

S'more News

exclusively for leaders and volunteers



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**September 11, 2024
Edition**

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Fall Product Program



The Fall Product Program is off to an exciting start!

If you or the girls in your troop didn't receive an official welcome email, please log on to www.gsnutsandmags.com/gscv . You'll be able to enter the site with your email address.

If you were unable to attend one of our Fall Product Program virtual trainings, you can view the recording at <https://youtu.be/n8Qd1GjCvUw> .

Don't forget! Any troop with a per girl average (PGA) of \$300 in total sales by October 3rd at 11:59 PM will receive an "In My Girl Scout Era" shirt for the girls contributing to the PGA and two leaders.



Mark Your Calendar!	
Start date	Sept. 7
Date orders should be in the system for girl delivery by Parent or Guardian	Oct. 1
Date orders should be in the system for girl delivery by Troop Leader	Oct. 3
Fredericksburg Nut and Candy drive thru and delivery	Oct. 18
Richmond and Chesterfield Nut and Candy drive thru delivery	Oct. 19
Rural deliveries	Oct. 21-24
Second chance orders pickup Fredericksburg	Oct. 22
Second chance orders pickup Richmond	Oct. 24
Second chance orders pickup Dunmar	Oct. 24
Last date for magazines and nuts online purchase	Nov. 7
ACH Draft	Nov. 13

Did You Know?

The most popular item in the nuts and candy lineup is the Deluxe Pecan Clusters.

Program Events & Activities

Save the Dates for Fun at Camp Pamunkey Ridge!

October Fun at Camp Pamunkey Ridge



These upcoming events are perfect for Girl Scouts just beginning to explore the outdoors and for all those ready for adventure.

STAY TUNED FOR LINKS TO REGISTER!

***Camp Sampler:* Friday, Oct. 4, 6:30 PM – Saturday, Oct. 5, 4:30 PM**

All ages are welcome to join us for this event, perfect for Girl Scouts new to overnight camping! Enjoy a campfire with s'mores and songs before spending the night in the cabins at Pamunkey Ridge.

Wake up the next day and explore some of Pamunkey Ridge's offerings like canoeing, target sports, arts and crafts, and more! You will also get to cook a simple campfire meal and sweet treat for lunch on Saturday!

***Explore Pamunkey Ridge:* Sunday, Oct. 6, 10:00 AM – 4:30 PM**

Open to all ages, dive into the Pamunkey Ridge experience with this fun-filled day! Join us for canoeing, classic camp crafts, slingshots, and learn to cook a simple meal over the campfire. This event is perfect for those new to exploring the outdoors.

***Archery Day at Pamunkey Ridge:* Saturday, Oct. 12**

Come out to have some fun at the Pamunkey Ridge archery range! Perfect for beginners or girls just looking to spend some extra time with a bow in hand.

- Brownie/Junior: 9:00 AM - 10:30 AM
- Brownie/Junior: 11:00 AM - 12:30 PM
- Cadette/Senior/Ambassador: 1:00 PM - 2:30 PM
- Cadette/Senior/Ambassador: 3:00 PM - 4:30 PM

Adventure Tower at Pamunkey Ridge: Sunday, Oct. 13 & Saturday, Oct. 19

Gear up and take on Pamunkey Ridge's Adventure Tower! Learn how to participate safely and hone your skills in these fun-filled sessions. Juniors and older can enjoy the tower's six different climbing routes and zipline. Cadettes and up can also take on the extra challenge of our five high ropes elements. All while earning your Climbing Adventure Badge!

Sunday, Oct. 13

- Junior: 9:00 AM - 11:00 AM
- Cadette/Senior/Ambassador: 12:00 PM - 2:00 PM
- Cadette/Senior/Ambassador: 3:00 PM - 5:00 PM

Saturday, Oct. 19

- Junior: 9:00 AM - 11:00 AM
- Junior: 12:00 PM - 2:00 PM
- Cadette/Senior/Ambassador: 3:00 PM - 5:00 PM

Seeking Girl Scout Troops to Shape New Body Appreciation Program Activities

Girl Scouts of the USA (GSUSA) is developing a new badge line **related to Body Appreciation**. They are seeking Girl Scout troops or groups at all levels (12 each of Daisy, Brownie, Junior, Cadette, Senior, Ambassador and/or multi-level troops) to test potential new content in October 2024. All Girl Scout volunteers can participate and are invited to apply.

