

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

### September 2021 Update

It can be hard to know how to teach children to be grateful. **What is Gratitude?** Gratitude is the virtue of thankfulness. It is being able to easily show thankfulness and to return kindness for things you have or things someone has done for you. In today's world, teaching gratitude isn't easy nor is learning how to be grateful an easy feat. We all have "these" materialistic things flashing in front of us... social media, television... everywhere you go someone always has the latest gadget. Our children see this. They see us with our phone strapped to our hands and they are modeling our behavior. And if it isn't our phone it is our computer or maybe gaming station both large and handheld. We live in a very materialistic world without "gratitude journals." We live in a world where technology at times seems to take priority over people. Instilling gratitude is now more important than ever! That's why as parents and Girl Scout leaders we need to know how to teach our children gratitude. The most creative and inspiring ideas to raise/lead grateful children starts with hard work, generosity and kindness

- Earn money to give away... earning money to serve others. Girls often set aside earned money from product sales to fund service projects.
- Spend time serving others from special projects to fixing special thinking of you cards and writing thank you notes.

**Talk about these experiences. What happened...ask them how they felt afterwards. "How can you serve others better next time?"** They will get use to serving others and build their self esteem and emotional gratification by "Giving Back."

### Power of the Promise

Congratulations to **Anna and Lindley**, Troop 440, for the completion of an amazing and well thought out **Silver Award Project**. The girls took a barren courtyard at Linkhorne Elementary School and transferred it into a welcoming outdoor space for the children, staff and families. The girls created, drew and hand painted eight large murals featuring kind words, colorful drawings, meaningful quotes and messages. They designed and built a buddy bench to signal the importance of establishing friendships. They encourage everyone to visit. Please send your congratulations to: [youngmeeyi@gmail.com](mailto:youngmeeyi@gmail.com) and [sls.cby@gmail.com](mailto:sls.cby@gmail.com)





**Thank you Jesse** for the beautiful new **firewood box** for Gay Lodge. Jesse is so creative and was able to use pieces from the old dismantled picnic table to design this new one. It will be painted by our 9424 Cadettes Navejo red to match the building.

**Candy Nut Product Sales training** with Detria –

Virtual: Wednesday, **September 1**, 6:30 pm

In Person: Thursday, **September 9**, 6:30 at Legacy Oaks Social Center

You will need to **register with Rebecca and Detria to attend...**

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

Detria: [thepreachaswife@hotmail.com](mailto:thepreachaswife@hotmail.com)

Let us know if you have questions.

Here are the **new sweet treats** that will be sold this Fall Product season:

- Girl Scout uniforms tin with Mint Treasures
- Bunny holiday tin with Pecan Clusters
- Caramel Apple Candy in a box
- On line only: 3 new trail mixes
- Gluten-free items

**Need two piece shoe boxes for Super Service Day...** (for Meals on Wheels – no flip tops) to fill our birthday boxes for Meals on Wheels. These must be wrapped in white paper prior to the December 11<sup>th</sup> event. Contact either Rebecca ([Becka6778@aol.com](mailto:Becka6778@aol.com)) or Marion ([mamastump@hotmail.com](mailto:mamastump@hotmail.com)) to arrange drop off/pick up.

Adventurers – The **Skyline Adventurers** was founded in 1986. It was created by volunteers to give older Girl Scouts ages 11 – 17 a place to challenge themselves to try new exciting different outdoor activities like kayaking, rock climbing, caving, hiking and other similar high-adventure activities. They also love to travel – regionally, nationally or overseas to one of the WAGGGS World Centers. You will find a calendar of upcoming events/activities. [www.gsvsc/adventurers\(adventurers1912@gmail.com\)](http://www.gsvsc/adventurers(adventurers1912@gmail.com))

**Girl Scouts of Virginia Skyline Go Outside Camporee** – Friday, October 15 – Sunday, October 17 at **Rivers Edge** for camping and downtown **Roanoke** for the GO Fest/festival. The camporee gives Girl Scouts the opportunity to earn badges and receive a fun patch while exploring outdoor art, discovering new outdoor adventures and learning about how to care for the environment from Girl Scout staff, volunteers and GO Fest vendors. [Roanokegofest.com](http://Roanokegofest.com)

