

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

September Update 2020

Why Be a Girl Scout?

To me Girl Scouts is so much more than patches, badges, awards, cookies or events. Don't get me wrong, I love these things. I can meet wonderful people, earn distinguished awards, and eat delicious cookies, but that's not why this program is special. Girl Scouts molds amazing women. It has acted as a grounding force in my life for so many years, giving me outlets to grow as a leader, work with others, and make positive change in the world. I can say that I am a better person because of my girl scouting experience, growing from a rowdy Daisy, to a Mature Ambassador with new skills.

For scouts, I want to tell you that you have an opportunity that you shouldn't let go of. If you grow up in girl scouting, you will have the world at your fingertips. Girl Scouts can change your life if you let it.

For leaders and volunteers, I want to thank you for all the years that you put your faith in me and my other Girl Scout sisters. You treat us with respect, and put responsibility in our hands, stretching our comfort zones, and pushing us to be better leaders. I want to urge you to continue to be there for your girls. I watch all the scouts I work with do amazing things, and they can't do it without you. This program is special, and the volunteers are its heart and soul. Girl Scouts makes amazing girls, but also draw the most dedicated incredible volunteers in the world.

The Highest Awards are not easy to get. They require a level of work and dedication that is much greater than any badge. But that is what makes them special. If you earn a Bronze, Silver, or Gold Award, you know that you have made real change in the world. It means showing exceptional leadership. It means turning an idea into reality. It means living the Girl Scout Law. To me there is no higher distinction, and no better way to spend my time. That's why I worked hard for my Bronze Award. That's why I spent hours cleaning up a library for my Silver. And that's why I am going Gold.

Helen Cohen, LCC

The Impact of the Girl Scout Experience

To me, there does not seem like there was ever a time that Girl Scouting was not a part of my life. I began as a Daisy in kindergarten, continued to middle school and earned my Silver Award, next was high school and my Gold Award, and now have a lifetime membership as an adult. The girl that I used to be – especially the middle school version – would likely roll her eyes at much of what I'm going to share today. The

impact that Girl Scouting has had on my life is profound, and one that I am continuing to learn the true depths of.

As a Daisy and Brownie, Girl Scouts was all about fun and activities. I mostly remember the chaotic fun. We were running around camp, going to meetings and events, and jumping from activity to activity to keep us engaged. We were learning through it all, of course, but our energetic leaders worked hard to keep up and have us learn through doing. I was in awe of the older scouts that ran the camp programs and events for us, but they were so much older they felt like adults.

My Junior and Cadette years were the tough ones, I will admit. I was unsure of myself, and unsure of being a Girl Scout. The role of scouting activities remained a constant in my life, though. It allowed a safe space without peer judgment that I didn't understand the value of at the time. I had known my fellow Girl Scouts for years at that point, allowing us to continue our friendships without the other pretenses. During this time, we earned our Silver Award, spending our Saturday mornings building a path to create an accessible garden at a local school. And those older scouts? We wanted to be JUST like them! They served as important role models for us, who we wouldn't have had the opportunity to know and interact with outside of scouting.

As Senior Girl Scouts, we felt so important. Sadly, this was partially since there were so few of us that had continued to this level. Collectively, we became less concerned with what our peers outside of scouting thought of us! Camp Sacajawea felt like home at this point. Weekends were spent there working on building our amphitheater for our Gold Award project or running camps for other troops. We had no idea the community leadership and leadership skills we were developing at that time. We were the older scouts running the show, and the younger scouts wanted to be just like us.

Now, as an adult, my Gold and Silver Awards remain on my resume and LinkedIn pages. I know that has weighed significantly on scholarships, internships, and even jobs that I have earned. The values, skills, friendships, and credentials from Girl Scouts will make a continuous impact on the lives of both the scouts and their leaders. I encourage you, your daughters, and your scouts to truly view the Girl Scout experience as a much larger and lifelong influence than it may seem on the surface. It is one that I did not come to understand and reflect on until adulthood. How has scouting impacted you so far, and what do you wish to continue to gain from it?

