Work on nutrition and self-care with your family this month.

Get started by defining the following words: vitamin, protein, salt, and sugar. Then go through your cabinets and see how many are in your favorite foods. What changes might you consider making?

Next, let's tackle stress - something we're all likely feeling ahead of the holiday season. For the next week, whenever you feel stressed out about something, write it down on a piece of paper. Save your writings and share them with your family. Listen for similarities and differences. Can you work together to create solutions?

Girl Scouts can learn more about self-care and earn their Science of Happiness patch by registering for our virtual International Girls Day Out!

International Girls Day Out for Cadettes, Seniors, and Ambassadors
Date: Sat Nov 07, 10:00 AM - 12:00 PM
Deadline: Tues, Nov 3

**International Girls Day Out for Daisies, Brownies, and Juniors**
Date: Sat Nov 14, 10:00 AM - 12:00 PM
Deadline: Mon, Nov 2

---

**Our very own National Gold Award Girl Scout Kiara Baxter is now featured on GSUSA!**

[Read about how she was inspired](#) to design and build a community garden, plus listen to her speak about her experience as a Gold Award Girl Scout from a previously recorded webcast of Girl Scouts Change the World.

**GSCCC’s Fall Product Program continues through November 15.**

Customers may continue to support girls by ordering magazines, nuts and candies online. Girls who send 15 emails and sell $250 can earn a custom avatar patch plus we have a [new contest](#) for girls to win a giant sloth!
Families can find other fun and engaging activities offered by Girl Scouts of the Colonial Coast by visiting our Just for Me page and our Events page today. Adults can look forward to our popular Be Inspired series hosted monthly on Zoom.

Here are some events to check out for November:

**Financial Literacy Program - November**
Date: Sun Nov 01, 12:00 AM - Mon Nov 30, 11:59 PM  
Location: Online  
Girl Scout Daisies, Brownies, Seniors and Ambassadors can earn financial literacy badges by participating in these online courses!  
Deadline: Mon, Nov 30

**Think Like A Programmer**
Date: Sun Nov 01, 12:00 AM - Mon Nov 30, 11:59 PM  
Location: Online  
Girl Scout Cadettes, Seniors and Ambassadors will earn their Think Like A Programmer Badge by participating in this online program!  
Deadline: Mon, Nov 30

**Photography Badge Online**
Date: Sun Nov 01, 12:00 AM - Mon Nov 30, 11:59 PM  
Location: Online
Girl Scout Juniors and Ambassadors will earn their Photography Badge via this online course!
Deadline: Mon, Nov 30

**Badge In A Box - November 2020**
Date: Sun Nov 01, 12:00 AM - Mon Nov 30, 11:59 PM
Location: Home
Girl Scout Daisies, Brownies, Juniors, and Cadettes can earn badges from home with a guided box kit.
Deadline: Mon, Nov 30

**Show Some Love (Drop Off)**
Date: Fri Nov 06, 6:00 PM - 7:00 PM
Location: A Place for Girls
Girl Scouts can drop off their completed crafts at APFG for local senior citizens and earn their Community Service Rocker at this event! Click [here](#) to register for the November 7 drop off event at the old Peninsula Service Center location in Newport News.
Deadline: Sun, Nov 01

**Using Video to Make a Girl Scout Silver Award Shine!**
Date: Tue Nov 10, 7:00 PM - 8:00 PM
Location: Online
Girl Scout Cadettes will hear from Girl Scout Silver Award winners and learn about how they completed their projects.
Deadline: Thurs, Nov 05

**Awesome Girls: Future Me**
Date: Wed Nov 11, 6:00 - 7:00 PM
Location: Online
Girl Scout Cadettes, Seniors, and Ambassadors will hear from three inspiring women and their path to their current careers. Girls will get access to tips and ideas for how to tap into their own passions, interests, talents, and values to imagine a successful future for themselves.

**It's Your Story Tell It! - Daisies and Brownies**
Date: Sat Nov 21, 10:00 AM - 12:00 PM
Location: Zoom
Girl Scout Daisies and Brownies will complete their It's Your Story Tell It Journey at this event! Click [here](#) for Senior/Ambassador registration for
Did you know that all parents and caregivers have access to the Volunteer Toolkit (VTK)?
This toolkit is your digital key to all the amazing things your girls will experience this year! You will stay up-to-date with your girl’s achievements and discover how you can make an impact. Watch this video to learn more.

Volunteer Systems 2.0 coming in December!
Our member account management system has been refreshed and designed with you in mind. When you login to MyGS you will have clearer views, more features and functions, and enhanced search options. Keep an eye on GSCCC’s Facebook page and your email for additional details and timing.

Don't miss your chance to learn about women's history!

