

Lynchburg Campbell County Girl Scout Service Unit
Amherst/Appomattox

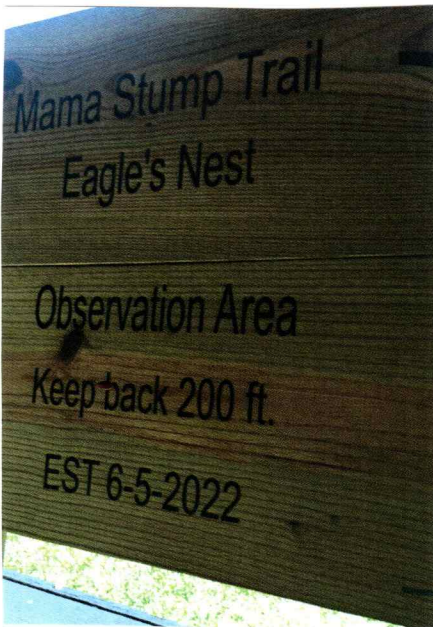
September Update 2022

Power of the Promise

Thank you Troop 1607 from Elizabeth City, N.C., Coastal Caroline Council who painted nine benches for us...five at Gay Lodge and four at the Administration Building. They enjoyed a long July weekend with us at Camp Sac.

Check out the new **firewood boxes** at **Troop House** and **Pavilion** (compliments of **Troop 676**), at **Hideaway** by Rachel and Sally, **Troop 40**; the new **picnic table** at Skinny Dip Hole by **Anya, Elizabeth and Skye**, Troop 440 and the two new **activity tubs** at Sunspot "Daisy Bingo" and "JGL Catch the Spirit" by **Audrey and Ella**, Troop 440. More to come about all of these projects in the October Update.

Dale Shrewsbury created and donated several amazing structures to Camp Sac. This includes **two signs** (one for the front gate and a larger sign to outline the observation area for the Eagle's Nest at the end of the Mama Stump Trail) and the six cutest **campfire chairs**. They are all beautiful pieces, gorgeous designs and detailed lettering.



Girl Scout Outdoor Adventures

- Connecting with nature in meaningful ways is possible even if you live in areas surrounded by city streets, sidewalks, buildings and plazas...whether urban, suburban or rural you can experience the benefits and joy of being outside.
- When youth spend time outside, they explore nature, science and the environment which provides opportunities to get inspired, have fun and be present with their thoughts and surroundings. Outdoor experiences contribute to better mental wellness, foster leadership skills and increase levels of physical activity. Our girls are stronger challenge seekers and problem solvers.
- Some **Get Outside badges/patches** to check out: Pets for Brownies, Girl Scouts Love the Outdoors, Climate Challenge Patch, Resilient Patch, Daisy Handbook Bundle, Love State Parts...check out the official Girl Scouts Outdoor portal for more details (girlscouts.org).
- Sooooo many **opportunities at Camp Sacajawea**...lots of Activity **Tubs/resources** at Sunspot, nine hiking **trails, archery**, The Dot (til end of September), **tent camping** and **cabin camping**, **Skinny Dip Hole** for wading, **canoeing, campfires, outdoor cooking, James River Overlook**, ...lots of needed service projects (see Becka6778@aol.com)
- **Activity Tubs:** Bugs, Fairy Trail Adventure, Outdoor Adventure, Hiker, Mama Stump Eagle Nest, Public Speaking, Zink the Zebra, How Pulley's Work, Trees, Leave No Trace, JGL Catch the Spirit, Daisy Bingo, Fossils and Scavenger Hunt. Many of these activity tubs have been adapted to serve many levels. Resources...there are lots of books in the library for your enjoyment, games and an organizer that holds your files on "Berry Finder," "Flower Finder," "Fern Finder," "Tree Finder," also tool craft, knots and fire building. Thanks to Rosa, Audrey and Ella for spearheading the numerous upgrades at Sunspot and made it into a "destination."
- **Trails:** Mama Stump Trail (light green blaze); Animal Tracker Trail (orange); Chapel Trail (white); Skinny Dip Hole Trail (purple); James River Trail (blue); Pavilion Short Cut Trail (dark green); Sweetheart Trail (red); Great Excursion Trail (yellow); Judith Creek Trail (neon yellow).
- **James River Overlook** at the end of the Pavilion Short Cut Trail and **Little Sac's Orchard** (near Gay Lodge) are two main destination areas, thanks to Ben Eden and Troop 1315

Amy and Rebecca have completed their training and are Tomahawk/Hatchet Throwing facilitators...hoping to bring this to Sac by next Spring.