Yours in Girl Scouting,
Meghan Ickes
1991 – 2004 Troop 2015

Girl Scout parents and caregivers are an integral part of the girl scouting experience. **Parents provide the foundation of support** that each Girl Scout needs to stay engaged and actively involved in Girl Scouts. Because of the generosity of many donors, GSVSC will be able to **expand its Girl Scout Membership Financial Assistance** for both Girl Scouts and Adult volunteers of all financial means. There is no

better time than now to become a registered Adult Volunteer with your daughter and her troop or as Juliettes (independently registered GS). Adult Volunteers can serve in many very valuable capacities such as co-leader, troop assistant/parent helper, and/or chaperone and product sales manager for the troop. Moreover, parents and caregivers are encouraged and invited to work on Girl Scout activities at home, virtually and through programming with third-party partners independently and alongside their troop. GSVSC recognizes that a parent's or caregiver's commitment to their Girl Scout's scouting journey is of immeasurable value and seeks to support all adults that wish to join; particularly during these unprecedented times. In addition to the grant funding available for memberships, a "**Resource List**" of Virtual and Partner Programming is provided to get you started (see enclosures). While the typical scouting experience may indeed look different in the foreseeable future, the core values and principles can be continued through the very vital family and Girl Scout relationships. Go to <https://girlscouts.secure.force.com/girltoday> to join your Girl Scout on her next journey today!

For help or basic badge requirements: [girlscouts.org/en/our-program/badges/badge_explorer.htm](https://www.girlscouts.org/en/our-program/badges/badge_explorer.htm)

Volunteer Resource Tab for trainings...delegates, troop leaders, troop assistants, product sales, service units, suggestions on first 6 troop meetings (D, B, J):
<http://www.gsvsc.org/en/for-volunteers/volunteer-resources.html>

The Lynchburg Retail Merchant Association and Foundation has scheduled the **Lynchburg Christmas Parade** (presented by Nadine Blakely, Realtor) for Sunday, **December 6**, at 4:00 pm. For many of our girls it is a big chance to dress up and shine. Group registration (girls and adults) is \$100. Profits from our local SU Fall events help us off set the fee, but since most Fall events/activities have either been rescheduled or postponed we are needing sponsorship...a troop/several troops or maybe a business (and we will be glad to carry your company's banner). The actual girl registration fee is \$3.00, which covers cost of participation patch, additional insurance and any decorations needed for the GS trailer/signage, etc. We do not charge our parents although the \$100 payable fee does include them. If the parade is cancelled then the \$100 registration is transferred to the 2021 parade. Reach out to Rebecca (Becka6778@aol.com) or Sarah (gstroop440@gmail.com) by 9/30/20 if you have questions or can help. Thank you.

Silver Award Classroom Workshop, Sunday, **November 15, 2020** 2 – 4:00 pm at First Christian Church. Register on line via [gsvsc.org](https://www.gsvsc.org). There will be a back up spot planned if First Christian has not reopened.

We are rethinking the **Robotics** program scheduled for Saturday, October 10, 2020 at First Christian since most churches do not have a timetable for reopening. The Robotic program for **D-B-J** level is now being shared with Jeannette Brady at **Sylvan Learning Center**, 8116 Timberlake Road, Suite 200, Lynchburg. She and her team will be able to safely accommodate a group of 12 – 15 Girl Scouts at a time. Please contact

Ms. Brady for your questions and scheduling. (jbrady@sylvanlynchburg.com or 434-832-1000). We had planned to use Snappy Logo Participation patch #6234.

Just a reminder that since Camp Sacajawea is closed, Outdoor Education planning/overnight session October 2, 3, 4 2020 will not take place at this time, as well as our Junior Camporee weekend October 24/25.

We were enlightened by Vivian's September 11 virtual program...she covered a lot from virtual etiquette, to all kinds of virtual art to "Global Theater" on Google Maps. Check out the virtual paint party offered by the Lynchburg Humane Society and "Self Esteem Project, Body Image" offered by Dove. Check out their web site. We hope to offer this monthly through the Fall...45 minutes with time allowed for questions and answers. Vivian is available to answer any questions you might have on virtual programming. kiddvb@lcsedu.net The link to her 9 – 11 program: <https://wke.lt/w/s/FMIF7H>. Hope to record this next time. Save the next date 9/21 for virtual "One Hour One Badge," Vivian and Rebecca will offer Junior "Space Science" Badge from 7 – 8 pm. Contact Becka6778@aol.com for the link. They will offer a Brownie Badge in October and a Cadette Badge in November.

Webinar by Shreya Shivakumar for her Gold Award "Allergies for Kids." The webinar features group discussion and fun learning activities for Daisies, Brownies, Juniors and Cadettes. Girl Scouts will learn about common food allergies, what to do in case of an allergic reaction and how to make the school environment safe for children with food allergies. Contact Shreya at shreyashivakumar7@gmail.com to register for a webinar over zoom. This could be done individually or as a troop.

Where we stand with our local **SU Fall Volunteer** planned events? As event planners we are required to submit an Event Application for approval to GSVSC on each proposed event 5 weeks prior...this includes venue, potential count, budget, rotations, facilitators, etc. If our venue has not reopened by the time our application is submitted and we are still in Phase 3 then we must rethink our planning efforts. All of our SU Event Planners are volunteers and will shall see what their '21 personal calendar looks like. But no worries...we will regroup when we can and update the **Calendar of Opportunities**.