**Upcoming Lynchburg/Campbell Service Unit events/activities:**

- **Cadette Outdoor Journey**, Saturday, September 25, 2021 at Camp Sacajawea (flyer posted)
- **Fitness Fun**, Saturday, October 9, 2021 at Camp Sacajawea, D-B-J (flyer posted)
- **Junior Journey in a Day** “Think Like An Engineer,” Saturday, October 23, 2021 at Sac (flyer posted)
- **Girl Scout Tea**, Saturday, November 13, 2021 at First Presbyterian Church D-B-J (flyer posted)
- **Super Service Day**, Saturday, December 11, 2021, at First Presbyterian Church (flyer forthcoming)

For local event flyers go to [www.lburgccgirlscouts.weebly.com](http://www.lburgccgirlscouts.weebly.com). Look for “Events” page, password protected then scroll down to specific month. Each event is volunteer led and self supporting so deadline must be honored to give event planners time to purchase supplies. Troops/girls, etc. must be registered for the '21-'22 scouting year. Questions: [Becka6778@aol.com](mailto:Becka6778@aol.com) or [abebko@gmail.com](mailto:abebko@gmail.com)

We will be participating in the “**Tree of Hope**” sponsored by the Alan B. Pearson Regional Cancer Center. All of the proceeds from the sale of the “Girl Scout Tree of Hope” go toward the patient support fund providing transportation, wigs, etc. for clients in need. The tree itself is being donated by Sue and Mike Reeves. We are asking our Girl Scouts to provide SWAPs to decorate the tree. We need these by the first week in

November so please consider creating your SWAPs during an October meeting. What a great way to honor Juliette Gordon Low on her birthday. Contact [Becka6778@aol.com](mailto:Becka6778@aol.com) to discuss pick up/drop off. The “**Girl Scout Tree of Hope**” is part of the **Festival of Trees**. We will let you know when it will be displayed.

Sharlene Riddlebarger, SU volunteer, and the third signer on your troop’s account has retired from Girl Scouting. Donna Guill will fill this position and be part of the LCC finance team. Leaders you must update your troop’s account with BB&T with the goal of having this done by October 1st so that your account is accurate. **Troop leaders submit form #4319, removing Sharlene’s name and adding Donna Guill ([Donna.C.Guill@gmail.com](mailto:Donna.C.Guill@gmail.com)).** **Changes to the troop’s account are not valid until all signers have returned to BB&T and sign the new cards.** Troop leaders will be notified when cards are ready for signatures.

Sign up to attend a **Fall Open Council Dialogue Meeting**...open to all volunteers. These meetings **give volunteers the opportunity to share their thoughts, ideas and concerns as well as offer suggestions to the governance of GSVSC.** Registration will open soon.

Monday, October 18: 6:00 – 8:00 – virtual

Thursday, October 21: 6:00 – 8:00 – virtual

Saturday, November 6: 10:00 – 12:00 – virtual and in person option

Tuesday, November 9: 6:00 – 8:00 – virtual and in person option at Headquarters

Save the date, weekend of **November 6/7 Outdoor Ed Training** at Sugar Hollow

Save the date, **GSVSC Annual Meeting** Saturday, **January 22**, in the New River Valley (Blacksburg/Christiansburg/Radford Area)

Look up “**Girl Scouts Love State Parks**...the following Virginia State Parks have numerous activities for our girls and their families...helps our Girl Scouts complete their

- **Girl Scouts Love the Outdoor Challenge”** Badge
- James River State Park
- Smith Mountain Lake State Park
- New River Valley State Park
- Douthat State Park
- Fairy Stone State Park

Check out the GSVSC Adventurers...they also have a special state park patch.

