

## Lynchburg Campbell County Girl Scout Service Unit

October Update 2022

Welcome Kerry and Brittany, new leaders Troop 2222 who will be meeting at Sunspot – Camp Sacajawea.

### Power of the Promise

Enjoy reading about these amazing highest award projects.

**The most beautiful things in life are not just things. They are people and places, memories and pictures. They're feelings and moments. They're smiles and laughter.**

Thank you **Berkeley, Claire, Emma, Jane, Josie and Stormi** of Troop 676 for an amazing Bronze Award Project to benefit Camp Sacajawea. The girls rebuilt/restored the fire ring and fire circle at Troop House. This included sanding, washing and repainting the benches, cleaning out the fire ring, doubling its size and rebuilding the fire brick oven. They raked and removed brush from around Troop House and built two custom made fire wood boxes, one for Troop House and one for the Pavilion camp site. Advisor: Mama Stump. Congratulations to [mamastump@hotmail.com](mailto:mamastump@hotmail.com)





Congratulations to seven member of Troop 678 for completing their Silver Award project: **Madelyn, Desire, Alaina V., Kiernan and Sophia** and to their Junior sisters **Alaina F. and Kaylee** who were able to complete their Bronze Award project. The girls created a **“Grief Garden”** at the Lynchburg Humane Society addressing the mental health of their pet owning community...a place to say goodbye, place to sit, space of peace and tranquility in the final moments of their pet’s life. The two raised hand built pollinator gardens are located just outside side door (employee parking area). Also, includes two lovely painted benches and a bird bath. A dream come true for the Humane Society. Team Advisor: Jennifer Lampley [cindy\\_bragg@hotmail.com](mailto:cindy_bragg@hotmail.com)



Another amazing project at Camp Sacajawea created by **Audrey and Ella** has helped **Sunspot** reach its potential. It was a huge transformation...they power washed the outside of the entire building and deck, then chose an entirely different color scheme to make Sunspot easier to find and more welcoming. The yellow building really “pops” and along with the library and resource center make it a destination spot for many, many campers. They cleaned and refurbished numerous activity tubs...LNT, Tree, Public speaking, Bugs and Hiker then added a tub of craft supplies. Daisy Bingo and JBL Catch the Spirit. Team Advisor: Alys Miller ([karlnalys@juno.com](mailto:karlnalys@juno.com)) to offer your congratulations





Thank you **Sally and Rachel**, Troop 40, for overseeing the **Hideaway Campsite** make over at Camp Sacajawea. They started off with cleaning the site of a thick, thick layer of leaves, removing vines, lots of raking and brush work. So much of which had started to encroach into the tents themselves. They power washed the building inside and out, which also included the latrines. They chose the new color "Armagnac" (light orange), then sanded and painted. Fire wood box was designed and built. Sally and Rachel have made numerous contributions to the newly created Outdoor Adventure Activity Tub, to help leaders teach their girls about canvas tents, latrines and trails. Another tremendous and much needed **Silver Award Project**. Team Advisors: Stephanie and Mandy [smn.mbc@gmail.com](mailto:smn.mbc@gmail.com) and [sallyandmandy22@gmail.com](mailto:sallyandmandy22@gmail.com)



The transformation of the Skinny Dip Hole area was the vision and Silver Award project of three members of Troop 440, **Elizabeth, Anya and Skye**, to insure safety for future campers. They diverted the trail in a different direction to decrease the giant ruts. They moved the entrance into the swimming hole away from the rapids to a calmer part of the creek. They built steps at the calmer part for easier and safer access. The craftsmanship is amazing, wide with concrete platforms. The girls constructed games for campers to enjoy when not in the creek. They cleared a spot, added a picnic table...a place to sit, enjoy and picnic and put belongings. Team Advisor: Sarah [smmuminovic@comcast.net](mailto:smmuminovic@comcast.net)





## Lynchburg Campbell County Service Unit Events

- **"Camping Skills,"** Junior Outdoor Journey in a Day. Saturday, October 15, from 9:00 am – 4:30 pm at Camp Sacajawea. Cost: \$25 which includes materials for six learning stations and fixings for solar oven and foil lunches over a campfire. Juniors will have the opportunity to earn Junior Girl Scout Way, Eco Camper, Animal Habitats, Camper and Outdoor Art Explorer. Event Planner: Rebecca. Overnight camping is not being offered to the "group" as a whole due to limited sleeping accommodations at Camp Sac.

