



Program Events and Activities

2022-23 Girl Scout
Membership Year



girl scouts 
of the commonwealth
of virginia



Welcome!

Welcome to a new membership year! We are excited to launch our new Program Event and Activity Guide for the 2022-23 year. As we enter our 110th year as a council, we are happy to be offering over 110 events for our members. We listened to our dedicated volunteers and created an amazing offering full of events and activities for all Girl Scouts to be a part of. The Program Event and Activity Guide helps to deliver the Girl Scout Leadership Experience in a multitude of wow-worthy and downright fun ways. With 13 new community partners and events in every region we are sure there is something for all.

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Registration opens October 6th

Registration for events and activities included in this publication will open at 8 a.m. Oct. 6th. If space is available, and unless noted otherwise, registration will close 10 days before the event starts.

Who can register?

Troop leaders can register their entire troop, partial troop, or individuals in MyEvents, which is the council's online registration system. Girl Scout parents or caregivers can register themselves and their family.

How to register

Most of the program events and activities in this booklet require registration.

To register for any events in this guide, please visit our website at **www.comgirlscouts.org** and in the top menu, click on Events and see the listing in our calendar or on our Events page. Another option to register is through your MyGS login where you will see MyEvents listed on your left-hand side menu. Click on MyEvents and you can register for any event or activity.

Register to secure your spot. Keep an eye on the girl-to-adult ratios. Most program events and activities require participants to be currently registered members. If you need to renew your membership, then log in to **MyGS** or contact the help desk at **gshelper@comgirlscouts.org** or at 804-746-0590, ext. 316.



What to expect at an event?

Girl Scout events are designed for girls at all levels to discover new things, connect with other girls, and take action in their communities. The result? Girls gain leadership skills without even knowing it.

All Girl Scouts of the Commonwealth of Virginia sponsored events are fun, interactive, held to the highest standards, and developed to meet the needs of all girls. Events are facilitated by staff members, volunteers, community partners or girls.

When registering, be sure to include the girls in the process. Discuss their interests, review costs, and let the girls decide what activities they want to attend: this is the girl-led process in action!

Do accompanying adults need to be registered members?

Unless stated otherwise, all in-person events and activities are members-only events. This means that all girl and adult attendees must be current members of Girl Scouts. To ensure the safety of all Girl Scouts, adults attending events must have a current Girl Scout membership and background check on file. If you have any questions about your membership status or background check, contact gshelper@comgirlscouts.org.

Can I drop off my Girl Scout?

Unless stated otherwise, all Girl Scouts attending events are required to have one of the following items at all times to ensure adult supervision.

1. For troop events, troop volunteers use the girl-to-adult ratios in the chart below to ensure proper registered adult coverage onsite. Troop volunteers should have a health history form on hand for each girl at each event.
2. Girls attending individually must have a registered adult onsite.
3. Girls attending family events must have a registered adult onsite.

	Girl-to-adult ratios for events, travel and camping	
	two unrelated adults (at least one of whom is female) for this number of girls	plus one additional adult for each additional number of this many girls
Daisies	6	4
Brownies	12	6
Juniors	16	8
Cadettes	20	10
Seniors	24	12
Ambassadors	24	12

What if I need to cancel? What is the policy?

- **30+ days before the event:**
Event fees can be transferred to a future event at no cost at the time of cancellation.
- **14-29 days before the event:**
Event fees can be transferred to a future event at the time of cancellation. A \$5 processing fee will be incurred for each girl registrant.
- **Less than 14 days before the event:**
Event fees are not transferable.
- **Council cancels the event:**
Full refunds will be issued. Refunds should be received within two weeks.

Events and Activities by Date

October

- 10/1 - Gold Award Committee Review
- 10/8 - CodeVA
- 10/8 - Junior Climbing to New Heights
- 10/8 - Cadette Climbing to New Heights
- 10/8 - Sister Saturday: Coffee at Riverside Park
- 10/13 - Maymont Park
- 10/14-10/16 - TREK Weekend
- 10/15 - Senior Climb On
- 10/15 - Ambassador Climb On
- 10/15 - Stratford Hall
- 10/15 - Richlands Dairy Farm
- 10/16 - Gold Award Brainstorm Session
- 10/19 - Real Life Academy Event: Ace the Interview
- 10/20 - Maymont Park
- 10/21 - VCU Volleyball Game
- 10/21 - Fall Product Program Pick-Up: Fredericksburg
- 10/21-10/23 - Outdoor Journeys in a Weekend
- 10/22 - Fall Product Program Pick-Up: Chesterfield/Richmond
- 10/22 - Moton Museum
- 10/22 - John H. Kerr Reservoir
- 10/22 - Patrick Henry House
- 10/27 - Sync Your Knowledge
- 10/28-10/30 - Ultimate Adventure Weekend at Camp Kitty
- 10/29 - Cadette Archery Day
- 10/29 - Junior Archery Day
- 10/29-10/30 - Paddle Sports Training - Volunteers
- 10/29 - Cadette Climbing to New Heights
- 10/29 - Junior Climbing to New Heights

November

- 11/5 - The Valentine
- 11/5 - Wellness Day
- 11/5 - Juliette Gordon Low Campfire
- 11/5 - Beginning Camping Training - Volunteer
- 11/6 - Gold Award Committee Review
- 11/11-11/13 - Outdoor Journeys in a Weekend
- 11/12 - Moton Museum
- 11/12 - John Marshall House

- 11/13 - Level I Archery Certification
- 11/14 - Gold Award Training - Virtual
- 11/17 - Real Life Academy: How to Say NO
- 11/19 - Ambassador Climb On
- 11/19 - Senior Climb On
- 11/19 - Richlands Dairy Farm
- 11/20 - Gold Award Brainstorm Session

December

- 12/3 - The Valentine
- 12/3-12/10 - Cookie Training/Packet Pick Up
- 12/7 - Real Life Academy: What To Do If You Get Pulled Over
- 12/8 - Virginia Credit Union
- 12/10 - CodeVA
- 12/11 - Cookie Rally at Kings Dominion
- 12/11 - Richmond Ballet-Nutcracker
- 12/17 - Gold Award Committee Review

January

- 1/1 - Girls Can Take Cookie Orders
- 1/12 - Gold Award Training - Virtual
- 1/14 - Junior Climbing to New Heights
- 1/14 - Cadette Climbing to New Heights
- 1/15 - Gold Award Brainstorm Session
- 1/20-1/22 - Trail Adventure Weekend
- 1/21 - American Red Cross
- 1/21 - VA Museum of History and Culture
- 1/21 - Gold Award Committee Review
- 1/25 - Deadline for Troop Leaders to Submit Cookie Orders in Smart Cookies
- 1/26 - Altria Theater: *Hairspray*
- 1/26 - Sync Your Knowledge
- 1/27-1/28 - Unleash Your Inner Artist
- 1/28 - Richmond SPCA

February

- 2/4 - Moton Museum
- 2/5 - Gold Award Committee Review
- 2/11 - Sister Saturday: Hot Chocolate at Midlothian Mines Park

- 2/16 - Thrifting Your Way to a Better World
- 2/16 - Cookie Drive Thru: Fredericksburg
- 2/17 - Cookie Drive Thru: Richmond
- 2/17-2/19 - Camping 101
- 2/18 - Cookie Drive Thru: Chesterfield
- 2/19 - Say Hello to Camp
- 2/21 - Cookie Cupboards Open
- 2/23 - Sync Your Knowledge

March

- 3/4 - George Washington Foundation
- 3/4 - Senior Climb On
- 3/4 - Ambassador Climb On
- 3/4 - Sister Saturday: Meet Up at the Capitol Gardens for Women's History Month
- 3/4 - Richlands Dairy Farm
- 3/10-3/12 - Trail Adventure Weekend
- 3/13 - Gold Award Training Virtual
- 3/14 - Virginia Credit Union
- 3/15 - First Cookie ACH Draft (50% of initial order)
- 3/16 - Real Life Academy Event: Tips on stress management
- 3/18 - Moton Museum
- 3/18 - Cadette Climbing to New Heights
- 3/18 - Junior Climbing to New Heights
- 3/18 - Cadette Archery Day
- 3/18 - Junior Archery Day
- 3/18 - Mad Science
- 3/19 - Gold Award Brainstorm Session
- 3/23 - Sync Your Knowledge
- 3/25 - The Valentine
- 3/30 - Virginia State Capitol
- 3/31 - Final Day of Cookie Cupboard are Open
- 3/31 - Last Day of Cookie Program
- 3/31-4/1 - Camping 101

