

# Volunteer News

*Training • Events • Activities • Tips*

girl scouts  
of the colonial coast



## Girl Scout Volunteer News & Updates for May 2024

Spring is in full swing! As the weather warms up, our calendars are starting to fill with fun events and celebrations. We hope you've taken advantage of [Early Renewal](#) to make sure the adventure continues; **incentives for service units are still in effect through May 31.**

This is also the perfect time to start planning troop encampments for the fall. All [GSCCC properties](#) are available to rent (when [summer camp](#) is not in session). Beautiful Camp Darden in Courtland, Virginia has over 100 acres to explore, and Camp Burke's Mill Pond in Gloucester, Virginia, is a camper favorite with its tranquil setting and nearby attractions.

What will your Year of Adventure look like?

### May Special Observances:

- **American Wetlands Month:** [The Outback](#), a 7 acre nature area located behind A Place for Girls in Chesapeake, is a wetland. It is also a designated site on the Virginia Birding and Wildlife Trail, as well as being a [Lou Henry Hoover Memorial Sanctuary](#).
- **National Mental Health Awareness Month:** Read below for some ideas on how you and your girls can engage with this important topic.

- **Asian American Native Hawaiian Pacific Islander Heritage Month:** Earn this month's "I Am a Girl Scout!" [multicultural heritage fun patch](#).
- **National Water Safety Month**
- **May 5-11: National Pet Week** – Try a [Brownie Pets badge activity](#) or check out the new [Animal Helpers badge](#) for Cadettes.
- **May 12: Mother's Day**
- **May 27: Memorial Day** – All GSCCC locations will be closed in observance. If you celebrate, please do so safely!



## **Bridging Activities for Multi-Level Troops**

During meetings when bridging girls are planning their ceremony or learning about the next level, have a special corner for other girls to work on a “surprise” for the bridging members. They could also help with decorations, invitations, or other preparations for the ceremony.

Ideas for a fun “surprise” might be:

- Have girls design their own “Congratulations” certificates or cards to present to each bridging member. They could do individual, personalized pieces or collaborate as a group and all sign each one. Consider using a great group photo of the whole troop on one of their adventures!
- Girls can make up a poem or skit and perform it at the ceremony. The subject could be a simple “Congratulations” with a traditional Girl Scout song, or it could relay the shared experiences they’ve had over the past year.
- Assign each non-bridging girl one of the bridging members to make a S.W.A.P.S. for, and have them “pin” it on her during the ceremony.

On the day of the event, the non-bridging troop members can be further included in the ceremony by rededicating themselves to another year of Girl Scouting and saying the Girl Scout Promise and Law together.

## **Mental Wellness Activities**

May is Mental Health Awareness Month. Now is a perfect time to explore the Girl Scouts Mental Wellness patch programs, created in partnership with the National Alliance on Mental Illness (NAMI) and the HCA Healthcare Foundation. Select any of the patches below to learn more.

- The [“Girl Scouts: Resilient. Ready. Strong.”](#) program is for all grade levels.
- The [“Knowing My Emotions”](#) patch is for Girl Scout Juniors.
- The [“Finding My Voice”](#) patch is for Girl Scout Cadettes.
- The [“Showing Up For Me and You”](#) patch is for Girl Scout Seniors and Ambassadors.

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### **Girls Night Out with the Tides – Friday, May 31**

Join us for a fun night of baseball with the Norfolk Tides at Harbor Park. Price includes a hot dog and a drink! [Optional overnight](#): Spend the night camped out under the stars at Harbor Park after the game, and watch a movie on the Jumbotron!

Location: Harbor Park, Norfolk

Levels: All

*(Registration Deadline: May 14)*

### **Girl Scouts Who AMAZE Celebration – Saturday, June 1**

Celebrate Girl Scouts who are making a difference through their highest award projects! We will also recognize this year’s Buck Harris Award honoree, scholarship recipients, and observe a special bridging ceremony.

Location: L. Douglas Wilder Performing Arts Center, Norfolk

Levels: All

*(Registration Deadline: May 17)*

### **First Aid Badge – Saturday, June 1**

Take advantage of this opportunity to earn this important badge! **Brownies and**

**Juniors:** Be prepared for the unexpected with some basic first aid skills. Learn how to help people when they're ill or injured and understand how to respond during an emergency. **Cadettes, Seniors, and Ambassadors:** Find out how to deal with minor injuries and illnesses and how to tell when the problem is more serious. Learn to provide emergency treatment in some life-threatening situations, including how to handle injuries and other urgent medical situations that can happen outdoors.

Location: Camp Apasus, Norfolk

Levels: B/J/C/S/A

*(Registration Deadline: May 23)*

### **Think Like a Programmer Journey - Saturday, June 8**

How do programmers use computational thinking to solve problems? On this Journey, you will complete six fun, computational thinking activities with hands-on materials for experimentation.