IDP + Reopening Strategy: GSVSC office and activities resumed 8/31/20. GSVSC will follow the rules and guidelines set forth by Governor, the VDH, and the CDC. There are three guidelines: Public Meeting Spaces, Families, Troop/Group...Please share with your families as you move forward. Girl Scout Shop is open by appointment. Headquarters in Roanoke, open by appointment...Monday, Tuesday and Thursday 8:30 – 6:00, Wednesday closed for cleaning, Friday 8:30 – noon.

Fall Product Sale/Candy-Nut begins September 25, 2020. Last day for card order sales is October 25, online orders December 6th.

- **Two trainings are available locally:**
 - Tuesday, **September 8**, at 6:30, virtual

- Thursday, **September 17** at 6:30 in person at Legacy Oaks Social Center, 100 Legacy Oaks Place (just off of Old Forest Road)

Detria will also provide a recording for review.

To register: email to Becka6778@aol.com. Include Troop number, name of primary co-leader, name of troop's product sales manager

- Product sales manager must complete GS105 (online training). Must be **registered GS adult** and have a cleared background check on file with GSVSC
- **All participating troops should have submitted their '19-'20 EOY Report**

Girl Scouts Love State Parks – September 12 – 13. Girls can earn patch virtually by visiting state parks with their family. Family can enter Virginia State Park with free parking pass. Use Virginia State Parks website for details.

Virtual Voter Series, 7 week series Mondays 6:30 – 7:30 September 17 through October 26. Cost: \$25 and includes t-shirt and fun patch. Includes levels of government, lobbying, party system, primary process, nomination process, popular vote vs electoral college, census, gerrymandering, term limits and how Girl Scouts can participate on election day. Info forthcoming.

New Leader Onboarding... Starts 9/25/20 Required training is called. **GSUSA Learning Series...**

- **Foundation #1:** Girl Scout Way
 - #2: GSLE
 - #3: Well Being & Development
 - #4: Understanding Troop Operation
- **GS 102:** Finance Training

New GSVSC **on line training** website which will allow for more consistent training for current leaders...**"gslearn"** Access through MYGS portal on council page. You must renew to gain access. Log in will take you to the dashboard. Should be up and ready around 9/25/20.

National Girl Scout Council Meeting, October 23 – 25 will be virtual. Registration will be open soon. Check out GS Connection for additional information. No cost.

Fall Open Council Dialogue Meeting gives GSVSC volunteers the opportunity to share their thoughts, ideas and concerns and offer suggestions to the governance of the GSVSC. Register to attend one of the scheduled zoom or conference call meetings.

More information under Girl Scout Connection.

- Saturday, October 10 10 – 12:00 noon
- Monday, October 19 6 – 8:00 pm
- Thursday, October 29 6 – 8:00 pm
- Tuesday, November 10 6 – 8:00 pm

Register for the one you would like to attend. Go to gsvsc.org to "Events" and scroll down to calendar or www.gsvsc.org/calendar

CuteAwards...

Symphony Chocolate Bar: best song leader

M + M's: someone with lots of M's
role model, March birthday, her name, etc.

Skittles: has rainbow of creative ideas

Life Savers: 1st to finish and first to help others.
Life Saver to the troop

Gummy Bears: most loveable

Good 'n Plenty: has plenty of great ideas to share

Almond Joy: a joy to be around

Babe Ruth: loves sports

Krackle: cracks you up

Miss (mister) Good bar: good citizen, friendship

Nestles Crunch: ready to step in when we are in a crunch

Bit-o-Honey: sweet, kind, never complaining

Mounds: earned mounds of badges

Whatchamacallit: best story teller has big ideas

Nut Rageous: contagious laughter, always smiling

Teddy Grahams: huggable

Sweet Tarts: someone sweet and sassy

Carefree gum: easy going and carefree

Zero Bar: when it's zero outside she adds the extra warmth

Red Hots: adds a pop to the GS program

Peppermint: you are worth a mint to our troop

Cracker Jacks: you are a prize to our program

Tell Me something Good...