April

- 4/2 - Say Hello to Camp
- 4/4 - Second Cookie ACH Draft (50% of initial order)
- 4/8 - Sister Saturday: Meet Up at Maymont Park
- 4/8 - John Marshall House
- 4/15 - John H. Kerr Reservoir
- 4/15 - George Washington Foundation
- 4/15 - Stratford Hall
- 4/15 - Ambassador Climb On
- 4/15 - Senior Climb On
- 4/15 - The Valentine

- 4/15 - Paddle Sports Training: Canoe, Kayak, Stand Up Paddle Board - Volunteers
- 4/20 - Real Life Academy Event: The shifting nature of friendships
- 4/21 - Gold Award Committee Review
- 4/22 - Richmond SPCA
- 4/22 - Annual Meeting
- 4/23 - Camp Pamunkey Ridge Service Day
- 4/27 - Sync Your Knowledge
- 4/29 - American Red Cross
- 4/29 - Girl Scout Archery Day
- 4/29 - Paddle Sports Training: Canoe - Volunteer
- 4/29 - Richlands Dairy Farm
- 4/29 - CodeVA
- 4/30 - Inspired by a Girl

May

- 5/1 - Sister Saturday: Ruby Scoops
- 5/5-5/7 - Ultimate Adventure Weekend at Camp Kitty
- 5/6 - Patrick Henry House
- 5/7 - Junior Climbing to New Heights
- 5/7 - Cadette Climbing to New Heights
- 5/7 - Wellness Day
- 5/7 - Gold Award Committee Review
- 5/11 - Cheers for Volunteers
- 5/13 - John H. Kerr Reservoir
- 5/13 - George Washington Foundation
- 5/13 - Brownie Archery Day
- 5/13 - Senior Climb On
- 5/13 - Ambassador Climb On
- 5/18 - Cheers for Volunteers
- 5/19-5/21 - Service Weekend at Camp Kitty
- 5/20 - Fredericksburg Food Bank
- 5/20 - VA Museum of History and Culture
- 5/21 - Gold Award Brainstorm Session
- 5/25 - Sync Your Knowledge

June

- 6/2 - Gold Award Committee Review
- 6/3 - Kings Dominion-Bridging Ceremony
- 6/3 - Opening Campfire
- 6/4 - Stellar Seller
- 6/10 - Ready. Set. Rally 110
- 6/10 - Level I Archery Certification
- 6/11 - Level II Archery Certification
- 6/11 - John H. Kerr Reservoir

Family Events

Altria Theater - Richmond
Girl Scout Night at *Hairspray*
January 26th • 7:30 p.m.
Cost: 15% Off Tickets

Can a girl with big dreams (and even bigger hair) change the world? *Hairspray*, Broadway's Tony Award-winning musical comedy follows 16-year-old Tracy Turnblad in 1960's Baltimore as she sets out to dance her way onto TV's most popular show.

Kings Dominion - Doswell
Bridging Ceremony
June 3rd • 10:00 a.m. - Park Close
Cost: \$10 off Parking

Girl Scouts family and friends are invited to celebrate their sisters in the council wide Bridging Ceremony. Stay after the ceremony to enjoy a discounted day at Kings Dominion. Girl Scouts and families that are season pass holders can use their pass for access to the event.

MAYMONT®

Maymont - Richmond
Girl Scout Day at Garden Glow
10/13 & 10/20
Cost: Check out the Maymont website for information

Girl Scout families can experience a glowing fall tradition at Maymont! At sunset, the Carriage House Lawn transforms into the Glow Village, food trucks, a Glow Shop and fire pits! Enjoy dramatically illuminated paths as you meander through the historic gardens!



Family Events - Sporting Events

Please check our website, Facebook, and S'more News to learn when Girl Scout Night will be at our Sport Partners as they publish their schedules.



Richmond Kickers

Girl Scout Family Night at the Richmond Kickers

VCU Volleyball
Girl Scout Night at VCU Rams
Women's volleyball
Adult & Girl Cost: \$3
10/21 6:00 p.m.



Join Rowdy Ram Nation for VCU Girl Scout Volleyball Night. Receive a VCU fun patch, cheer on the Rams, join the team on the court for a post-game "Party with the Peppas" - VCU's pep band. Snag your tickets here: <https://bit.ly/3TBb7zy>

Richmond Flying Squirrels

Girl Scout Night at the Diamond



Tri-City Chili Peppers Baseball

Girl Scout Night with the Chili Peppers



The Tri-City Chili Peppers are the spiciest new baseball team in town. The team is located in Colonial Heights. Bring the whole family for a fun night at Shepherd Stadium.

Fredericksburg Nationals

Girl Scout Night at the FredNats

FredNats are Fredericksburg's newest team and an affiliate of the Washington Nationals. See you at the ball park!



Regional Events

New Events for 2022-2023

- John Marshall House
- Virginia Museum of History and Culture
- VCU Women's Volleyball
- CodeVA
- Tri-City Chili Peppers
- Virginia State Capitol
- Scotchtown Patrick Henry House
- The George Washington Foundation
- Stratford Hall
- Moton Museum
- Richlands Dairy Farm
- John H. Kerr Reservoir
- Mad Science of Central Virginia



Central

Ready. Set. Wellness Day!

Camp Pamunkey Ridge

11/5 & 5/07

2:00 - 5:00 p.m. & 1:00 - 4:00 p.m.

Adult & Girl Cost: Complimentary



D B J Inhale confidence and exhale doubt. Fun filled afternoon with yoga, dancing, joy of laughter, meditation, and relaxation. All Girl Scouts will leave with the Resilient. Ready. Strong. patch.

Juliette Gordon Low Campfire

Camp Pamunkey Ridge

November 5th • 6:00 p.m. - 8:00 p.m.

Adult & Girl Cost: Complimentary

D B J All girls, troops, family and friends are invited to celebrate our Founder with an evening 'round the campfire roasting marshmallows, singing Girl Scout songs, making SWAPS, and sharing sisterhood.

Virginia State Capitol - Richmond

Girl Scout Legislative Day

March 30th • 10:00 a.m. - 12:00 p.m.

Girl Scout Cost: \$3

Adult Cost: Complimentary

D B J Be a part of history in the halls that Thomas Jefferson designed. Spend the day touring the Capitol, learn how a bill becomes a law and maybe even take a vote! Girl Scouts will receive a patch at Legislative Day!

American Red Cross - Richmond

Prepare with Pedro

1/21 & 4/29

Girl Cost: \$10

Adult Cost: Complimentary



American Red Cross

B Morning Session 9:30 - 10:30 a.m.

Join Pedro the penguin and his friend Mia for story time. Learn how to stay safe from home fire.

J Afternoon Session 11:00 a.m. - 12:00 p.m.

Be a leader and help your family prepare in case of a home fire. Participate in the nationwide Pillowcase Project and create and take home your own pillowcase to build your own emergency supply kit.

John Marshall House - Richmond

Democracy Tour & Program

November 12th • 10:00 a.m. - 12:00 p.m. (J)

April 8th • 10:00 a.m. - 12:00 p.m. (S,A)

Girl Scout Cost: \$15

Adult Cost: \$5

J S A What would your constitution look like? Go back in time and discover 18th century quill writing! Earning: Democracy Badge



Mad Science

STEMazing with Mad Science

Camp Pamunkey Ridge

March 18th

9:00 a.m. - 12:00 p.m.

Girl Cost: \$30

Adult Cost: Complimentary



D B J Come have a STEMazing time with Mad Science at Camp

Pamunkey Ridge. Girls will conduct experiments and exploration at different science stations. Make your own bouncy ball and receive a Mad Science patch to take home.