Amy and Rebecca have their ACA paddle sports certification for slow water/creek canoeing.

Volunteers will work Fall – Winter with goal of getting Tanglewood Campsite back on line by April '23.

Camp Sacajawea Rules:

Stare at the fire. Listen to the birds.

Jump in the creek. Read. Take a nap.

Relax. Watch the sunset over the James.
Cook over the fire. Breathe the fresh air.

Memories From the Past Skyline Magazine/Fall 2011

Water Program Growing at Camp Sac.

The canoe program at Camp Sacajawea has been a dream come true for Adelaide Lee, Leader of Ambassador Troop 2015, and Rebecca Duncan, Lynchburg Service Unit Manager, who spearheaded the project. It was the foresight of Barbara Duerk, Founder of the Adventurers, who encouraged all of us to persevere.

After a considerable amount of research involving the mouth of Judith Creek, the BSX railroad trestle, the railroad right-of-way, water levels, etc., we were able to present our project proposal to GSVSC in February 2011; this was approved. Needless to say, we were off and running with our project plan. The "canoe" site was chosen in late March by Jennifer Pfister, GSVSC properties coordinator, Barbara, Adelaide and Rebecca who spent hours paddling in Judith Creek. What an amazing day and absolutely beautiful site to take our girls. Ranger Marc waited on the bank to offer advise and guidance.

The creek will be perfect for teaching important lessons on swamping, righting canoes, paddling strokes and safety before ever going into the creek and possibly the James River. The creek is wide enough, deep enough and long enough for the girls to enjoy an afternoon of paddling without venturing out under the trestle into the river.

The James River that borders Camp Sac is backed up for eight miles by Reusen Dam. This creates an area of very slow-moving water that provides a safe area for boating.

On Saturday, June 11, 2011, nine members of Cadette Troop 860 (Danielle, Nikki, Fran, Lokia, Melkia, Ayja, Alahana, Stephanie and Cadajha) from South Lynchburg Baptist Church cleared one of the canoe-rack build sites, hand carried the lumber from the Bowen Playing Field, down the Sweetheart Trail to Judith Creek Trail to the build site, along with the six Gummon Canoes. Thanks to Adventurer Debbie Clark and Barbara who helped get these boats released from Camp Shawnee and Ranger Marc who trailered them from Ringgold to Camp Sac.

On Saturday, June 18, 2011, Girl Scout dads, several Boy Scouts cleared the additional build site. They built three boat racks, one to hold the three kayaks and two to hold the six canoes. Junior Troop 1138, led by Cindy Watson, prepared lunch and snacks for the day. The flip side of one of the canoes served as the picnic table. Once completed the boats were put into place...long, long ten hour day with different teams taking 4 hour shifts.

On Saturday, August 13, the 12 foot addition to the foot bridge was added by members of Troop 295 (Mikayla, Ashton, Emily, Takiyah, Katie, Victoria, Taytum, Austin, Mackenzie and Aneka Mae) led by April Allen and A.J. Hoffard. Jamie Tall, one of the boat rack builders for his Eagle Project, designed and built the boat dock.

The canoe-program building project at Sac was designed by Lynchburg native Smokie Watts and funded by the Lynchburg Service Unit. Marc and Rebecca served as project managers.

The next projected undertaking at Camp Sacajawea is the design and construction of a spray pad. With project plan in hand, Rebecca will meet with the GSVSC Board Winter 2012. Once approved we can start our fund raising campaign. Submitted August 2011.



The Skyline/Fall 2011

Water Program Growing at Camp Sac

Highest Awards

Your project is the solution to the problem you have identified.

Bronze Award

- Highest Award earned by a Junior Girl Scout, 4th and 5th grade.
- Must complete a Junior Journey before starting the project.
- Each Junior is required to complete a 50 minute virtual or in person training and the team's advisor the additional 60 minutes.
- Project does not require pre-approval of GSVSC unless you plan to create/build on council properties (Camp Sugar Hollow, Camp Sacajawea, Icimani) or if you plan to request a grant.
- Minimum project hours, 20 per girl – 40% planning hours and 60% on actual project.
- Project focus is something the girls care about and what they want to improve either within their Girl Scout Community or local community.
- Girls develop an understanding of sustainability and implement this into their Bronze Award project.
- Final report submitted on line by the team's advisor, form #2752 by September 15. The deadline to complete final report of a 5th grader is 9/15 following graduation from 5th grade.