Why participate? Your troop will...

- Be the first to try new and exciting program activities related to body appreciation.
- Help shape national program by providing input and feedback from a user perspective
- Earn a \$50 troop gift card.

What's Involved:

Each troop will be required to:

1. Complete grade-appropriate program related to body appreciation between October 1 and October 25, 2024.

The content may be completed in 1-2 meetings and will address the following topics based on program level:

- Learn about their bodies and start to understand that all bodies are different
- Learn about the power of what their bodies can do vs. focusing on what they look like
- Develop body positivity for themselves and support and respect body differences

- Become aware of external pressures (media and peers) and learn to navigate through self-reflection
- Build deeper understanding of the mind-body connection and learn and practice self-appreciation and mind and body care
- Learn to establish healthy boundaries and surround themselves with people who promote self-appreciation

2. Complete the pilot research activities, which include:

- Completing a Troop Leader/Facilitator post-survey
- Completing Girl Scout group poll with participating girls

Interested?

➤ Please complete this short **Troop Application Form by September 13, 2024:**

➤ Selected troops will be notified in late September!

➤ Questions: Please contact **gsResearch@girlscouts.org**

Healthcare Discovery Day



☐ **Registration is NOW OPEN!** ☐

Calling all Seniors, Ambassadors, and their families!

Girl Scout Healthcare Discovery Day is coming to Chippenham Hospital on **September 21st, 2024, from 9am to 12pm** for our Seniors, Ambassadors, and their families!

Get ready for a morning full of exciting, hands-on medical adventures! Here's a sneak peek of what's in store:

- **Explore the DaVinci Robot:** See cutting-edge medical technology in action!
- **Life Flight Helicopter:** Step inside and learn about emergency air rescue.
- **Service Dogs:** Meet and learn about the important work of service dogs.
- **Suturing Practice:** Try your hand at suturing like a real surgeon.
- **Imaging:** Discover the world of medical imaging and diagnostics.
- **CPR Training:** Learn life-saving skills.
- **PT/OT Activities:** Dive into physical and occupational therapy.
- **Food Services:** Enjoy delicious treats and learn about nutrition.
- **Lab Services:** Explore the fascinating world of medical labs.
- **Galen School of Nursing:** Meet future nurses and see their training in

action.

- **Volunteer Services:** Find out how you can get involved and make a difference.
- **Meet the Experts:** Chat with physicians and nurses from various specialties.

This is an incredible opportunity for Girl Scouts to experience the medical field, up close and personal. This is a no-cost event, as the opportunity is funded by HCA Healthcare.

Fill out [this form](#) to stay up to date with all the latest information and updates about this exciting event. Mark your calendars and join us for a day of learning, fun, and inspiration!

Registration Open NOW!

Save the Date!



On Saturday, November 9th, Girl Scouts will take over the town of Ashland with the launch of the Explore Ashland patch program.

Stay tuned for details on what to expect that day and how to earn the patch on November 9th or any other day!

Join the Pen Pal Pod Program!

Girl Scouts of Greater Atlanta invites you to join our Pen Pal Program!

Connect with Girl
Scouts in Georgia
and across the USA.
Spaces are limited
so register today!



Do you want a fun way to connect with other Girl Scouts throughout the USA? Do you like receiving letters in the mail? Then join the GSGATL Pen Pal Pod Program today!

During the GSGATL Pen Pal Pod Program, participants will be placed in pen pal pods by their Girl Scout level. A pen pal pod is a group of Girl Scouts who write letters to each other and get to know each other.

This is the perfect way to make fun Girl Scout friends in our Georgia council and beyond, and receive many cool letters in the mail!