- We will be participating in the "Tree of Hope" program at the Alan B. Pearson Cancer Center as part of the Festival of Trees. The **"Girl Scout Tree of Hope"** will be on display mid November through mid December...it will be auctioned with all proceeds going to the Patient Care Support Fund supporting clients in need of transportation, wigs, etc. We are asking our Girl Scouts to provide SWAPs (Special What Chamacallits Affectionately Pinned (or hung) Somewhere. A way to promote friendship, made in memory of or to honor someone, a special event or activity. Each SWAP has a meaning, usually about 1 – 1 ½" in size. Please contact Rebecca when your SWAPs are finished so we can arrange pick up. Needed by November 5<sup>th</sup>. Thank you to Christine Terry for donating the tree.

- **Girl Scout Tea "Cupcake War"** for our D, B and J Saturday, November 5 at First Presbyterian Church. See flyer [www.lburgccgirlscouts.weebly.com](http://www.lburgccgirlscouts.weebly.com) "events"

- **"Sweet Shoppe"** for our Cadette scouts, Saturday, November 19, at First Presbyterian Church. See flyer, posted on web site or contact Rebecca ([Becka6778@aol.com](mailto:Becka6778@aol.com))

- **Super Service Day**, Saturday, December 10, at First Presbyterian Church, VES Road. Participants will be involved in three service projects, decorate/eat sugar cookies and make four ornaments to take home.

1) Hand make thinking of you cards for two nursing homes

2) Meals on Wheels birthday boxes. The girls will decorate boxes and fill them. We are in need of items for the birthday boxes...shampoo, lotion, tooth brushes, tooth paste, shaving cream, razors, pens, soap...anything a senior would like. For many of these residents this is their only birthday remembrance. Also, need two piece cardboard shoe boxes.

3) Donations for Lynchburg Food Bank (wish list includes beef stew, peanut butter, chili and beans, juice boxes, rice, canned tuna, boxed macaroni and cheese, jelly, spaghetti sauce, pasta, cereal, tomato and chicken noodle soup). Lynchburg Campbell County Service Unit flyers posted on web site and were shared at recent SU meeting.

[www.lburgccgirlscouts.weebly.com](http://www.lburgccgirlscouts.weebly.com) go to "Events" and scroll down to month of event.

Questions: Rebecca ([Becka6778@aol.com](mailto:Becka6778@aol.com) password protected

## Upcoming Girl Scout Programs at Sweet Briar:

- **"The Color of Nature,"** Saturday, October 8, Daisy and up. Come and explore the ancient art of pigment making...colors of the earth, colors of soil, clay, plants, flowers, berries and bark. Time: 1:00 – 3:30 pm. Flyer posted and shared. SBC Scouts Coordinator at [kmurray@sbc.edu](mailto:kmurray@sbc.edu) 301-221-3176



- **Bit 'n Bridle Horse Care,** Saturday, October 29, 1:00 – 3:00 pm for Juniors and up. Horses are large, complicated animals that require daily care and a lot of knowledge. In this program Juniors and above will learn the basics of horse husbandry and what it takes to care for a horse...importance of shelter, keeping stalls clean, wiping out water bowls, daily examination for cuts/swelling, exercise and nutritional care...also learn how to groom a horse plus tour of stables. Horse ride not part of this program. Flyer posted and shared.
- **“Dance, Dance”** Brownie/Junior program Saturday, November 5, 1:00 – 3:00 pm. There will be an interactive session on the many different styles of dance; ballet, tap, modern, ballroom, jazz and hip hop...wrap up with a fun and poppin dance party. Flyer available by 9/28 and will be shared.
- Save the date, Saturday, November 12 **“Girl Scout Cookie College,”** partnership with GSVSC.

#### Girl Scouting with the Adventurers

- Saturday, October 29, from 10:00 am – 3:00 pm. **“Ready, Aim, Fire and Bow”** at Flying Rabbit Sporting Clays, Mount Crawford for C-S-A ages 12 – 18. Fee: \$55. Registration closes October 5. More information on GSVSC web site (<https://www.gsvsc.org>) Click Programs then “Our Adventurers”
- **“A Night in the Past,”** Frontier Culture Museum, Staunton. November 12 – 13 (9:30 am Saturday thru 10:00 am Sunday). Step into the past and spend a day and night experiencing pioneer life in the Shenandoah Valley. Supper prepared on an open hearth. Cost: \$25.
- **“A Colonial Christmas in Williamsburg,”** December 16 – 18, Friday 3:00 pm through Sunday, December 18, at 6:00 pm. Weekend will include drive thru holiday lights, wreath laying ceremony at Yorktown Cemetery, walking on cobblestone streets, afternoon and evening at Busch Gardens and shopping at Short Pump Tour Center. Lodging at Girl Scout Camp Skimino in Williamsburg.