VA Museum of History and Culture - Richmond

I-Spy: Virginia's Hidden Histories

1/21 & 5/20

Morning Session: 10:30 - 12:00 (J)

Afternoon Session: 1:30 - 3:00 (C)

Girl Cost: \$10

Adult Cost: \$5

VIRGINIA MUSEUM OF HISTORY & CULTURE

J C Victory! Scandal and spies! Girl Scouts will learn the important role women played in the Revolutionary War and the Civil War. Learn about Virginian spies, write in code, practice different methods of invisible ink, and take part in games to hone your spy skills. Earning: (J) Detective Badge (C) Special Agent Badge

CodeVA - Richmond
10/8, 12/10, 4/29 • 9:30 - 11:00 a.m.
Girl Cost: \$15
Adult Cost: Complimentary



B J C Did you know “algorithm” is a fancy term for a “Set of directions”? Brownies, Juniors, and Cadettes will try out the same computer thinking skills that professionals use in programming careers! Girls will explore how computers can improve the lives of others through hands-on practice designing algorithms through games, brainstorming 21st Century solutions to global issues, and learning new practical skills. Each level will earn and receive the Coding Basics Badge.

Richmond SPCA
Daisy Care About Animals
Girl Cost: \$10
Adult Cost: Complimentary



D **1/28 & 4/22 • 2:00 - 3:00 p.m.**
Did you know: animals can communicate with just a look or sound? Daisies will tour Richmond SPCA and learn how to help our four-legged friends find their future home. Daisies will receive a participation patch.

B **1/28 & 4/22 • 12:00 - 1:00 p.m.**
Brownies will earn their Pets Badge with hands-on learning about pet health and care. Brownies will have an opportunity to tour the Richmond SPCA Humane Center and see what it takes to own your own animal.

The Valentine - Richmond
Ballet Battle
11/5 & 4/15 • 10:00 a.m. - 12:00 p.m.
Girl Cost: \$15
Adult Cost: \$5



J C S A Did you know women had to fight for their right to vote? In the 1900s women took to the streets to let their voices be heard. Take to the same street with this two-mile tour. Girls will take home a Valentine patch.

Figures of Freedom
12/3 & 3/25 • 10:00 - 12:00
Girl Cost: \$15
Adult Cost: \$5

B J C S A Step into the past to explore the struggles that helped shape America. Discover stories of Richmond’s earliest Indigenous inhabitants, enslaved people fighting to be free, Dr. Mary Walker’s demands for equality for women and more. Girls will take home a Valentine patch.



Virginia Credit Union - Richmond
Financial Literacy with VACU
12/8 & 3/14
First session: 6:00 - 7:00 p.m. (B)
Second session: 7:00 - 8:00 p.m. (J)
Girl Scout Cost: \$5
Adult Cost: Complimentary

Earn your Money Manager Badge with this interactive program.

B Brownies spend the evening learning the difference between needs, like food and clothing, and wants, like video games and movie tickets.

J Juniors will explore the difference between needs and wants and how to budget for both. Earn your Savvy Shopper Badge with this interactive program.

Vine Images - Virtual
Digital Photographer
Girl Cost: \$15



J C S A Join us for digital photography on-demand courses for girls that are self-paced and mobile-friendly. Girls will receive the Kidz Photography patch.

North/Fredericksburg

Fredericksburg Food Bank Peanut Butter Drive - Open House and Donation Drop-Off

May 20th • 9:00 a.m. - 12:00 p.m.

Girl Cost: \$5

Adult Cost: Complimentary

Aim high and see if your troop can collect 110 pounds of peanut butter in honor of our 110th Anniversary! Drop off your peanut butter and get an inside look at how a food bank works. Follow your peanut jar from reception to distribution in this exclusive Girl Scout tour! Take home a fun patch!



Scotchtown Patrick Henry House Girl Scouts Explore Communities Then and Now!

October 22nd • 10:00 a.m. - 12:00 p.m. (J)

May 6th • 10:00 a.m. - 12:00 p.m. (S,A)

Girl Cost: \$15

Adult Cost: \$5

J S A Girl Scouts will earn their Citizen Badge while learning the importance of community. Tour the house, map out your community, it could be your future district!



The George Washington Foundation

Girl Cost: \$10

Adult Cost: \$5

Outdoor Art Creator - Ferry Farm

March 4th • 9:00 - 11:00 a.m.

B Did George Washington really chop down a cherry tree? Find out at his childhood home. Brownies will complete the steps required to earn the Outdoor Art Creator Badge. What arts would his sister, Betty, learn and create? The grounds of Ferry Farm are the perfect setting to see nature through a historic lens, plus, where else can you walk in the footsteps of a young GW?

Outdoor Art Explorer - Ferry Farm

March 4th • 1:00 - 3:00 p.m.

J Did George Washington really chop down a cherry tree? Find out at his childhood home where Juniors will complete the steps required to earn the Outdoor Art Explorer Badge. What animals would George and his siblings have seen? The grounds of Ferry Farm are the perfect setting to see nature through an historic lens, plus, where else can you walk in the footsteps of a young GW?

Let's Dance
George Washington Foundation
April 15th • 9:00 - 11:00 a.m.

B Dance like George! Earn your Dancer Badge by learning some 18th century moves that George would have learned too!

Numbers in Nature
George Washington Foundation
April 15th • 1:00 - 3:00 p.m.

J How did George Washington and his siblings learn how to tell time, do math, and predict the weather without 21st century technology? Learn some of the skills GW would have learned to figure all those things out by completing the Juniors Numbers in Nature Badge with the George Washington Foundation.



My Family Story
George Washington Foundation
May 13th • 9:00 - 11:00 a.m.

B What does history tell us? Using documents and objects from the family of George Washington, Girl Scouts will learn about family trees and the importance of objects to tell one's history and earn the My Family Story Badge.

Be a Detective
George Washington Foundation
May 13th • 1:00 - 3:00 p.m.

J Girl Scouts will earn the Detective Badge by practicing the power of observation and learning how science can solve mysteries.

East/Northern Neck

Stratford Hall
Hands-On History Days
10/15 & 4/15
10:00 a.m. - 12:30 p.m.
Girl Cost: \$10
Adult Cost: \$7



Stratford Hall

D B J Come explore what life was like in Colonial Virginia! Through a cooking demonstration and an African drumming jam session, you will experience the influence Black Virginians have had on our state's history and culture.



Western

Moton Museum

10/22, 11/12, 2/04, 3/18

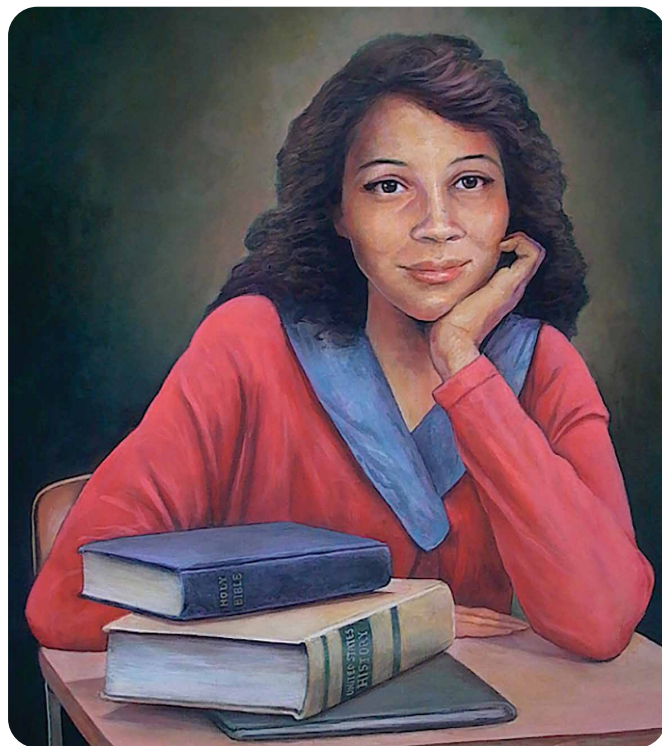
10:00 - 12:00

Girl Cost: \$10

Adult Cost: \$0



D B J C S A Did you know a teenage girl changed the world? You can too! Before Selma, before Montgomery, there was Farmville, where young people made history. The Civil Rights Movement came to Farmville, Virginia, thanks to the courage of students protesting inequality. Take home a fun participation patch from Moton Museum!