**28 New Girl Scout Badges** – view on gsLearn

**Math in Nature**

- Daisy Shapes in Nature
- Daisy Numbers in Nature
- Daisy Design with Nature
- Brownie Shapes in Nature
- Brownie Numbers in Nature
- Brownies Design in Nature

- Junior Shapes in Nature
- Junior Numbers in Nature
- Junior Design in Nature

#### **Digital Leadership**

- Daisy Digital Leadership
- Brownie Digital Leadership
- Junior Digital Leadership
- Cadette Digital Leadership
- Ambassador Digital Leadership

#### **Cookie Business**

- Daisy – My First Business and Cookie Goal Setter
- Brownie – My Cookie Customer and Cookie Decision Maker
- Junior – My Cookie Team and Cookie Collaboration
- Cadette – My Cookie Venture – Cookie Market Researcher – Cookie Innovator
- Senior – My Cookie Network – Cookie Boss
- Ambassador – My Cookie Business Resume – Cookie Influence

To view a great **Badge Checklist** for each level go to [www.gs-emilee.blogspot.com](http://www.gs-emilee.blogspot.com)

#### **To Help with your Fall planning:**

- **Triple C Camp** – provides Journey, Badges and Adventures. They are happy to customize an event or program...backpacking, camping, canoeing, climbing, geocaching, hiking...service projects and more. Triple C Year-round programs can even travel to you. Located at 920 Camp Road, Charlottesville, Va. 22902 434-293-2529 <https://yearround.tripleccamp.com/programs-2/opportunities-for-girl-scouts>
- **Still Meadows Enrichment Center and Camp** in Linville, Va (just north of Harrisonburg) Camp created as a special needs facility in a country setting providing year-round therapeutic activities. [info@campstillmeadows.org](mailto:info@campstillmeadows.org)
- **Yoder's Farm and Corn Maze**, 1134 Browns Mill Road, Rustburg, Va. Special group rates – farm visit free. [yodersfarm@gmail.com](mailto:yodersfarm@gmail.com) 1-434-401-4016 [hello@yodersfarm.com](mailto:hello@yodersfarm.com) to join their field trip email list.
- **White Fall Farm**, featuring the amazing **hay castle**, 6135 Riceville Road in Gretna, Va. [www.whitefallfarm.com](http://www.whitefallfarm.com) 434-942-6272 or email [ajnuckols@gmail.com](mailto:ajnuckols@gmail.com)
- **Corn Maze:** The Layman Family Farm in Blue Ridge, Virginia, 1815 Mt. View Church Road, has a 10 acre corn maze that is great fun! The maze is laid down early in the season before the corn begins to sprout, to insure that the paths are foot friendly and not studded with stubble. Other activities include a hay wagon ride, a gigantic corn box, smaller maze, special tunnel slide, gigantic jumping pillow, farm animals and cannon. Food is available to purchase (if you bring picnic you must eat outside the maze ie. parking lot). Corn maze is open mid September – mid November Saturdays and Sundays. [info@laymanfamilyfarms.com](mailto:info@laymanfamilyfarms.com)

- **Green Adventure Project at Triple C Camp** offers innovative and curriculum rich programming in the Blue Ridge Mountains, based in Charlottesville. The 35 acre site includes a Nature Environment Science and Technology Education Center and an area for troop camping with cabins and tents. They can customize an itinerary for your troop. ([info@greenadventureproject.org](mailto:info@greenadventureproject.org))
- We encourage all troops to use GSVSC properties... **Icimani, Camp Sacajawea or Camp Sugar Hollow** from tent camping to cabin camping or just go for a couple of hours. There is a lot to do at all three camps. For any camping adventure you really need to plan/reserve way in advance. If you need help with planning, let us know. [LynchburgCampbellCoGirlScouts@gmail.com](mailto:LynchburgCampbellCoGirlScouts@gmail.com) or [Becka6778@aol.com](mailto:Becka6778@aol.com).

Current status on our nine trails at Camp Sacajawea:

- Thanks to Emily, Troop 40, the **Animal Tracker Trail** has just opened. She is now creating a program "The Animal Tracker Trail's Fairy Trail Adventure." Girls hiking this trail and completing this program can earn the Trail Adventure Badge (D-B-J). This activity tub will be kept at Sunspot. Trail blaze color: orange (0.29 miles)
- **The Chapel Trail** will be opened and reblazed by the end of September by at least 30 of our Cadettes. Takes you to a lovely meditation area. Trail blaze color: Sands of Time (white)...look for the white steps off the camp road (0.05 miles)
- Boy Scouts from Pack 7, First Presbyterian Church, will start on the **James River Trail** mid September, taking it down a little past the Pavilion Trail intersection. Trail blaze color: blue (0.60 miles)
- The **Pavilion Short-Cut Trail** connector between Pavilion Campsite and James River Trail is open. Trail blaze color: green (0.05 miles)
- The **Skinny Dip Hole Trail** looks great and what Sky, Anya and Elizabeth have done so far to improve the entire area around our swimming hole! It is amazing!! A large pipe that crosses Judith Creek above the swimming hole must be replaced by the city of Lynchburg so Skinny Dip Hole and Trail are temporarily closed. Trail blaze color: purple (0.24 miles)
- Cadette Troop 9730 has just started their plans toward cleaning up and opening the **Great Excursion Trail**. This will include the construction of steps, small bridge...this will be a winter project. Trail blaze color: neon yellow (0.40 miles)
- The new **Mama Stump Trail** will be ready by Spring '22 and will take you to the observation site of the Camp Sacajawea Eagle's nest. An activity tub is being created sharing all we know about this family. Trail blaze color: TBD
- The **"Sweetheart Trail"** that takes us down to the lower end of the James River Trail connects to the Judith Creek Trail and our canoes. This will be a winter project opened up by spring. Trail blaze color: red (0.25 miles)
- **Judith Creek Trail** follows closely the Judith Creek with a cliff side overlook site. It leads to boating access point for kayaking/canoeing. Trail blaze color: yellow (0.15 miles)

**Thanks** to Ranger **Tim** for helping us get started on the Mama Stump Trail and the many, many **volunteers** who are working so hard to get all the trails open.

## COVID-19 Protocols/new changes 8/16/21

- GSVSC continues to operate in Phase IV
- **Leaders/troops need to review the outline GSVSC COVID protocols to stay current “COVID-19 Response Guidelines for Volunteers”**
- communicable disease not covered under the GSUSA: general liability policy provided through GS membership
- pre-screen; confirm temperature checks and collect COVID-19 Questionnaire (#1082) and COVID-19 waiver, participation agreement and pledge – Girl Scout Culture of Care Pledge #1083 for all participants prior to participation in any Girl Scout activity.
  - keep stellar travel roster – health records
  - routinely clean areas
  - obtain signed parent/caregiver permission slips
  - communicate and enforce all COVID-19 exposure mitigation guidelines
  - follow proper COVID-19 exposure reporting procedures
- While gathering indoors, face masks are required for every child and adult regardless of vaccination status – when possible, participants should go outside and be at least 6 feet away from others for extended mask breaks.
- While gathering outdoors face masks are required regardless of vaccination status.
- Avoiding personal contact...hugging, handholding, high fives, handshakes, etc.

**GSVSC will add to these guidelines September 3, 2021.**

## First Aid Certification

- Council approved First Aid/CPR/AED class providers
  - American Red Cross
  - American Heart Association
  - National Safety Council
  - American Safety + Health Institute
  - Medic First Aid
  - SOLO (Stonehearth Opening Learning Opportunities)
- Caution: First Aid/CPR training that is available entirely **online does not satisfy Girl Scout’s requirements**. Such courses do not offer enough opportunities to practice and receive feedback on your technique. **Get approval from council prior to enrolling in a course with any online component.**
- The presence of an **advanced first aider** (MD, EMT, etc.) is required at resident camps, day camps...For large events, with 200 people or more there should be additional first aiders, one advanced first aider for every 200 participants. The following healthcare providers may serve as advanced first aiders for large groups: physician, physician assistant, nurse practitioner, registered nurse, licensed practical nurse, paramedic, military medic and emergency medical technician.
- **American Red Cross Discount Code: GSAUSAVA 200922**
  - 20% discount
  - Expiration date: 9/16/22

- **Wilderness First Aider:** if you will not be able to get help within 30 minutes (arrival time/minimal cell service with you) you will need a WF Aider.