**Butterfly Field Farm Sanctuary**, owned by Tara and Ted Kamprath, 1327 Ryan Estates Lane, Bedford. Farm is a sanctuary for rescued animals and is a great place to visit and take your troop...chickens, ducks, sheep, goats, pigs, cows, donkeys, two blind Angus steer and more. Farm animals have a full and happy life at the Butterfly Field Farm. [info@butterflyfieldfarm.org](mailto:info@butterflyfieldfarm.org) 727-534-4047/813-389-1263  
<https://www.butterflyfieldfarm.org>

**National D-Day Memorial Annual Scout Day, Saturday, October 29**, from 10:00 am – 3:00 pm. Cost is \$6 if not participating in the badge program, \$12 if you would like to. Badge not included in cost. More information on registration [education@dday.org](mailto:education@dday.org) or 540-586-3329, ext.111

#### The New Girl Scout Cookie. What is Raspberry Rally?

- Thin, crispy cookie infused with raspberry flavor and dipped in chocolaty coating, dubbing it the “sister cookie to the beloved Thin Mints,” the top selling cookie. It is made from vegan ingredients.
- Raspberry Rally will only be available to customers on line through the Direct Ship



program.

- No cookies will be removed from the usual line up.
- Limited quantity, so when they are gone, they are gone.

**Choosing a Troop Crest:** Symbol of a troop's goal and main interest. It should have a special meaning for them. Once chosen, a crest is used for the life of the troop. If an entire troop bridges to the next level and forms a new troop, they may either keep the crest from the previous level or select a new one.

- **Arrow:** The arrow stands for action and moving forward, hope to do a lot to change the world.
- **Bee:** The bee symbolizes hard work and industry – hard workers who inspire others.
- **Blue Bird:** The blue bird stands for happiness and good fortune...you want to spread cheer wherever you go.
- **Carnation:** One of the first two troop crests, stands for health and energy. Sounds like the right symbol for friends who have tons of energy.
- **Crane:** Stands for strength, gracefulness and loyalty. You are always true to friends and values.
- **Eagle:** The eagles' excellent eye sight helps it see important details. With this crest, shows that you want to bring focus and hard work to whatever you do.
- **Lei:** Hawaiian lei is a symbol of friendship, love and peace. Choose it to share your wish to spread peace and good will in the world.
- **Lightning:** Bolt of lightning stands for inspiration and creative power.
- **Nautilus Shell:** The Nautilus shell grows into larger chambers throughout its life. Symbol shows that you will keep growing and changing inside and out.
- **Pansy:** Pansies stand for loving thoughts and special friendships. This symbol shows the bonds you have with all your Girl Scout sisters.
- **Shooting Star:** Shooting stars are rare, unexpected and beautiful! Choosing this symbol shows that you are like a shooting star...a troop that lights up the world.
- **Sun:** The sun represents warmth and life, helps plants and trees grow strong. Choosing this crest shows that you want to spread good cheer, help yourself and others grow.
- **Trumpet:** When a trumpet sounds it announces that you're ready to march into action. You might choose this symbol to remind others of your courage to take action to make the world a better place.
- **Waterfall:** A waterfall is always in motion, but it always looks the same. Choosing the waterfall shows you want to stay true to what you believe though the world is always changing.
- **White Rose:** The white rose stands for new beginnings, maybe that is why it was one of the first two troop crests. It's a wonderful symbol for girls who are starting out on an adventure.



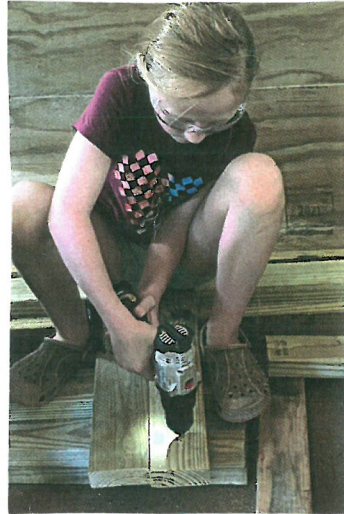
**Forms/documents:**

<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>

**You may not always  
see the results of  
your leadership, but  
every drop of positive  
energy you put out  
changes not only their  
world, but the world  
for everyone!**