Richlands Dairy Farm

Let's Milk a Cow!

Girl Cost: \$10

Adult Cost: \$5

10/15, 11/19, 04/22 • 10:00 - 12:00



D B J Have you ever milked a cow? Join us at Richland Dairy Farm for a tour of a milking parlor, cow barn, nursery calf barn, and they even have a robotic calf barn.

John H. Kerr Reservoir Events:

Guided Hike with Ranger Emily

October 22nd • 10:00 a.m. - 12:00 p.m.

Girl Cost: \$10

Adult Cost: Complimentary

D B J C Join Ranger Emily on a guided hike to learn more about nature and explore the cultural and natural history of John H. Kerr Reservoir.

Wildlife and Forestry Management

April 15th • 10:00 - 11:30 a.m.

Girl Cost: \$10

Adult Cost: Complimentary

D B J C Check out local wildlife at John H. Kerr Reservoir. Learn about forestry management practices used to improve habitat, food and shelter, including controlled burns.

Birds of Kerr Reservoir

May 13th • 9:00 - 10:30 a.m.

Girl Cost: \$10

Adult Cost: Complimentary

D B J C Birds of a feather do not flock together. Discover the incredible diversity of birds that call John H. Kerr Reservoir home. This program will include basic bird anatomy, identification, and discussion about the importance of birds.

Tree ID 101

June 11th • 10:00 -

11:30 a.m.

Girl Cost: \$10

Adult Cost:

Complimentary

D B J C

Do all trees look the same to you? Learn to identify different trees and the importance of trees to our ecosystem. Test your skills on a tree ID walk and a fun interactive game with trees.



Outdoors

All Girl Scouts attending outdoor events are required to ensure there is proper adult supervision at events. Girl Scout events are not drop-off events, unless clearly stated.

Explore the Outdoors - Camp Pamunkey Ridge
11/11 • 6:30 p.m. - 11/13 • 11:30 a.m.
Girl Cost: \$35 • Adult Cost: Complimentary
(all meals included)

S A Spend the weekend at Camp Pamunkey Ridge taking on new adventures while learning outdoor skills and ways to take care of our environment! Seniors and Ambassadors will spend Saturday earning the badges that make up their Outdoor Journey's while enjoying the waterfront, climbing tower, and so much more. The weekend will culminate in a Take-Action project on Sunday morning. Participants will leave having completed their Outdoor Journey!

Take Five, Outside - Camp Pamunkey Ridge
10/21 • 6:30 p.m. - 10/23 • 11:30 a.m.
Girl Cost: \$35 • Adult Cost: Complimentary
(all meals included)

J C Spend the weekend at Camp Pamunkey Ridge learning how to care for our environment and honing your camp skills! Juniors and Cadettes will spend Saturday earning the badges that make up their Outdoor Journeys while enjoying all Pamunkey has to offer. The weekend will culminate in a Take-Action project on Sunday morning. Participants will leave having completed their Outdoor Journey!



Climbing to New Heights -
Camp Pamunkey Ridge
10/8, 1/14, 5/7 • 9:00 a.m. - 12:00 p.m.
10/29, 3/18 • 1:00 - 4:00 p.m.
Girl Cost: \$30
Adult Cost: Complimentary

J Gear up and take on Camp Pamunkey Ridge's brand-new climbing tower and zip line! Learn how to participate safely and hone your skills at this fun-filled morning. Challenge yourself on the six different climbing routes and zip through the air while earning your Climbing Adventure Badge!

Climbing to New Heights -
Camp Pamunkey Ridge
10/29, 3/18 • 9:00 a.m. - 12:00 p.m.
10/8, 1/14, 5/7 • 1:00 - 4:00 p.m.
Girl Cost: \$30
Adult Cost: Complimentary

C Gear up and take on Camp Pamunkey Ridge's brand-new climbing tower and zip line! Learn how to participate safely and hone your skills at this fun-filled afternoon. Challenge yourself on the six different climbing routes and zip through the air while earning your Climbing Adventure Badge!

Climb On - Camp Pamunkey Ridge
10/15, 3/4, 5/13 • 9:00 a.m. - 12:00 p.m.
11/19, 4/15 • 1:00 - 4:00 p.m.
Girl Cost: \$30
Adult Cost: Complimentary

S Are you adventurous? Do you like to challenge yourself? Then this is for you! Spend the morning at Camp Pamunkey Ridge and take on our brand-new climbing tower, zip line, and high-ropes adventure course at this older girl exclusive event. Climb to your heart's content on our six routes and brave the adventure course while earning your Climbing Adventure Badge!

Climb On - Camp Pamunkey Ridge
11/19, 4/15 • 9:00 a.m. - 12:00 p.m.
10/15, 3/4, 5/13 • 1:00 - 4:00 p.m.
Girl Cost: \$30
Adult Cost: Complimentary

A Do you like to challenge yourself? Then this is for you! Spend the afternoon at Pamunkey Ridge and take on our brand-new climbing tower, zip line, and high-ropes adventure course at this older girl exclusive event. Climb to your heart's content on our six routes and brave the adventure course while earning your Climbing Adventure badge!



Unleash your Inner Artist
1/27 • 6:30 p.m. - 1/28 • 4:30 p.m.
Girl Cost: \$35 • Adult Cost: Complimentary
(all meals included)

D B J Get inspired by nature and unleash your inner artist in this ultra-creative overnight at Camp Pamunkey Ridge! Try your hand of different mediums of art – from sculpture to musical performance – as you earn your Outdoor Art Badge. Participants will also enjoy different program areas around camp. After all, what better to way to get inspired by nature than to spend time enjoying it?

C S A

Blazing Trails - Camp Pamunkey Ridge
3/10 • 6:30 p.m. - 3/12 • 11:00 a.m.
Girl Cost: \$35 • Adult Cost: Complimentary
(all meals included)

J C For girls interested in taking on rustic outdoor adventures, this is the weekend for you! Spend the weekend at Camp Pamunkey Ridge working on outdoor skills and preparing for a rustic tent or hammock camp out on Saturday night. Girls will try their hand at the climbing tower, cook a meal over a fire, and make new memories around the campfire with their Girl Scout sisters during this adventure filled weekend. Participants will earn their Trail Adventure Badge.

Camp Pamunkey Ridge Service Day
April 23rd • 10:00 a.m. - 5:00 p.m.
Girl and Adult Cost: Complimentary
(lunch included)

D B J For all to join in and help out around our wonderful camp property. Join us for the day and be surrounded by Girl Scout sisterhood and the joy of community. Council will provide lunch for all that join.

C S A

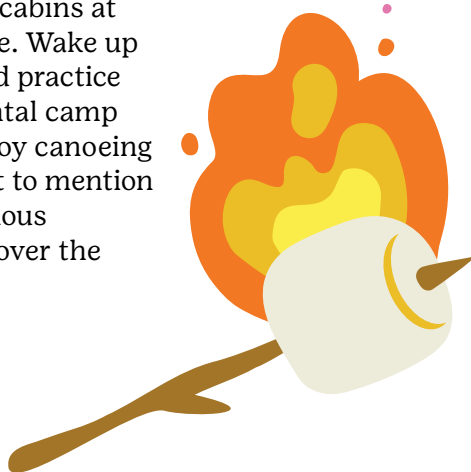
Service Weekend at Camp Kitty
5/19 • 6:30 p.m. - 5/20 • 4:30 p.m.
Girl and Adult Cost: Complimentary
(all meals included)

D B J For everyone who has ever experienced the magic of Camp Kitty (or has ever wanted to) join us as we take on service projects around camp. Join us overnight or just for the day, and be surrounded by Girl Scout sisterhood and the joy of community coming together for the common good. If camping overnight, plan to bring a tent or hammock to sleep in. We will provide breakfast; participants should bring a picnic lunch.