### Program and Training Updates

- 1) Adult membership and background checks are required:
  - When chaperoning or providing supervision of girls (other than their own) to fulfill the girl to adult ratio
  - When providing direct service (program or training) to girls without the presence of troop leaders or approved GS volunteer chaperones
  - When driving girls (other than their own) to and from all GS activities
  - When handling/managing GS products (fall products/cookies)
  - When attending a GS trip and/or overnight
- 2) Event Planning
  - Program events require proper planning and proper budgeting.
  - Event Director responsible for:
    - Creating the budget
    - Ensuring event committee members are well trained, know their role, expectations and budget limits
    - Communicating changes in plans, budget, guidelines and expectations to all committee members and helpers
  - Budget to the minimum participants to cover all expenses to ensure events break even. Do not recommend allowing registration and payment at the door.
  - Break - even events – net less than \$100
- 3) Additional money-earning fundraising efforts must have council pre-approval. Submit: Additional Group Money-Earning Activities #2131 via [info@gsvsc.org](mailto:info@gsvsc.org)
- 4) Each troop must have at least one or more co-leaders who are not related. All co-leaders are required to complete training, complete adult membership application to be a member of that troop, and have a cleared back ground check. All of this is done on line.
  - Men may serve as troop leader when a non-related adult female is present.

We are served by local volunteers who make up the Service Unit Administrative Team, providing the day to day work of “running” the operations of the Lynchburg/Campbell County Service Unit...everything from budget planning, event planning, recruitment, placement, mentoring, general upkeep of Camp Sacajawea...a great deal of volunteer effort and hours go into planning meetings, events, activities and trainings.

### Meet your 2021-2022 Leadership Team:

**Service Unit Team Leaders:** Rebecca Duncan ([Becka6778@aol.com](mailto:Becka6778@aol.com))  
Amy McCarty ([abebko@gmail.com](mailto:abebko@gmail.com))

**Finance:** Donna Guill ([Donna.C.Guill@gmail.com](mailto:Donna.C.Guill@gmail.com))  
Rebecca Duncan ([Becka6778@aol.com](mailto:Becka6778@aol.com))

**Product Sales Manager/Area 9 Coordinator:** Detria Moore  
([thepreachaswife@hotmail.com](mailto:thepreachaswife@hotmail.com))

**Cookie Booth Coordinators:** Bridgette Mills, JaVera Bolden, Sarah Driscoll  
**Communication (Update):** Rebecca Duncan ([Becka6778@aol.com](mailto:Becka6778@aol.com))



Marion Stump ([mamastump@hotmail.com](mailto:mamastump@hotmail.com))  
**(Flyers):** Charlotte McCarty  
**(Facebook):** Jen Phelps ([jenzphelps@gmail.com](mailto:jenzphelps@gmail.com))  
Julie Palmer ([juliebpalmer@verizon.net](mailto:juliebpalmer@verizon.net))  
**(Website):** Michele Morgan ([michelemorganrn@gmail.com](mailto:michelemorganrn@gmail.com))  
**(Roster):** Katie Gotts ([gottstamps@gmail.com](mailto:gottstamps@gmail.com))

**Age Level Mentor – Daisy:**

Brownie: Erika Theodorides ([erika.theodorides@gmail.com](mailto:erika.theodorides@gmail.com))  
Marion Stump ([mamastump@hotmail.com](mailto:mamastump@hotmail.com))  
Junior: Marion Stump ([mamastump@hotmail.com](mailto:mamastump@hotmail.com))  
Cadette:  
Senior: Diana Rider

**Delegates:** Rise Hayes, Sarah Driscoll, Jennifer Lamplay

**Alternates:** Amy McCarty, Rebecca Duncan

**Gold Award Champions:** Open: Area 9 (Lynchburg/Campbell and Bedford)  
Karen Stober: Area 8 (Amherst, Appomattox, Buckingham,  
Nelson) [GSCMArea8@gsvsc.org](mailto:GSCMArea8@gsvsc.org)

**Bronze/Silver:** Rebecca Duncan ([Becka6778@aol.com](mailto:Becka6778@aol.com)) and [info@gsvsc.org](mailto:info@gsvsc.org)

**Forms/documents:**

- <https://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)

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

**Some people could be given an  
entire field of roses; and only  
see the thorns in it. Others  
could be given a single weed  
and only see the wildflowers in it.  
Perception is the key to gratitude.  
Gratitude is essential to a life  
lived in joy.**