Lynchburg Campbell County Girl Scout Service Unit  
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Lynchburg, Virginia 24503

**Questions:** [LynchburgCampbellCoGirlScouts@gmail.com](mailto:LynchburgCampbellCoGirlScouts@gmail.com)  
[www.lburgccgirlscouts.weebly.com](http://www.lburgccgirlscouts.weebly.com)  
[www/facebook.com/LCCGSSU](http://www/facebook.com/LCCGSSU)

**Enclosures:** Recipe for a Girl Scout Troop  
How to Play "Juliette Says"  
Campfire Word Find



## RECIPE FOR A GIRL SCOUT TROOP

1. Girl Scouts come in all colors, from all places around the world. Every Girl Scout is a sister, no matter where she is from, no matter the language she speaks, no matter the color of her skin. Girl Scouts are the colors of the rainbow **(M&M CANDIES)**
2. We have a Promise and a Law. On our honor, we will try to do our best to be fair and square. **(CHEX CEREAL)**
3. Some of us are tall and some of us are small. When we get together, size doesn't matter at all. **(PRETZEL THINS & MINI MARSHMALLOWS)**
4. Sometimes we are nutty and we love to joke and play. We love to put a Girl Scout smile into everybody's day. **(NUTS)**
5. When we get together, we seem to make circles. We may sit in circles, play circle games, or make a Friendship Circle. You could say that we are well-rounded. **(CHEERIOS)**
6. When we are busy planning a project or doing a craft, we pop around until we're done. **(POPCORN)**



7. Girl Scouts respect all living things. The earth is our home, and we want to keep it safe for everyone. **(GOLDFISH CRACKERS)**
8. Girl Scouts are “chips off the old block”. Girl Scouting began in 1912. Since then we all have been part of an old tradition, and are proud to be part of the future. **(BANANA CHIPS OR CHOCOLATE CHIPS)**
9. Young Girl Scouts may be hard to resist because they are fresh, sweet, and new. But the old Scout may be more fun because she has more experience than you! **(RAISINS)**
10. **AND THERE YOU HAVE OUR RECIPE FOR A  
GIRL SCOUT TROOP AND NOW WE’D LIKE TO  
SHARE IT WITH YOU!**





# 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



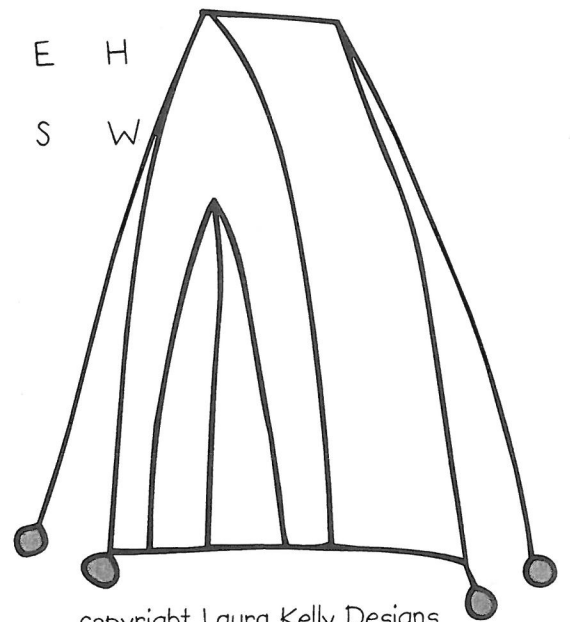
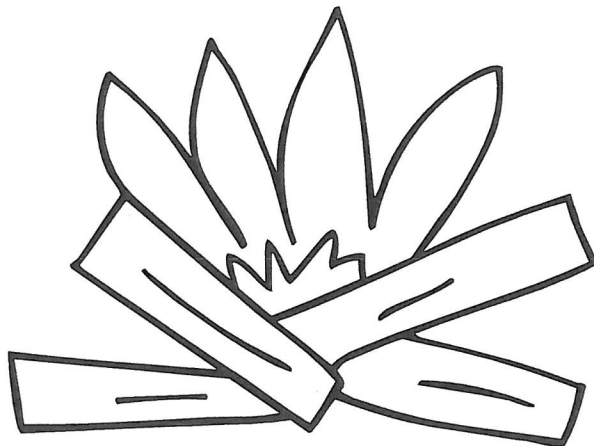


# CAMPFIRE

W K D T L E S N L L V E H M V  
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Always  
Be  
Safe!



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