker gives the next instruction.

If the Speaker then says "Juliette Says march in place 5 times,"

this will allow them stop the previous action because they can't do both at the same time! But if the Speaker says, "Juliette Says stick our your tongue", they need to keep their hands on their knees, because the new action doesn't cancel the first. (You can be as lenient as you want on this.)

You will notice that not every action has the players moving forward. Some will have a action that they do in place, or even have them back up! This helps the game to last a bit longer, but you can always change up the cards as you are reading them, if you need to make the game longer or wrap it up sooner!

Also, these cards are just suggestions of things for the players to do, but feel free to add any of your own actions, or jump around through the deck to get one that works. It's nice to do some in place actions, then some that travel, and then some that are silly... A REALLY fun way to "catch" them that my hubby does, is read "Juliette Says do 3 bunny hops forward" and the girls do that. Then he says "Ok, now do 2 more" and almost every time, they would keep going! It was so funny!!

The object of this game is to have fun, and to be the first to make it all the way to the finish line (or any predetermined spot) - although we usually just play until it's time to go, with no real winner. We have several girls who are really good at the game, and a few who are not, so we were really lenient on sending her back to start, so you can just see what works for your group! The goal is to be silly, have fun, and not hurt anyone's feelings... Hope you like it!

Carrie E.
Troop 10303, Fort Payne, AL





Bike Safety

You probably already know that riding a bike is FUN. But biking is also healthy for your body, good for the environment, and practical for getting around town. Pedal through this patch to learn the safety of bike riding!

How to earn the Bike Safety patch the Girl Scout way:

Steps:

1. **Discover**—Safety for you and your bike.
2. **Connect**—Safety on the road.
3. **Take Action**—Venture out.

Materials:

In order to complete this patch, you'll need a few things:

- A bike and properly fitting helmet (See Step 1.)
- Tire pressure gauge
- Sneakers and straight/fitted clothes
- Items for a kit (See Step 2.)
- Adult/parent or internet

STEP

1

Safety for you and your bike

Check the ABC's for your bike:

- **Air:** Check tire pressure and ensure that it meets the tire's specific air requirement.
- **Brakes:** Check the pad and brakes to make sure they are working properly and understand how you should use them.
- **Chain:** Make sure that the chain is engaged with gears and shifting smoothly.

In addition, be sure that you check the following :

- **Clothes and shoes:** Make sure you are not wearing loose-fitting clothing. Put on closed toed shoes like sneakers.
- **Helmets:** Your helmet should sit LOW on your forehead. There should only be one or two finger-widths above your eyebrow. The left and right straps should form a "Y" and meet right below your ear.

STEP

2

Safety while on the road

Prepare a kit by finding items you may want to take with you while out bicycling. Pack them in a backpack or something else you can wear while biking.

- Water bottle
- Tire pump
- First aid kit
- Lock
- Tire patch kit
- Snack

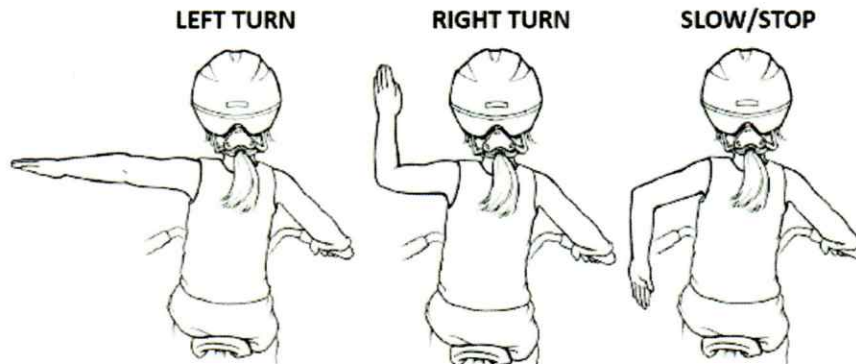

girl scouts
western
pennsylvania

800-248-3355
gswpa.org

Step 2 continued ...

Follow the rules of the road. Research the following scenarios: (Adults can be a great resource if you can't find information online.)

- Which side of the road do you travel on when riding a bicycle?
- What do you do at an intersection?
- What is the proper procedure when on a sidewalk or crosswalk?
- Learn the hand signals* for making right and left turns and stopping.



*Hand signals graphic from Nationwide Children's Hospital.

STEP 3 Venturing out

Before going out on a bike ride, be sure to do the following:

- Gather your kit.
- Dress appropriately.
- Tell an adult where you are going.
- Plan your route.
- Maintain speed.
- Follow rules of the road.
- Have fun!

All done?

CONGRATULATIONS! You've completed all the necessary steps to earn the Bike Safety patch.



After completing the activities from each step, visit or call a Girl Scouts Western Pennsylvania retail shop at 800-248-3355 to purchase your patch.* A patch may be worn on the back of a vest, sash, or tunic.

*Patch shown may be substituted with similar patch, based on availability.