**The most Beautiful way to start  
and end a day is with a Greatful Heart.**

Lynchburg Campbell County Girl Scout Service Unit 4925 Boonsboro Road, PMB 189  
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:** Friendsgiving Friendship Patch/Open Your Heart and Lend a Hand  
Trails at Camp Sacajawea  
Girl Scout SWAPs



## 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/>

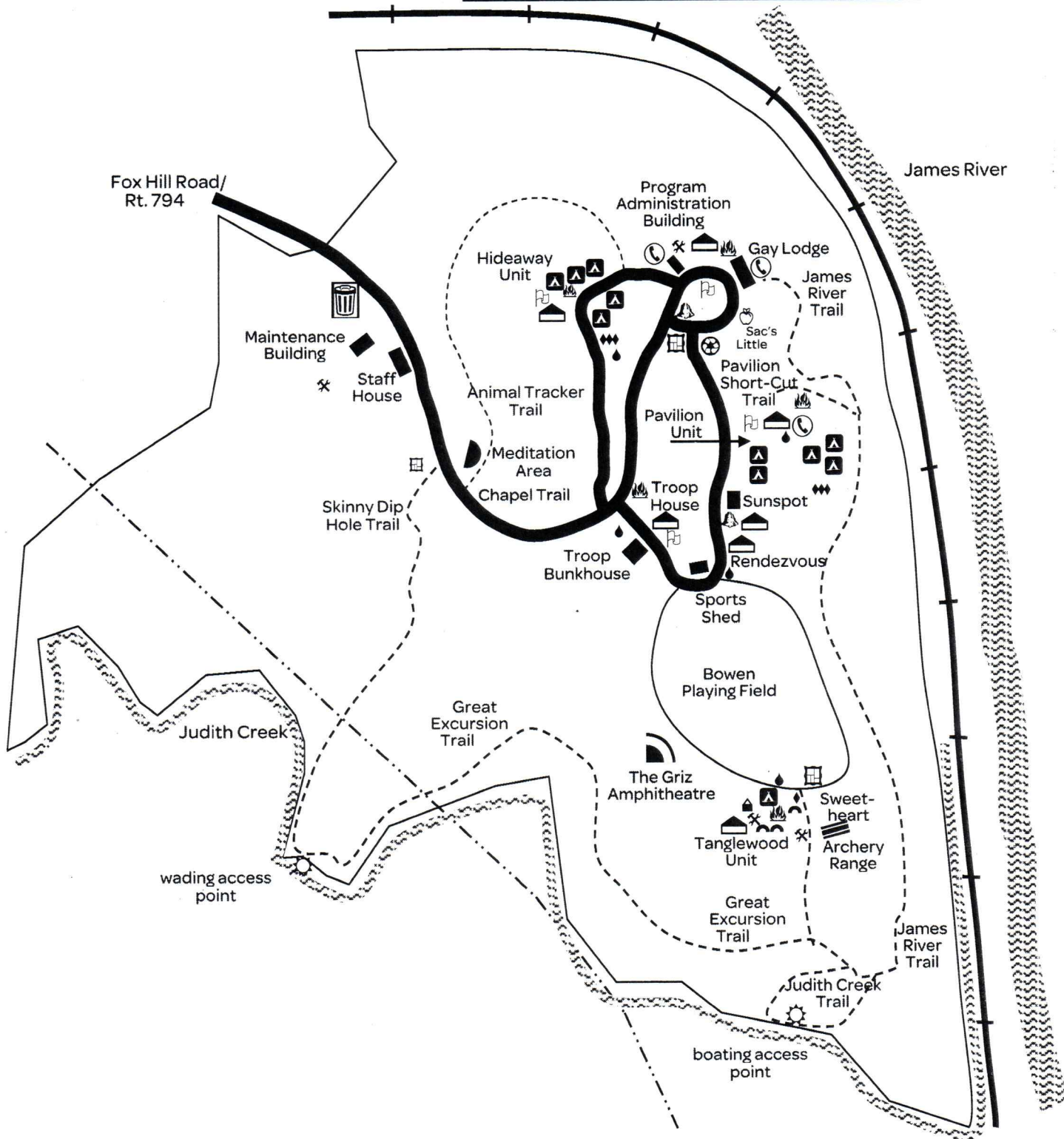
# Camp Sacajawea

## 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      |



# Etiquette for Girl Scout SWAPS

Girl Scouts have all sorts of fun and interesting traditions. One of those is SWAPS, which stands for “Special Whatchamacallits Affectionately Pinned Somewhere” or simply “Shared With A Pal.”