C S A

Camping 101
2/17 • 6:30 p.m. - 2/18 • 4:30 p.m.
3/31 • 6:30 p.m. - 4/1 • 4:30 p.m.
Girl Cost: \$35 • Adult Cost: Complimentary
(all meals included)

B J C S A For girls ready to try out an overnight campout! Enjoy a campfire before spending the night in the cabins at Pamunkey Ridge. Wake up the next day and practice some fundamental camp skills as you enjoy canoeing and archery, not to mention enjoying a delicious cook-out lunch over the campfire!



Say Hello to Camp
2/19, 4/2 • 9:00 a.m. - 4:30 p.m.
Girl Cost: \$15 • Adult Cost: Complimentary
(lunch included)

B J C S A For folks ready to dip their toe into what camp has to offer! Ease yourself outdoors with a fun filled day where girls will get to try their hand at canoeing, classic camp crafts, and learning to cook a basic meal over the campfire. This day event is perfect for anyone interested in beginning to explore outdoors!

Ultimate Adventure Weekend - Camp Kitty
10/28 • 6:30 p.m. - 10/30 • 11:00 a.m.
5/5 • 6:30 p.m. - 5/7 • 11:00 a.m.
Girl Cost: \$45 • Adult Cost: Complimentary
(all meals included)

S A This older girl exclusive weekend is perfect for girls ready to challenge themselves outdoors! Hone some more advanced camping skills like rustic fire building, shelter building, and water filtration surrounded by the natural beauty of Camp Kitty. Kayak in the cove and on the Great Wicomico River, camp out on Jesse's trail, and take on some advanced outdoor recipes with your fellow Girl Scouts.



On the Loose

Camp Pamunkey Ridge

1/20 • 6:30 p.m. - 1/22 • 11:00 a.m.

Girl Cost: \$45 • Adult Cost: Complimentary
(all meals included)

S A Calling all older girls interested in outdoor adventures! Spend the weekend at Camp Pamunkey Ridge enjoying the climbing tower, the lake, and more – all while preparing for a rustic tent or hammock camp out on Saturday night. Girls will practice outdoor skills new and old as they experience camping out and cooking a meal over a fire. Participants will earn their Trail Adventure Badge.



Archery Program Activity dates

Camp Pamunkey Ridge

Girl Cost: \$10

Adult Cost: Complimentary

C **Cadette Archery Day:**
October 29th
9:00 a.m. - 12:00 p.m.

J **Junior Archery Day:**
October 29th
1:00 - 3:00 p.m.

C **Cadette Archery Day:**
March 18th
9:00 a.m. - 12:00 p.m.

J **Junior Archery Day:**
March 18th
1:00 - 3:00 p.m.

B J C S A

Girl Scout Archery Day

April 29th

Session A: 9:00 - 10:30 a.m.

Session B: 11:00 a.m. - 12:30 p.m.

Session C: 2:00 - 3:30 p.m.

Session D: 4:00 - 5:30 p.m.

B **Brownie Archery Day**
May 13th

Session A: 10:00 a.m. - 12:00 p.m.

Session B: 1:00 - 2:00 p.m.

Inhale Confidence, Exhale Doubt

Mental Health Programming Initiative

Resilient. Ready. Strong. is a patch program that can be completed by yourself or as a troop. Girl Scouts of the Commonwealth of Virginia will provide the patch to all Girl Scouts that complete the patch program. Check out the flyer to see all the options that will earn you the *Resilient. Ready. Strong. Patch!*



Girl Scout Wellness Days

Join Girl Scouts of all ages on November 5th and May 7th at Camp Pamunkey Ridge to inhale confidence and exhale doubt. These casual days will be filled with various activities. From climbing our adventure tower, learning to line dance, practicing yoga, sleeping—we mean, meditating, and more! All Girl Scouts will leave with the *Resilient. Ready. Strong.* patch.



Meditation Sessions

GSCV is excited to announce Meditation Sessions! Girl Scouts are invited to join us for complimentary Yin yoga, meditation, and easy-movement sessions. The sessions will be an hour-long, held in the evenings and hosted at local parks or GSCV service center.

Session dates will be announced on our website, Facebook, and S'more News.



Cadette Program

Optimism is a wonderful quality, but maintaining this mindset takes practice. Cadette troops or individuals can request a complimentary “Good Vibes” package program to be mailed to them.

The Good Vibes box includes: activities for managing stress and fun goodies to help maintain positivity under trying circumstances.

To order this box please send an email to gshelper@comgirlscouts.org or call (804) 746-0590 ext. 316.

Resilient. Ready. Strong. Activity Guide

For each skill, there are two activities. There are a total of 20 activities to choose from.

Understand Emotions

1. Create a “happy box” filled with five things that make you smile, such as photos, art supplies, books, or favorite toys. Open the box when you’re worried, upset, or just need a little cheering up.

2. Learn how to use mental imagery to prepare for your next hike, run, or sports activity. Mental imagery can improve your performance and build your self-confidence.



Share Stories

1. Share stories with your friends about your favorite holiday, your greatest adventure, or your dreams for the future! They will learn more about you— and you’ll find out more about them.

2. Create a family crest to tell the story of your family’s heritage, values, or memorable moments. Or design a crest for any group you belong to, such as a school club, athletic team, or your Girl Scout troop.

Get Moving

1. Do a cool dance, social-emotional activities, or yoga with UNICEF Kid Power®. Have fun and stay fit as you support food banks and people in need.

2. Create a new dance move for your favorite song. Dance to the beat every day for a week or throw a dance party and teach it to friends.



Practice Gratitude and Giving

1. Select and carry out a national Girl Scout service project to support your community.



2. Start a gratitude journal: jot down two or three things you’re thankful for and three to five things that make you happy. (They could be one and the same!) Do this every day for one to two weeks. When you’re done, record how the practice made you feel.

Experience Nature

1. Visit a garden in your community or your own backyard to get ideas for creating a garden of your own.

2. Go on a night sky scavenger hunt: identify stars, constellations, or planets. Use a book, star wheel, or an app to chart your way.



Connect with Animals

1. Put up a bird feeder, plant flowers to attract hummingbirds, or get outside to watch and listen to our feathered friends.



2. Find out what it’s like to have a career protecting animals by talking to a veterinarian, animal-rescue worker, or zookeeper.

Enjoy a Hobby

1. Find an outdoor scene—it might be a lake, creek, trail, or your own backyard. Draw, film, or photograph the scene several times during the day or on different days. Observe how weather and time of day change the scene’s appearance.

2. Sketch a still life three times, using a different medium (colored pencils, regular pencils, charcoal, ink pen, markers, pastels, crayons) each time.



Find Meaning

1. Create a keepsake—a painting, collage, song, poem, scrapbook, bookmark, piece of jewelry, or another object—that reminds you of your favorite line of the Girl Scout Law.



2. Every job offers different ways for you to help others. Choose two or three jobs that interest you and find out how they might add meaning to your and others’ lives: interview people in your community, watch videos, or read articles about these jobs.

Connect to Community

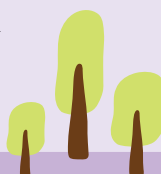
1. Music brings people together, and when people come together, they can build community. Make up a song about something you care about (friends, family, a favorite animal, etc.). Record your song and share it with others or sing it at an event.

2. You belong to a community of girls worldwide. Create a girls’ bill of rights that includes at least five things you think girls should have the right to do.



Take Action

1. Plant a tree to support the Girl Scout Tree Promise, and join a global movement to address climate change, one tree at time.



2. Learn the difference between community service and the Girl Scout concept of Take Action, then brainstorm some ways to engage in the latter! Girl Scout Junior or older? Start planning your Bronze, Silver, or Gold Award.

Visit www.girlscouts.org/wellness to try online activities and buy your patch.

Older Girl Community

Seniors and Ambassadors • Sister Saturdays

S A Sister Saturdays are an opportunity for older Girl Scouts to come together to foster a sense of community and build their network of sister Girl Scouts. These opportunities will not have a formal agenda but will have an adult present to ensure all girls attending have met in the recommended spot. Girls can attend these complimentary events as individuals or as a troop.

October 8th • 10:00 a.m.
Coffee at Riverside Park
Fredericksburg

This casual Girl Scout meet up will begin at the Agora Downtown Coffee Shop. Girl Scouts are invited to meet new friends, have a cup of coffee and possibly explore Riverside Park.