Silver Award

- Highest Award earned by a Cadette Girl Scout (6th, 7th and 8th grades).
- Must complete a Cadette Journey before starting project.
- Each Cadette and her team's advisor are required to complete a 2 hour workshop either virtual or in person.
- Cadettes may work as a small group of 2 – 4 girls or solo. Each team has its own advisor. Team's advisor (often leader, mom, etc.) must be registered Girl Scout.
- Silver Award project **requires pre-approval** by GSVSC, form #2732.
- Pre-approval of project plan is also required if you plan to work on council properties.
- Minimum project hours per girl is 50, 30% planning hours, 70% on actual project.
- Project focus is something girls care about and what they can do to improve their Girl Scout community or local community.
- Project must include sustainability.
- Final report is submitted on line by each individual girl even if a group project #2733. Deadline is 9/15. Deadline to complete final report of an 8th grader is 9/15 following graduation from 8th grade.
- Silver Award is a great spring board toward Gold.

Gold Award

- Highest Award earned by a Senior/Ambassador Girl Scout (9th, 10th, 11th and 12th grades)
- Must complete two grade level Journeys or earn the Silver and complete one

- Journey.
- Projects are individual/girl-led.
- **Pre-approval of project proposal is required.**
- Pre-approval project plans is also required if you plan to work on council properties.
- Gold Award training is required.
- Minimal project hours is 80 hours, 20% planning hours and 80% project hours.
- Gold Award project must include provision to ensure sustainability.
- Final report submitted on line.
- Council guide on gsvsc.org web site "Go Gold."

Periodically check the GSVSC calendar for highest award training dates.

- **Triump Award**

- For those girls within our council who have earned all three awards (Bronze, Silver and Gold), they may apply to GSVSC to receive the Triump Award. Triump Award recipients are honored by GSVSC with life time membership.

- **Questions**

- Gold Award Champion: Karen Stober, member of the Gold Award Committee serves Lynchburg/Campbell County, Bedford, Amherst, Appomattox, Buckingham and Nelson counties as our Gold Award Champion/Mentor. Karen can work directly with the girls, reviewing their Gold Award proposals, making suggestions, providing guidelines on budgeting, proof reading, etc., before it is submitted to the Gold Award Committee for project approval
GSCMArea8@gsvsc.org (Amherst, Appomattox, Buckingham, Nelson)
GSCMArea9@gsvsc.org (Lynchburg/Campbell County, Bedford)
- Bronze/Silver: info@gsvsc.org or Rebecca Duncan (Becka6778@aol.com)

- **Why earn the Highest Awards? Why Girl Scouts is Good for College Admission**

- Girl Scouting is seen as an authentic character building program.
- Some G.S. Councils offer scholarships for girls earning their Gold Award, GSVSC is one of them.
- Very prestigious, with exceptional leadership skills
- Gained emotional gratification developed through critical thinking to learning how to work as a team for the betterment of others.
- Your highest awards remain on your resume and weigh significantly on scholarships, internships and even jobs.
- The values, skills, friendships and credentials from Girl Scouts will make a continuous impact on life.
- Lifelong influence that you might not really understand and reflect on until adulthood.
- Your years in Girl Scouting does matter and provides you with opportunities to mentor younger girls...shows commitment
- Opportunity to Make the World a Better Place.

The National Center for Healthy Veterans is a new residential farm being built in Altavista (www.healthyveterans.org). This newly established working farm already has horses, cattle, dogs and chickens, large vegetable gardens and honor gardens. There will be 5 communities, each with their own community center and 20 homes. One community center/homes has already been built. Other future plans are for a wellness center and welcome lodge. This would be a great place to consider highest award project... **Bronze, Silver or Gold.** **Diana Rider**, leader of Troop 819, Lynchburg/Campbell Co SU would be your **person of contact** for interested girls/troops regarding needed projects from their wish list. You remember Robert and Roger, the two military guys who graciously assisted us during all of our cookies pick up at the Marine Corp League #759...we sent a gift card to the National Center for Healthy Veterans in their honor to purchase needed kitchen items.