Participants will also receive special letters from members of the GSGATL staff and a few fun patches.

[Click Here to Learn More & Sign Up](#)

Retail Shop



It's sweater weather! Show everyone you're confident and strong with this cozy crewneck sweatshirt. It's perfect for outdoor adventures or staying cozy inside.

In heather light gray with “Strong Like a Girl Scout” multicolor graphic on front.

[Shop Now: Girls](#)

Feature Your Girl Scout Troop!



WE WANT TO FEATURE YOUR GIRL SCOUTS ON SOCIAL MEDIA!

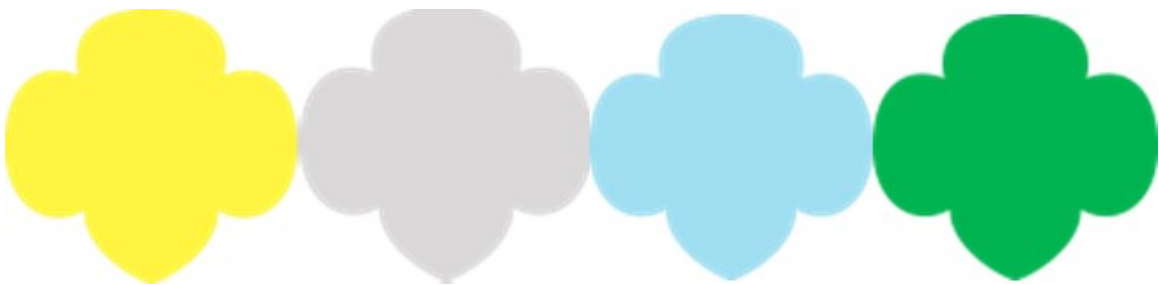


Do you know a Girl Scout who deserves recognition for making an impact in her community? Perhaps your Girl Scout troop hosted a fun event or created incredible memories this summer. Whatever the occasion, we're looking for Girl Scouts and Girl Scout troops to feature on social media!

Please submit all photos with a short caption to our Director of Marketing & Communications, Janna Joyner, to have your Girl Scouts featured online! Send all submissions via email: jjoyner@comgirlscouts.org.

We can't wait to feature your girls!

Training Opportunities



September 27-28, 2024
Pamunkey Ridge

**T.R.E.K. Weekend - deadline
extended**

October 12-13, 2024
Camp "Kitty" Kittamaqund

Intermediate Camping

October 12-13, 2024

Paddle Sports Training (canoe,

Pamunkey Ridge

kayak, paddle board)

October 20, 2024
Pamunkey Ridge

Archery Training

November 2, 2024
Pamunkey Ridge

Beginning Camping

Open 24/7
on-demand



T.R.E.K. Weekend Registration is OPEN!



Crisp Fall air! Pamunkey Ridge Girl Scout camp awaits...are you registered to attend TREK Weekend?

At **T.R.E.K** weekend, September 27th & 28th, **T**roop leaders can **R**elax and **E**njoy while gaining **K**nowledge for themselves and their troop.

The timing is perfect! Join us Friday evening for **networking** and a campfire. On Saturday, we start at 8:00 AM with our first session for everyone about The Birthplace. Your day will then branch out to attend the **workshops you choose**, and your exciting day will end all too soon as it **concludes with a Friendship Circle at 5:00 PM**.

Registration is \$40 and includes dinner on Friday, along with breakfast and lunch on Saturday AND course materials. Sign up NOW before classes are full!

This adult-only weekend is just for you! Click the link below to register.

Registration closes Sunday, September 15, 2024.

[Register Here!](#)

Intermediate Camping

Required Prep Session: October 1st |
6:00 PM - 9:00 PM | Girl Scouts of

the Commonwealth of Virginia office



Training: October 12th-13th | 9:00 AM Saturday - 1:00 PM Sunday (Friday night is optional) | Camp "Kitty" Kittamaqund

Time to get outdoors! The Intermediate Camping Course is designed for leaders and troop volunteers seeking to take their troop tent camping. This course will give leaders hands-on experiences so they can successfully lead girls on outdoor experiences for multiple nights. Girl Scouts has a lot to offer through outdoor adventures and you will gain knowledge and practical training to prepare you to plan and manage overnight camping trips. You will learn a variety of safety techniques for fires, cooking and camps. You will also receive valuable tips for program planning, clean up, kapers, and packing.