Location: Virginia Modeling, Analysis & Simulation Center, Suffolk

Levels: All

*(Registration Deadline: May 20)*

Download a printable version of the entire calendar of events through September 2024: [Program Events Calendar](#) (PDF)



### **Canoe/SUP Instructor Training**

Get ready to take your troop or group out on the water on GSCCC properties! In this course you will learn the basic responsibilities of a canoe/stand-up paddleboard instructor. Choose your date and location:

#### **Sunday, July 28**

Event Location: Camp Darden, Courtland

Time: 12:00 – 6:00 p.m.

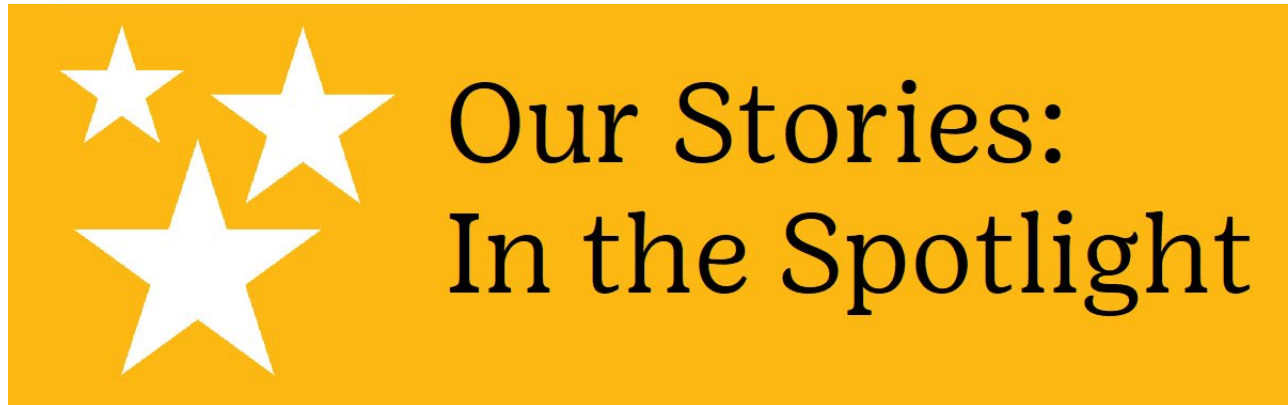
*Registration deadline: July 18*

## **Saturday, August 24**

Event Location: Camp Burke's Mill Pond, Gloucester

Time: 12:00 – 6:00 p.m.

Registration deadline: August 15



**BOD Spotlight: Sarah Linden-Brooks**—Lifetime Girl Scout and GSCCC board member is the Director of Sail Nauticus. [Read the full article](#)

**BOD Spotlight: Carolyn Pittman**—GSCCC's Board Chair first said yes to Girl Scouting with her daughter in 2009. [Read the full article](#)

**Camp Staff Spotlight: Natalie Lane**—Meet GSCCC's outdoor adventures manager, otherwise known as "Disney!" [Read the full article](#)

Browse these and other inspiring stories featuring local Girl Scouts, volunteers, alum, and more at [gscce.org/blog](http://gscce.org/blog).



## **GSCCC Shop Specials**

**May 1, 8, 22 and 29: Discount Wednesdays!**

Pick a lucky beach ball at checkout and receive a 10% or 15% discount off the entire purchase. *May not be combined with any other offer.*

## Special Hours:

- The GSCCC office and shop will be closed on Wednesday, May 15 for staff training.
- The GSCCC office and shop will be closed on Monday, May 27 in observance of Memorial Day.

**Varsity Raglan Sweatshirt:** Comfort meets style in this raglan sweatshirt. With varsity-inspired neon “Girl Scouts” graphic in soft chenille lettering, this heather grey sweatshirt is great for relaxing or a day on the go. Thumbholes at the end of the sleeves add even more comfort. Girls’: \$33, Women’s: \$34.

**Baseball Caps:** These soft, stylish caps are the perfect accessory for all your outdoor adventures! Assorted colors, one size fits all. \$18 each.

**Strong Like A Girl Scout Tank Top:** You're Girl Scout strong and ready for anything! This vibrant, neon pink tank top is sure to be noticed with its empowering message. Featuring a lightweight and stretchy moisture-wicking fabric, it's perfect to wear during your workout or when you're on the go. In pink with black “Strong like a Girl Scout” graphic and solid white trefoil. Girls’: \$19, Women’s: \$22.

**Neon Trefoil Gradient T-Shirt:** A soft, soothing ombré color design reminiscent of a sunset in peach, pink, and light blue, along with a striking solid pink trefoil graphic encircled by the words “Girl Scouts” and printed in a bold, neon gel texture. Girls’: \$25, Women’s: \$28.

Summer’s coming, make sure you’re provisioned—[let’s go shopping!](#)



## Make New Friends and Earn the Recruiter Patch!

Taking three simple actions to spread the word about Girl Scouts is all it takes to [get this exclusive GSCCC fun patch](#) — for girls and adults!