More possible **Bronze, Silver or Gold potential projects**...in the Campbell County area but open to all Girl Scouts. Their wish list of good opportunities include:

- Little Free Pantry at the county library locations. There is one in Rustburg but they need three more.
- "Selfie Station" at each Campbell county park. There are tons of cute designs to research.
- Mural projects in the town of Brookneal
- Dock at the Timbrook Pond. If interested Troop Leader Molly Eden, would be willing to help with leg work/regulations, etc. (mheden@co.campbell.va.us)
- Welding project/they have a design in mind
- Domestic Violence Emergency Shelter in Altavista "Frannie's House" has a wish list of needed supplies
- Campbell County Crisis Centers are in need of clothing and toiletry supplies

Contact: Ms. Jordan Welborn/welborn@co.campbell.va.us
Molly Eden (mheden@co.campbell.va.us)

Service Unit Volunteer Leadership Team '22 – '23

Service Unit Team Leader: Rebecca Duncan (Becka6778@aol.com)
Amy McCarty (abebko@gmail.com)

Finance: Donna Guill (Donna.C.Guill@gmail.com)
Rebecca

Product Sales Manager/Candy Nut/Area 9: Detria Moore
(thepreachaswife@hotmail.com)

Product Sales Training Manager/Cookies/Area 9: Detria
(thepreachaswife@hotmail.com)

Product Sales Delivery/Cupboard Manager: Brentz East and Alys Miller

Cookie Booth Coordinators: Cindy and Brad Via

Communication (Monthly Updates) Rebecca (Becka6778@aol.com)
Marion Stump (mamastump@hotmail.com)

(Flyers/Typing): Charlotte McCarty

(Face book): Julie Palmer (juliebpalmer@verizon.net)

(Website): Michele Morgan (micheleern@gmail.com)

(Roster): Katie Gotts (gottstamps@gmail.com)

Age Level Mentors: Daisy: Open

Brownie: Marion Stump (mamastump@hotmail.com)

Junior: Marion Stump (mamastump@hotmail.com)

Cadette: Amy McCarty (abebko@gmail.com)

Senior/Ambassador: Diana Rider

Delegates: Amy McCarty, Christine Terry and Rebecca Duncan

Camp Sacajawea Day Camp Director: "Captain Buttercup" Amy McCarty

Program Coordinator: Rebecca Duncan

Gold Award Champion/Resource: Area 8 and Area 9: Karen Stober

- Area 8 (Amherst, Appomattox, Buckingham, Nelson) GSCMArea8@gsvsc.org

- Area 9 (Lynchburg/Campbell Co. and Bedford) GSCMArea9@gsvsc.org

Bronze/Silver: info@gsvsc.org and Rebecca (Becka6778@aol.com)

Customer Care Managers (GSVSC Staff)

Lynchburg/Campbell Co, Bedford: Katey Markiewicz

<https://calendly.com/kateymarkiewiczgsvsc>

Customer Care Managers (GSVSC Staff)

Amherst, Appomattox, Buckingham, Nelson: Bella Corbo

<https://calendly.com/bellacorbogsvsc>

GSVSC Updates:

- Thanks to a generous gift, all girls who renew their membership or join Girl Scouts of Virginia Skyline by 9/30/22 will receive a Free Membership for the '22-'23 membership year. In return, girls will be required to participate in both the '22 Fall Product Program and '23 Girl Scout Cookie Program.
- Log-in to your MyGS account and select the renew your Girl Scouts membership. At check-out click on "credit card" and put the membership in the cart. Enter promo code GSVSCMy23.
- Leaders have a chance to earn a free membership if 90% of eligible girls renew in a troop, then GSVSC will provide two complimentary adult memberships per troop for '23-'24 membership year. Once girls have renewed by 9/30/22, troop leader must send a request via email to infor@gsvsc.org to receive two adult complimentary memberships (coupon code for next membership year will be mailed to you). Adults eligible for the free adult membership must have a current, cleared background check and a troop role other than chaperone/driver, etc.
- A new troop with eight or more girls and two troop co-leaders will also receive Free Memberships. Reach out to Customer Care Team at info@gsvsc.or (subject line: New Troops for My23).
- If you participated in the Early Bird Membership Renewal this past spring, you will receive a promotion code in Spring '23 to use for free membership next year (10/1/23 to 9/30/24).
- Beginning next year, Virginia Skyline Girl Scouts can be a part of the Skyline Succeeders, a new incentive program. All girls registered in Virginia Skyline Council who sell \$1,250 in Fall products or sell 1,250 boxes of cookies will be eligible to participate.
- Questions: Customer Care Team at info@gsvsc.org or 540-777-5100
- Explore projects for you and your troop:

- Tree Promise Service Project
- Honoring Change Makers Service Project
- Fighting Hunger Service Project
- Promote the Vote Service Project
- Citizen Science Service Project
- Letter Writing Service Project
- Valentine's Day Cards Service Project

www.girlscouts.org for the National Service Projects

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>

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

**The most wasted of all days
is one without laughter.**

Lynchburg Campbell County Girl Scout Service Unit
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Lynchburg, Virginia 24503

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