February 11th • 10:00 a.m.
Midlothian Mines Park
Midlothian

Bring your hot chocolate and join other Girl Scouts for a walk through the park.

March 4th • 10:00 a.m.
Women's History Month at Capitol Square
Richmond

Reflect on Women's History month with a casual meet up at the Virginia Women's Monument, *Voices from the Garden*, located on the grounds of the State Capitol in Richmond. Afterwards, take a walk to a close-by coffee shop.

April 8th • 10:00 a.m.
Maymont Park Nature Center
Richmond

This casual Girl Scout meet up will begin in the lobby of the nature center. Girl Scouts are invited to explore the grounds, roll down the hills and stop and smell the flowers.

May 8th • 1:00 p.m.
Ruby Scoops
Richmond

This casual Girl Scout meet up will begin at Ruby Scoops in the Brookland Park neighborhood. Girl Scouts are invited to meet new friends and try delicious flavors.

Cadette, Senior, and Ambassador • Real Life Academy



These virtual sessions are designed to inspire confidence in an ever-changing world.

October 19th • 7:00 p.m.

Ace the Interview

Whether you are interviewing for a job, college, or a spot in a specialty high school, learn the basics of what will set you apart and make you stand out.

November 17th • 7:00 p.m.

How to Say NO

Being comfortable saying no is a life skill that will empower you and help communicate effectively. Join us for a discussion on the power of saying no.

December 7th • 7:00 p.m.

What to do if you Get Pulled Over

It's going to happen sooner or later. How to stay calm, know your rights and what to do if you are pulled over while operating a vehicle.

February 16th • 7:00 p.m.

Thrifting your Way to a Better World

The environmental impact of fast fashion is having an adverse impact on our environment. Learn tips for thrifting and repurposing your way to a better world and cute closet.

March 16th • 7:00 p.m.

Tips on Stress Management

Life can feel overwhelming at times. Join a certified yoga instructor to learn tips to manage stress physically and mentally.

April 20th • 7:00 p.m.

The Shifting Nature of Friendships

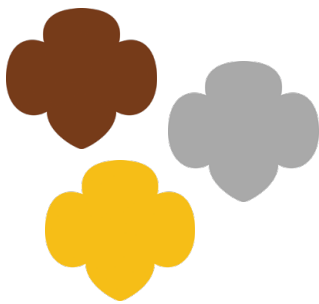
You realize your best friend from middle school is on a different path than you are. How do you navigate movement between friend groups, make new friends, and maintain friendships without the drama?



Girl Scouts Highest Awards

Ready, Set, Lead. Girl Scouts Highest Awards

Girls who are ready to flex their leadership skills above and beyond the traditional badges and patches might be up for the challenge of earning one of the highest awards.






There are three awards at different levels with different requirements.

All Awards must meet the following requirements:

- Serve to solve a community issue
- Be sustainable
- Meet the required minimum hours for completion
- Complete the required prerequisites



Grade Level	Group or Individual Project	Council or Leader Approved	Reporting tracking, approval process	Award	Prerequisites	Minimum Hours for Completion
Junior Girl Scouts – Grades 4-5 	Either group or individual	Leader approved at completion	Girls download workbook from GSCV website and track hours. At completion Leader approves and completes online link to submit	After the Leader completes the required report (linked in the GSCV website) the awards can be purchased in the Girl Scout shop or online. Girls will receive a congratulatory letter from Council.	Complete one Junior Journey	20 Hours
Cadette Girl Scouts – Grades 6-8 	Either small group or individual	Leader approved at completion	Girls download workbook from GSCV website and track hours. At completion Leader approves and completes online link to submit	After the Leader completes the required report (linked in the GSCV website) the awards can be purchased in the Girl Scout shop or online. Girls will receive a congratulatory letter from Council.	Complete one Cadette Journey	50 hours per Girl Scout
Senior and Ambassador Girl Scouts – Grades 9-12 	Individual	Council approval required before starting and at completion	Using the Go Gold system (linked in the GSCV website) girls must complete project proposal prior to beginning the project. Girls then meet with Gold Award Committee members to present project and get feedback; once project is completed a final report must be completed in Go Gold.	Once the final report has been approved from the Council the girl will receive her Gold Award in the mail along with a congratulatory letter from Council in approximately 2-3 weeks. Additional certificates from GSUSA will be sent to Gold Award Girl Scout approximately 1 month.	Complete your Silver Award and one Senior / Ambassador Journey or Complete 2 Senior or Ambassador Journeys	80 Hours Minimum

Gold Award in detail

Gold Award Girl Scouts are the dreamers and the doers who take “make the world a better place” to the next level. Seniors and Ambassadors who earn the Gold Award tackle issues that are dear to them and drive lasting change in their communities and beyond. Think of the Gold Award as a key that can open doors to scholarships, preferred admission tracks for college, and amazing career opportunities.

If you are ready to explore becoming a Gold Award Girl Scout, participating in training is the first step.

Gold Award Training

Virtual (Zoom) training dates:

- Monday, November 14th at 6:30 p.m.
- Thursday, January 12th at 6:30 p.m.
- Monday, March 13th at 6:30 p.m.

To receive the zoom link for these training please contact

HighestAwards@comgirlscouts.org

A recorded training is available on our website at **www.comgirlscouts.org**.

Brainstorming Sessions

Brainstorming sessions will be held throughout the year for girls considering their project and wanting to discuss it with a member or the Gold Award Review Committee prior to submitting her proposal. This step is optional and not a requirement. To participate in one or all of these sessions please contact

HighestAwards@comgirlscouts.org for the participation (Zoom) link.

These brainstorming sessions will be held on:

- Sunday, October 16th at 1:00 p.m.
- Sunday, November 20th at 1:00 p.m.
- Sunday, January 15th at 1:00 p.m.
- Sunday, March 19th at 1:00 p.m.
- Sunday, May 21st at 1:00 p.m.
- Sunday, August 20th at 1:00 p.m.

Once a girl's project proposal has been submitted through Go Gold Online, she will be contacted to schedule participation in her Gold Award Committee Review. This review is a requirement in earning the Gold Award and gives a girl the opportunity to share her proposal with a team of volunteers dedicated to supporting her successfully in her project.

Gold Award Committee Review Dates

- Sunday, October 1st, 2022
- Sunday, November 5th, 2022
- Sunday, December 17th, 2022
- Sunday, January 21st, 2023
- Sunday, February 4th, 2023
- Sunday, April 21st, 2023
- Sunday, May 5th, 2023
- Sunday, June 2nd, 2023



Gold Award Quick Reference Guide - The Steps to earning the Gold Award

Required Prerequisites: Complete two Senior or Ambassador Journeys (including the Take Action Projects), or One Senior or Ambassador Journey and your Silver Award.

STEP ONE: Complete Gold Award Training and the brief quiz following the training. Training can be completed in a live virtual session or through a recorded version. Information on both can be found on our website at www.comgirlscouts.org along with the brief quiz.

Optional: Attend a brainstorming session with a member of the Gold Award Review Committee. This is a great way to vet your ideas and determine if you are on the right track.

STEP TWO: Set up your Go Gold Account at gogold.girlscouts.org and complete/submit proposal. If for some reason you can't input your information in the Go Gold site contact us at HighestAwards@comgirlscouts.org and we will assist you. After you upload your

project proposal you will either be asked to complete additional information or be contacted to schedule your review.

STEP THREE: Attend a review session with the Gold Award Review Committee.

STEP FOUR: Complete the Project.

STEP FIVE: Complete the final report in the Go Gold site. After you submit your final report, you will either be contacted for additional information or receive a congratulatory email followed by a letter. In addition, we will ask you for important information such as do you want to receive your pin now or at a larger ceremony recognizing all Gold Award Girls.

FINAL STEP: Enjoy! Host a celebration with your family and friends. Be sure to thank your support team. You will be notified of any additional opportunities for Gold Award Girl Scouts such as celebratory events or scholarship opportunities. You will forever hold the distinction of being a Gold Award Girl Scout.

If at any point you need additional support, please contact HighestAwards@comgirlscouts.org



Adult Training

GSCV is committed to providing ongoing support to our dedicated leaders. We've received many requests from leaders wanting information on how to support their girls through difficult times. We have created virtual training sessions with mental health experts to address your requests.

