

# S'more News

**exclusively for leaders and volunteers**

**The GSCV Office & Shop have resumed normal hours:**

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

**Shop hours: Monday - Friday | 10:00 AM - 5:30 PM**

**Saturday | 9:00 AM - 12:00 PM**

**Sunday | CLOSED**



[Trouble viewing? Click here.](#)

## September 4, 2024 Edition

### In this issue:

- Feature Your Girl Scout Troop!
- Retail Shop
- Program Events & Activities
- Fall Product Program
- Training Opportunities

**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](mailto:jjoyner@comgirlscouts.org).

We can't wait to feature your girls!

## Retail Shop



Calling all dog & cat lovers! Who can resist the irresistible charm of a playful puppy and a curious kitty showing their Girl Scout pride? This charming t-shirt features endearing puppy and kitty graphics with crystalline detailing. Go ahead and show your love for furry friends while spreading a little sparkle and style wherever you go.

Available in girls and adult sizes!

[Shop Now: Girls](#)

[Shop Now: Adults](#)

## Program Events & Activities

**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](#)

## 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

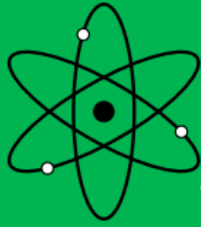
### **Interested?**

➤ 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**

## **Girl Scout Science Day**

WOMEN IN SCIENCE @ VCU PRESENTS



# GIRL SCOUT SCIENCE DAY



This day aims to expose young women to a vast array of exciting career possibilities in the sciences through a fun, full day of hands-on workshops, facilitated by real scientists!

We're thrilled to invite you to an exciting new event this fall!

If you enjoyed last year's Welcome to Cadette event, you won't want to miss our upcoming **Girl Scout Science Day at VCU!**

**WHEN:** Saturday, October 19th, 2024, 9:00 A.M. - 2:00 P.M.

**WHERE:** Sanger Hall, Medical College of Virginia (MVC) Campus, Richmond, VA

## Open to Juniors and Cadettes

Join us for an exciting Girl Scout Science Day where you will explore a variety of hands-on activities! Make your own Fizzy Volcano Slime, analyze real human hearts and lungs, investigate a crime scene using forensic techniques, examine specimens under microscopes, and learn about DNA structure while extracting your own from a strawberry! It's a day packed with discovery and fun, offering YOU the chance to dive into biology, forensics, and genetics. Don't miss out on this thrilling exploration at Girl Scout Science Day!

**YOU'LL GAIN:** Girl Scouts will gain a lasting interest in the sciences and a foundation for future studies and careers in biology, forensics, and genetics through immersive, hands-on experiences.

**YOU'LL EARN:** VCU Science Day fun patch, plus fun take-home items!

**COST:** \$20/Girl Scout | \$20/Adult

**MIN/MAX:** 80/150 participants

[REGISTER HERE!](#)

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## Healthcare Discovery Day

# HCA Healthcare

□ **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!

**Fall Product Program**



**The Fall Product Program will be here soon!**

This year's theme is Embrace Possibility, and the mascot is the Asian Elephant.

**Fall Product Program Leader Training**

Virtual Leader Training will be held on Thursday, September 5<sup>th</sup> at 6:30 PM and repeated on Tuesday, September 10<sup>th</sup> at 6:30 PM. The sessions will be recorded if you are unable to attend the live sessions.

Dates:

- Thursday, September 5th at 6:30 PM
- Tuesday, September 10th at 6:30 PM

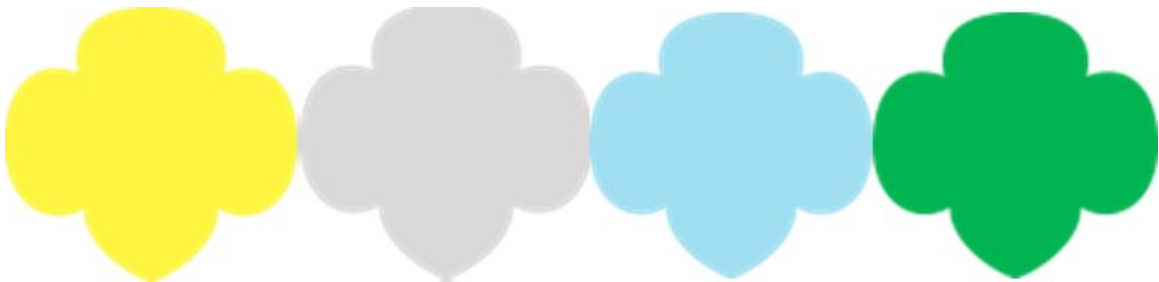
**Link to Zoom Meeting**

Meeting ID: 993 2037 3231

## 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

## 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**  
**Pamunkey Ridge**

**Paddle Sports Training (canoe, kayak, paddle board)**

**October 20, 2024**  
**Pamunkey Ridge**

**Archery Training**

**November 2, 2024**  
**Pamunkey Ridge**

**Beginning Camping**

## 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" Kittamaquond**

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  
Pamunkey Ridge Camp  
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!](#)**

### **How many arrows are in your quiver?**

#### **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](mailto:gshelper@comgirlscouts.org)**

## **Girl Scouts of the Commonwealth of Virginia**

804-746-0590 • 800-4SCOUT4 toll-free

**[gshelper@comgirlscouts.org](mailto:gshelper@comgirlscouts.org) • [www.comgirlscouts.org](http://www.comgirlscouts.org)**

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Saturday | 8:30 AM - 12:00 PM

Sunday | CLOSED

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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