Registration closes September 23rd for Intermediate Camping Training.

This training does require a Prep Session. The Prep Session will be held at:

Girl Scouts of the Commonwealth of Virginia
4900 Augusta Ave, Suite 200
Richmond, VA 23230

[Sign Up for Intermediate Camping HERE!](#)

Paddlesports training (canoe, kayak, paddle board)

**Saturday & Sunday, October 12th & 13th
Camp Pamunkey Ridge
9:00 AM - 4:00 PM (both days)**

Registration closes October 1st.

By taking the Canoe|Kayak|Paddle board Certification, you will become certified to bring this experience to girls in your troop, service unit, and special events! Certified adult instructors are required for Girl Scout canoeing, kayaking, and paddle boarding activities.

Space is limited, so be sure to register right away! You will receive an email from the trainer with details regarding what you will need to bring the day of the training.

[Register today!](#)

Level 1 Archery Training

**Sunday, October 20th
9:00 AM - 2:00 PM. Camp Pamunkey Ridge | \$40**

Registration closes October 14th.

Archery is a Girl Scout staple and a confidence boosting experience for girls. The Level 1 Archery Training is for instructors and those interested in becoming an instructor. In this training you will become certified to bring this experience to girls in your troop, service unit, and special events! Adult instructors are required for Girl Scout archery activities.

Certification for GSCV's archery program is provided through USA Archery. USA Archery offers Level I Instructor courses in a blended learning format. Volunteers will need to complete the knowledge portion of the course online prior to completing the in-person session at Camp Pamunkey Ridge.

USA Archery Level I Instructor certification is a required course for volunteers who wish to teach beginning archery skills to Brownies through Ambassadors. In Level 1, participants learn about range safety, range setup, the steps of shooting, equipment, and equipment repair. Girls 16 years of age and older are welcome to participate. This USA Archery certification is valid for three years and renewable online through USA Archery.

Registration for USA Archery Level I starts at the link below. You will receive the information to complete the required online course, then attend the in-person course on Sunday, October 20th.

[Register for Archery Level I here!](#)

Beginning Camping

Beginning Camping Training:

November 2nd | 8:30 AM - 3:30 PM | Camp Pamunkey Ridge

Registration closes October 23, 2024.



Let's get your troop outside! The Beginning Camping course is designed for leaders and troops who have little camping experience and want to take their troop camping. Upon completion of this course, you will be certified to take your Girl Scout Troop on a camping trip in the backyard, in a permanent structure such as a cabin at a state park, or Girl Scout Camp. The course follows progression in the outdoors and is specifically designed for Daisy, Brownie and Junior Leaders. We can't wait to see you at training! This course takes place in a single day with a required prep video to watch prior to training. You will be sent the video after registration is completed and processed.

[Register here!](#)

**Questions about training? Need assistance registering for a training course?
Contact the GSCV help desk: gshelper@comgirlscouts.org**

Girl Scouts of the Commonwealth of Virginia
804-746-0590 • 800-4SCOUT4 toll-free
gshelper@comgirlscouts.org • www.comgirlscouts.org

Office hours: Monday - Friday | 8:30 AM - 4:30 PM

Shop hours: Monday - Friday | 10:00 AM - 5:30 PM
Saturday | 8:30 AM - 12:00 PM
Sunday | CLOSED

S'more News is an e-publication for troop leaders and other volunteers
of Girl Scouts of the Commonwealth of Virginia.



Girls and volunteers can text NEXT to 59618 to join!

Girl Scouts of the Commonwealth of Virginia | 4900 Augusta Ave. Suite 200 | Richmond, VA
23230 US

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