The training will be offered on two different dates and times to meet the specific needs of leaders with younger and older girls. Join us on Zoom to learn:

- About the research GSUSA has provided on girls' mental health and wellbeing
- How to talk with girls and support them through difficult times
- About the specific Girl Scout resources and activities to help girls build resiliency and strength
- About community resources

The Zoom sessions will also have a Q&A for you to ask a mental health professional about any guidance you need.

Adult Training Session Time and Dates

Tuesday, October 18th at 6:30-7:30 p.m. | Building Girls who are Resilient, Ready and Strong - Daisy-Junior Session

To register please fill out the form at the link on our website: <https://bit.ly/3PHD590>

Thursday, October 20th at 6:30-7:30 p.m. | Building Girls who are Resilient, Ready and Strong - Cadette - Ambassador Session

To register please fill out the form at the link on our website: <https://bit.ly/3PHD590>

Resources

Mental Wellness & Inclusion / Girl Scouts

Girls are facing a mental health crisis. Supporting them as they grow and face life's complexities is a top priority. Girl Scouts plus their families, caregivers, and volunteers can access mental wellness resources from Girl Scouts of the USA and trusted partners.

National Council for Mental Wellbeing (NCMW) / Girl Scouts

The National Council for Mental Wellbeing is an organization that drives policy and social change on behalf of nearly 3,200 mental health and substance use treatment organizations and the more than 10 million children, adults, and families they serve.

NAMI / Girl Scouts

NAMI is the nation's largest grassroots mental health organization and leading voice on mental health. NAMI started in 1979, and is an alliance of more than 650 local affiliates and 49 state organizations, raising awareness and providing support.

Suicide & Crisis Lifeline / Dial 988

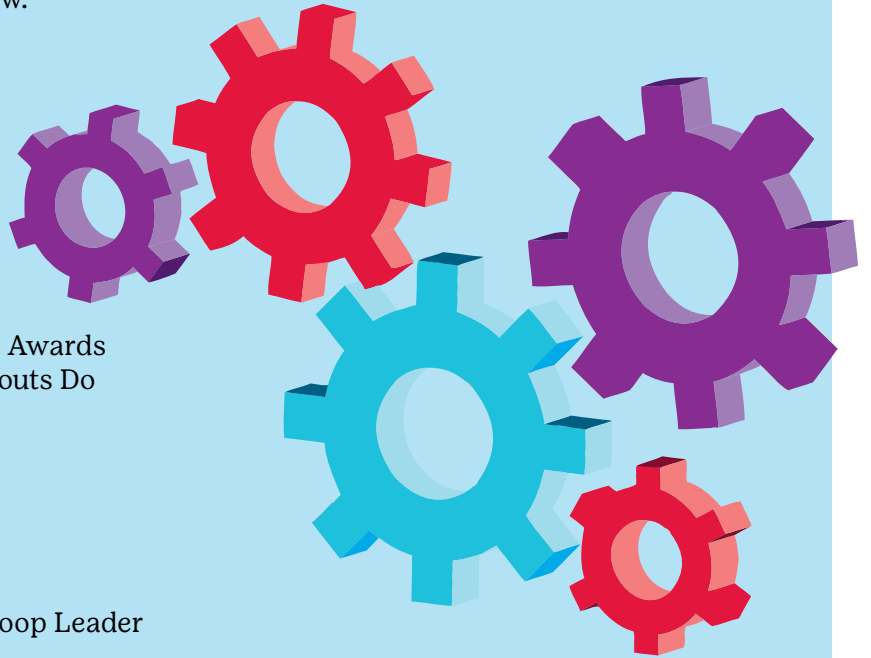
We can all help prevent suicide. The Lifeline provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals in the United States.

gsLearn

gsLearn is Girl Scouts' official online and on-demand training tool. It empowers volunteers to complete trainings as it works best for them. Volunteers have access to Girl Scout-specific training that supports consistency across the Girl Scout Movement.

gsLearn is accessible through your MyGS portal and in your home page menu under the Volunteer Toolkit option. The courses available to you are located on your home page in gsLearn. Courses available now are included in the list below.

- Daisy Petal Badges – 10 Badges
- Ten Tips to Keeping Girls Engaged
- Additional Money Earning
- Girl Scout Travel 101
- Delivering Inclusive Program
- Mental Wellness 101
- Junior-to-Cadette Transition
- Bank Account Basics
- Ready. Set. Go Gold. Girl Scout Highest Awards
- New Leader Onboarding: What Girl Scouts Do
- Troop Basics
- Daisy Level Essentials
- Brownie Level Essentials
- Junior Level Essentials
- Girl Scouts in the Outdoors
- Resilient. Ready. Strong.
- Girl Scout Levels and Your Role as a Troop Leader



Courses are added during the year, and they will automatically show on your home page! Try out gsLearn and enjoy the convenience of on demand courses.



New Leader Training - easy as 1,2,3!

This is such an exciting time when you become a Girl Scout troop leader. Girls are ready and we want to help you get ready for this amazing adventure. The training courses required are listed below and are available on demand to fit your schedule or in person. To access all options simply email gshelper@comgirlscouts.org

1. New Leader Onboarding: What Girl Scouts Do
2. Troop Basics
3. Age-Level Essentials

First Aid

First Aid/CPR certification can be taken locally to support busy schedules and convenience. Following the GSUSA approved vendor listing below you can obtain first aid/cpr training from the following vendors which offer options in all GSCV regions.

- American Red Cross
- National Safety Council
- EMP America
- American Heart Association
- American Safety and Health Institute (ASHI)
- Medic



Regional Resources

All GSCV regions have first aid/cpr classes offered from the partners above, but your best source of support is your service unit where you have a network of Girl Scout leaders ready to share their knowledge for resources in your local area!

Volunteers who provide a necessary skill to their troop in being the First Aider often have their training paid by troop funds. In the event the troop funds are not healthy enough to cover the cost, GSCV will help defray costs with up to a \$50 reimbursement each for up to two volunteers per troop every two years.

To request a reimbursement, you will submit your certification, receipt, and request for first aid/cpr training reimbursement form to gshelper@comgirlscouts.org

Quick troop tip: A medical professional can also serve as your first aider and would simply need to complete a quick form acknowledging their willingness to serve in that role.

Sync Your Knowledge

Virtual

October 27th, 2022

January 26th, 2023

February 23rd, 2023

March 23rd, 2023

April 27th, 2023

May 25th, 2023



Join us for a short special focus topic that is relevant for what leaders are asking now followed by an open question and answer opportunity. Sync Your Knowledge is for all volunteers seeking assistance with a Girl Scout topic or simply where to find a Girl Scout resource. We are excited to have you attend Sync Your Knowledge once or several times throughout the year. Let us know you are joining us using the link and you will receive the Zoom information.

<https://bit.ly/3S5KWiu>

Camping Training

Camp Pamunkey Ridge

November 5th, 2022 – Beginning Camping

Time to Get Outdoors! 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.

Those who seek to have camp training enabling them to take their troop tent camping should attend the Intermediate Camping course to be offered this Spring.



Archery

November 13th- Level 1 Certification
9:00 a.m. - 4:00 p.m.

June 10th- Level 1 Certification
9:00 a.m. - 4:00 p.m.

June 11th- Level 2 Certification
9:00 a.m. - 4:00 p.m.

Archery is a Girl Scout staple and a confidence boosting experience for girls. Taking 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, but girls 16 or older are invited to become certified

instructors as well. 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 inperson skills session at Pamunkey Ridge Girl Scout Camp. 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. Watch S'more News for more information and a registration link.



Axe Throwing

Pamunkey Ridge Girl Scout Camp has an axe throwing range. Volunteers who want to lead this activity with Girl Scout Cadettes, Seniors, or Ambassadors must take the online course:

World Axe Throwing League coach certification
<https://bit.ly/3xn7C6c>



Paddle sports

10/29-10/30 • 9:00 a.m. - 4:00 p.m.