The ongoing **renovation** at Sacajawea Troop House/Bunkhouse Campsites are **AMAZING!** Love the new roof and picnic shelter at Troop House...great craftsmanship! Ranger Seth and Ranger Tim both come from a camp culture and they are ready to share some incredible work at Sacajawea and are interested in your input. We are excited to share the partnership with Arlene Lee, President of R.E. Lee Construction out of Charlottesville. Mark your calendar for two upcoming Property Listening Sessions: Camp Sacajawea, Thursday, September 17 at 6:30 and Camp Icimani, Thursday, October 8 at 6:30. You will need to register. Go to the gsvsc.org, click "Events" and September calendar or use <https://www.gsvsc.org/en/events-repository/2020/cis-sac.html>

Thank you to **Audrey** (Troop 440) and her crew for some well thought out dramatic changes to the outside of Sunspot Badge Barn. To date she has power washed the building and decks, cleaned out/organized two outside storage closets and started to refurbish the seven activity tubs. The **Sunspot Badge Barn make over** will continue.

New colors have been picked out for many of the buildings at **Sac**. We can get started as soon as camp properties reopen. We continue to put our **painting teams** together... touch base with Becka6778@aol.com for more details.

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>

**We Cannot Force someone
to Hear a message
They are not ready to receive
But we must never under estimate
The Power of Planting a Seed.**

**The purpose of life....
It is to be useful
to be honorable
to be compassionate
to make some differences
in the lives of others ='s
- "Happiness" -**

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

Questions: LynchburgCampbellCoGirlScouts@gmail.com
www.facebook.com/LCCGSSU

Enclosures: Resource List
Current GS Badges D - A

Virtual Resources from GSVSC

<https://www.youtube.com/user/gsvsc1912/videos>

<https://www.facebook.com/GSVSC/>

<https://www.gsvsc.org/>

<https://www.instagram.com/gsofvaskyline/>

<https://www.pinterest.com/gsvsc1/>

<https://www.girlscouts.org/en/adults/volunteer/tips-for-troopleaders/programming/how-i-make-virtual-meetings-work-for-my-troop.html>

<https://www.girlscouts.org/en/adults/volunteer/tips-for-troopleaders/programming/supporting-your-troop-when-you-cant-meet-in-person.html>

Individual Badges	Earn	Recv
Animal Helpers		
Archery		
Babysitter		
Book Artist		
Business Creator		
Comic Artist		
Democracy for Cadettes		
Digital Movie Maker		
Eating for You		
Eco Trekker		
Entrepreneur		
Field Day		
Finding Common Ground		
First Aid		
Girl Scout Way		
Good Sportsmanship		
Netiquette		
New Cuisines		
Outdoor Art Apprentice		
Public Speaker		
Science of Happiness		
Screenwriter		
Snow or Climbing Adventure: Climb		
Snow or Climbing Adventure: Snow		
Space Science Researcher		
Special Agent		
STEM Career Exploration		
Trail Adventure: Hiking		
Trail Adventure: Trail Running		
Trees		
Woodworker		

Financial Literacy & Cookie Business Badges	Earn	Recv
Budgeting		
Comparison Shopping		
Financing My Dreams		
Business Plan		
Marketing		
Think Big		

Progressive Badge Sets	Earn	Recv
Coding for Good: Coding Basics		
Coding for Good: Digital Game Design		
Coding for Good: App Development		
Cybersecurity: Basics		
Cybersecurity: Safeguards		
Cybersecurity: Investigator		
Robotics: Programming Robots		
Robotics: Designing Robots		
Robotics: Showcasing Robots		

Pins	Earn	Recv
Cookie Entrepreneur: Year 1		
Cookie Entrepreneur: Year 2		
Cookie Entrepreneur: Year 3		
My Promise, My Faith: Year 1		
My Promise, My Faith: Year 2		
My Promise, My Faith: Year 3		
Safety Award		
Journey Summit Award		
Community Service Bar		
Service to Girl Scouting Bar		
Program Aide		
Torch Award		
Silver Award		

Leadership Journey Awards	Earn	Recv
aMAZE	LIA:	
Interact		
Diplomat		
Peacemaker		
Breathe	LIA:	
Aware		
Alert		
Affirm		
Media	LIA:	
Monitor		
Influence		
Cultivate		
Outdoor Journey	LIA:	
1) Night Owl		
2) Trailblazing		
3) Primitive Camper		
Take Action Project		
Think Like a Citizen Scientist	LIA:	
Think Like a Citizen Scientist		
Take Action Project		
Think Like an Engineer	LIA:	
Think Like an Engineer		
Take Action Project		
Think Like a Programmer	LIA:	
Think Like a Programmer		
Take Action Project		

Additional Patch Awards	Earn	Recv
Global Action: Year 1		
Global Action: Year 2		
Global Action: Year 3		
World Thinking Day: Year 1		
World Thinking Day: Year 2		
World Thinking Day: Year 3		
Bridge to Seniors		

Other Awards	Earn	Recv