We Demand: Women's Suffrage in Virginia, a free exhibition from the Library of Virginia, commemorates the centennial of the ratification of the 19th Amendment to the U.S. Constitution that granted women the right to vote. The exhibit will be on view at the Norfolk Slover Library until November 3. Visit the Library's website and download the coloring book! Also, be sure to visit GSUSA's Global Action Award page and our Council's Civic Engagement page for more inspiration on how you can help your girl change the world.
We are excited to announce our 2021 Girl Scout Cookie Program starting January 9, 2021. Have some virtual fun getting ready for the cookie season by visiting Little Brownie Bakers online. Visit the Council’s Cookie page next month for more information including dates for volunteer training in November along with girl and adult information sessions that begin in December.

And don't forget to register by November 4 for our Cookie Kickoff celebrating the 2021 Girl Scout Cookie Program at the Virginia Zoo! It will be held on Sunday, December 6, 2020, from 10 a.m. to 2 p.m. with for Girl Scouts of all ages and their families.

Girls will receive their very own kits and visit each station to complete all activities to earn their cookie pin. Girls will learn all about animals, animal keeper, animal voices and learn about becoming an advocate for animals all while completing a scavenger hunt and their 5 steps to
reaching their Cookie Business Goals! Register today or you might miss out!

Kindergarten Families—This One’s for You!

Help your little scholar start school the right way with biweekly read-alongs from Girl Scouts! She’ll have fun following along as top authors read and discuss some of her favorite stories. Plus? She’ll grow her love for books, literacy, and learning. Find out more and register for FREE here.

The 7th Annual Cookie Classic Run is going VIRTUAL! Complete a 5K or 1 Mile on your own before or on January 16th and still earn all your favorite Cookie Classic prizes! Not only will you have awesome swag to
show off, but you will also know that you have helped fund the mission of the Girl Scouts.

The Cookie Classic Run is fun for the whole family, so be sure to register now! [Check out more info and register here!]

Adults are invited to join us and host Kate Godby for a virtual Vision Board Workshop on November 27, 2020! You'll learn about the Law of Attraction, the Law of Abundance, and have the opportunity to create your own vision board to put them both to practice. All proceeds for this event will be donated to our Council's She Believes She Can, So She Does Scholarship. [Get more details and register today.]

✈️ Share YOUR Story

We want to hear from girls, parents, volunteers and alum! You can fill out a short form with your contact information and your story that we can share with others.

Submit a story now »
For 12 years, Girl Scout volunteers, alum, and supporters have gathered together to enjoy the tastiest night of the year at Samoa Soiree to raise funds for GSCCC. To ensure everyone's continued safety, we have decided to cancel the in-person event. Without this event, we will have a deficit in the budget yet girls in our council still count on those funds for their leadership experience.

Even though we can't enjoy Samoa together this year, you can still ensure that girls don't have to miss out on their Girl Scout experience. Since you won't be purchasing a ticket, will you donate the price of your ticket to Girl Scouts? Make your gift today!

Raising Awesome Girls

Lots of things are hard these days, and families everywhere are feeling the stress. Beyond doing everything in your power to keep your loved ones healthy, there’s so much day-to-day stuff that can go sideways in a moment’s notice. Through Raising Awesome Girls, we’re helping parents and caregivers like you navigate today’s unique challenges and find family friendly solutions to problems we’ve never seen before. Whether you’re looking for advice on how to teach your girl about protecting herself online as she spends more time in the virtual world or are concerned about her general emotional wellness and resiliency, we’ve got you.

For more on how you can make her experience the best it can be, download the Girl Scout Family Connection Guide.
I'm Thankful For... Company Matching

Are you thinking about your end-of-year giving as Thanksgiving and the end of the calendar approach? Be sure to check with your employer to see if they provide a company match. A company match is a gift that your employer will give to Girl Scouts because you made a gift, essentially doubling your gift! Get your company involved in the giving spirit while supporting one of your favorite organizations, GSCCC!

Contact philanthropy@gsccc.org for more information.

Are you celebrating a birthday soon?

Consider hosting a Facebook Birthday Fundraiser in support of GSCCC to celebrate your special day - for that special organization that means so much to you!

Learn more »

The leaves are falling and the holiday season is quickly approaching us. Start your family's next adventure by earning the Explore Colonial Williamsburg Patch! Discover a major element of Virginia history, connect it with the present, and take action in engaging ways. Help your Girl Scout earn hers then purchase the patch for just $2.75 at our Chesapeake shop or the new
Peninsula Shop at Camp Skimino in the Enmeier Center.

Get the scoop on more shop specials in November like Gooble Gobble Wednesdays and Veteran Appreciation Day by visiting our Shop page.

Stay Safe, Stay Well

We encourage everyone to continue following safety measures outlined by the CDC as Virginia and North Carolina transition through their re-opening phases. To help, we have new resources available for caregivers and troop leaders about events, meetings, and other important details.

Invest In Girls

At Girl Scouts, we believe that when girls succeed so does society. We provide girls with a place to discover their passion, find their voice, and make a positive impact in their communities. These girls are building a better world for all of us! Find out how you can support our mission through giving!

DONATE NOW
If you want to be inspired by awesome girl, volunteer and alum stories, be sure to follow us on our social media. Find our links in the footer below!

Have a question? Don't be shy! Contact us for more information.

This email was sent to: charliew@gsccc.org