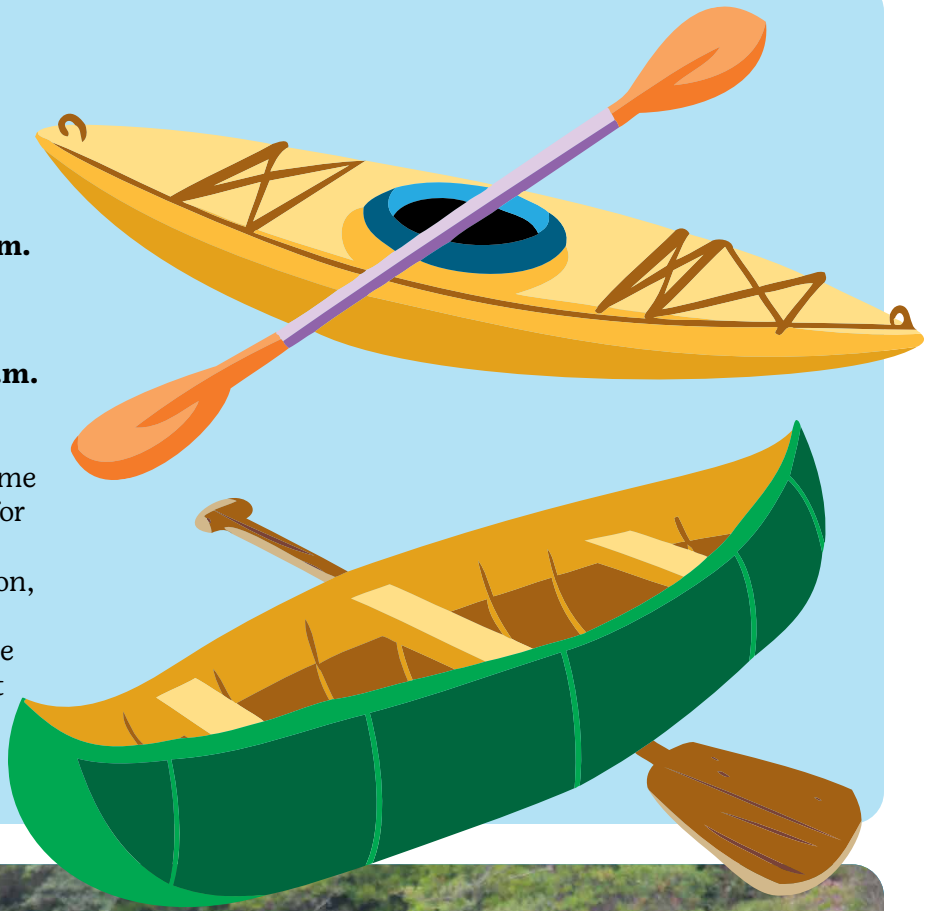
**All Paddle Sport (Canoe, Kayak,
Stand Up Paddle Boarding)**

4/15/23-4/16/23 • 9:00 a.m. - 4:00 p.m.

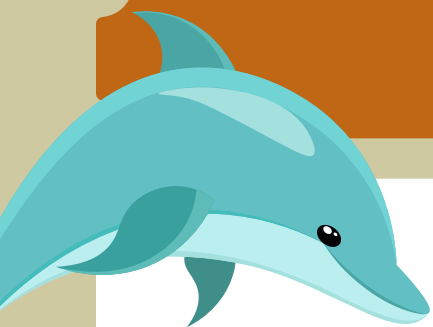
**All Paddle Sport (Canoe, Kayak,
Stand Up Paddle Boarding)**

April 29th, 2023 • 9:00 a.m. - 4:00 p.m.
Canoe only

Watercraft sports are a Girl Scout pastime and a confidence boosting experience for girls. By taking the Canoe, Kayak, and Standup Paddleboard (SUP) 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 SUP.



2023 Cookie Program



Theme: Go Bright Ahead

Mascot: Dolphin

2023 Important Cookie Dates

January 1st

Girls can begin taking orders and selling online

January 25th

Deadline for Troop Leaders to input girl cookie orders in Smart Cookies

February 15th-22nd

Traditional Deliveries (Rural Communities)

February 16th

Cookie Drive Thru in Fredericksburg

February 17th

Cookie Drive Thru in Richmond

February 18th

Cookie Drive Thru in Chesterfield

February 21st

Cookie Cupboards Open

March 15th

First ACH Draft (50% of initial order)

March 31st

Last day Cookie Cupboards are open, last day of Cookie Program

April 4th

Second ACH draft (balance due) and reward orders due in Smart Cookies by Troop Leaders

Ready, Set, Rally!

This year's Cookie Rally will take place on Sunday, December 11th at Kings Dominion Winterfest. Come as a troop or as a family. The first 2000 tickets purchased will be offered at a reduced price in recognition of the great work our girls did in the 2022 Cookie Program.

Tickets will be available for purchase on the Kings Dominion website. Keep an eye on S'more News for the special link to purchase.

Girl Scouts (girl members only) will have early entrance to the park and from 2:30-4:30 p.m. will have access to ice skating, cookie decorating and Girl Scout Cookie themed activities. This **\$30 ticket** will include parking and a patch.

Girl Scouts with a season pass will have entry into the park starting at 4:30 p.m. In order to gain early entry and have access to the Girl Scout Cookie Rally plus parking, season pass holders can buy a \$10 ticket.

Adults and non-Girl Scout family members accompanying Girl Scouts will receive early entrance to the park at 2:30 p.m. and enjoy all that Winterfest has to offer for only \$10.



What's new for Cookie Program 2023

- Raspberry Rally - our new online only cookie is a pure raspberry cookie with chocolate coating. It won't be available on the order card or in Cookie Cupboards so make sure customers are sent an order link.
- The Shortbread cookie is now the Trefoil. In an effort to standardize our cookie program all Girl Scout Councils will now sell the Trefoil and the name Shortbread has been retired. It's the same tasty recipe we've sold as the Shortbread for years just a new name.
- Our Caramel Chocolate Chip Cookie is returning with a new recipe. This delicious gluten-free and nut-free cookie promises to be even better this year.



Important Cookie Information for Girl Scout Leaders

Training for the Girl Scout Cookie Program is essential for success. Whether it is your first year or 20th cookie training will lay the groundwork for having the necessary support, knowing what to expect when and how to prepare the girls in your troop.

Cookie Training will be held both virtual and in person this year. Training along with cookie packet pick up will begin the first week in December. Details with registration links will be shared in S'more News. Not receiving S'more News? Oh no! Contact our helpdesk immediately at gshelper@comgirlscouts.org to get added.

When you attend Cookie Training or if you participate in virtual training, we will have multiple dates and times you can pick up your packet of materials. Each troop picking up their packet will receive a free package of the Trefoils. In addition, sample packs of all cookies (except the Raspberry Rally and caramel chocolate chip) will be available for \$10 at cookie packet pick up. Troops unable to pick up the cookie packet will have it mailed to them mid-December; however, we will not be able to mail the free package of Trefoils or sample packs.

Older Girl Advisory Group

Ready to speak your mind and share your voice to make Girl Scouting the best experience ever? Want to meet other older Girl Scouts from our council? Do you have ideas about events you would like to see council or your communities offer for older girls? If so, then Older Girl Advisory Group (OGAG) is for you! As a part of OGAG you will practice leadership by speaking out, offering ideas, helping to create a vision for older girl programming at GSCV. You will be able to give input as to what you would like to see offered in our council and community, share your opinion with our CEO and staff, help plan events and make a difference in our council. OGAG is a great opportunity to utilize your leadership skills while having fun and becoming instant friends with the most AWESOME girls! The Older Girl Advisory Group will meet at least three times a year to brainstorm programming ideas and so much more. Build your resume highlights by joining this group of Girl Scouts today!

OGAG Girls are:

- Leaders
- Mentors
- Program and Camp Facilitators
- Idea Makers
- The Voice of Girls

Who can join OGAG?

OGAG is a Council wide group offered to girls in high school. Exact age range can differ based on Girl Scout level. Open to all girls who complete the application demonstrating the commitment and interest in this special interest group.

Have questions about OGAG?

For questions or more information please contact
Naudy Solano-Daye,
Director of Program
nsolano-daye@comgirlscouts.org