SWAPs are small tokens of friendship that girls exchange with other Girl Scouts they meet. They come in handy when you meet a lot of different troops during events like World Thinking Day, summer camps, and when you travel with your girls.

These little goodies don’t have to be complicated or expensive. Instead, they should be hand-made and have a connection to your girls and your troop. They don’t have to look perfect, but they should have personality. Most importantly, they should be fun to make, give and receive.

SWAPs are a great way to celebrate new and existing friendships. They are a memento of the friends your scouts make along the way. Encourage your scouts to make and share them. They’ll be glad they did down the road when these little “Special Whatchamacallits” help them remember new friends and fun travel experiences.

## SWAP-Making Etiquette

While there isn’t really “etiquette” for making SWAPs, there are some things to keep in mind.

Don’t spend a lot of money on SWAPs. Part of the Girl Scout Law is to use resources wisely. Consider whether you can use recycled items such as bottle caps or bread tags. Look through your stash of materials left over from prior crafts. You may have pony beads, craft sticks, or chenille stems that can be repurposed.

Although many SWAPs have safety pins and are designed to be pinned to vests or sashes, SWAPs don’t have to be a pin. They can be necklaces, bracelets, patches, or other small items.

SWAPs should be handmade. Your Girl Scouts can brainstorm what they would like to make. They may want their SWAPs to match the theme of the event. For a campout, your troop may want to make camping-themed SWAPs such as this bedroll or campfire.

You can find plenty of suggestions and instructions for SWAPs online (Pinterest is a good resource). Simply search for “Girl Scout SWAPs.” To find themed SWAPs, add a keyword such as “Girl Scout SWAP hiking” or “Girl Scout SWAP World Thinking Day.” You can also narrow your search to look for SWAPs that are easy, inexpensive or made from recycled materials.

Other Girl Scout troops are another great source of SWAPs ideas. You don't want to copy their SWAPs exactly, but they may inspire your girls as they are deciding what they want to do.

If you are short on time, there are websites that offer SWAP kits for sale. These typically include all the supplies you need, instructions and a completed SWAP as an example. The supplies are often pre-cut. While this is a great time-saver, the girls might not be as invested in these since there is less work they'll need to do.

Don't include any kind of food on your SWAP. It will attract bugs and possibly other animals. Food can't be kept very long, so girls won't be able to keep your SWAP.

Weather can be unpredictable, so make sure your SWAP is weatherproof. It would be a shame to have all the girls' hard work go to waste if the swap disintegrates during a rain shower.

It's a good idea to attach a little note with the Girl Scout's name, the troop number and possibly even the location and date of the meeting. This will make it easier for your girls to remember down the road what SWAP they received where. But be cautious with the girls' personal information. Don't include their full names or home addresses.

## SWAP Swapping Etiquette

When Girl Scouts swap SWAPs, there are certain norms that should be followed so that all girls can enjoy the experience.

SWAPs intended for trading that are taken to a meeting or event should be in a box or baggie. SWAPs pinned to the hat or vest are usually considered off-limits unless a Scout offers it to you.

Basic rules of politeness apply when it comes to swapping. Remember, part of the Girl Scout Law says that "I will do my best to be... friendly and helpful, considerate and caring," and the other girl put her best effort into making the SWAP.

Use the Golden Rule and treat the other girl like you would want to be treated.

- Say a heartfelt "thank you" when you receive a SWAP.
- Don't refuse an offer to swap. It's considered rude.
- Never say anything negative about a SWAP you receive.
- If you see a girl with few pins or nothing to trade, offer to simply give her a SWAP.
- When you are passing a SWAP, make sure the pin is closed so that no one gets stuck.
- Don't pin your SWAP onto the other girl. Allow her to do that.

Remind your girls that if they receive a SWAP they don't really like or one they already have, they can swap it with other Scouts. The Girl Scouts should accept each pin offered with a smile and can decide what they want to keep and what they want to trade later.