

# **Spring 2024**

Appalachian Highlands Region

# First Aid, CPR, and AED for Adults and Children









#### Johnson City • February 3

This is a blended-learning training with a preclass online component which participants are required to complete prior to attending.

Registration is required and participants who successfully complete the class will receive a two-year certification through the American Red Cross

At least one adult from every troop is required to have this training. Cadette (8th grade), Senior, and Ambassador girls are welcome to register as part of earning their First Aid badge. Troop funds may be used to satisfy this requirement.

Registration closes 2 weeks prior to training date to allow you time to complete the online components.

Due to the high demand of this course-- and in order for us to use resources wisely-- refunds will NOT be available after registration has closed. An email with the link and instructions for the online portion will be emailed 10-14 days before the class, and it is participants' responsibility to check for that email (spam, junk, etc). If you do NOT receive the email, email info@girlscoutcsa. org, and we will re-send.



# Journey in a Day: Think Like a Programmer







#### Johnson City • February 3

Beat those winter doldrums with a Journey in a Day: Think Like a Programmer! This is the perfect opportunity to knock out this prerequisite step for those Silver and Gold Awards, too.

We will be working with Ann Freeman, Manager with Information Management (which means she oversees the technical writers) at Siemens in Johnson City, who will walk us through programming activities and lead us toward our Take Action projects.

Participants will need to bring a lunch. Please reach out to Lynnea Salinas at LSalinas@
GirlScoutCSA.org with any questions or concerns.

### Girl Scout Levels



Daisy



Cadette



Brownie



Senior



Junior



Ambassador



Volunteers

If you have any questions, contact Customer Care at 800-474-1912.

Office Hours: M-F | 9AM-5PM



Scan the QR code to view the full activies calendar or visit The Activities Page on our website!

# Girl Scout Healthy Habits Day











#### Johnson City • February 10

Join students from the ETSU Gatton College of Pharmacy for an exciting, interactive day with lots of hands-on activities perfect for younger Girl Scouts.

Girls will participate in interactive experiments, games, and activities related to handwashing, healthy eating, exercising, sleeping, and teeth brushing. They will also spend time in our compounding lab, making a product they can take home.

Includes lunch for girls and adults that register. Girls will earn and take home a Healthy Habits patch and some swag.

This is NOT a drop off event. Troops are responsible for meeting girl to adult ratio requirements.

# Beyond a Brick: Daisy/Brownie Robotic Badge Workshop





#### Johnson City • February 17

Learn to design, build, and program a robot. Girls will be building and coding with Lego robotics. Daisies and Brownies will earn Robotics badges 1, 2, and 3. Badges are NOT included.

Registrations ends on February 10, 2024, 11:00 PM

# Beyond a Brick: Junior/Cadette Robotic Badge Workshop





#### Johnson City • February 17

Learn to design, build, and program a robot. Girls will be building and coding with Lego robotics. Daisies and Brownies will earn Robotics badges 1, 2, and 3. Badges are NOT included.

Registrations ends on February 10, 2024, 11:00 PM

# World Thinking Day











#### Johnson City • February 22

World Thinking Day, celebrated every February 22, is a day of friendship, sisterhood, and empowerment where Girl Scouts and Girl Guides across the world speak out on issues that affect girls and young women.

The 2024 World Thinking Day theme is Our World, Our Thriving Future: The environment and global poverty. To earn your World Thinking Day award, you will explore global issues at a local scale and learn how you can work with others to create a more peaceful and secure future for girls and women everywhere.

The 2024 World Thinking Day Award is included.

This is NOT a drop-off event. All Girl Scouts need to be accompanied by an adult, whether a caregiver or troop volunteer.





## Adopt a Tree/Girl Scout Tree Promise













#### Kingsport Area • February 24

You can make a big difference for our future! Help us bring "re-leaf" to Northeast Tennessee by planting tomorrow's forests. Your hard work will mean more wildlife homes, more natural beauty, more fresh air, and more fun for future children too!

On Saturday, February 24, from 10 AM until noon, you can help us plant hundreds of new trees at Warriors' Path State Park. For every tree seedling you plant, you will also get one to take home. to plant in your own neighborhood. Be sure to come early because supplies of trees are limited!

We will have some digging tools, but you can also bring your own if you'd like. Come dressed for the weather, and be prepared to get your hands dirty! Follow signs from the park entrance to the tree distribution location.

### Leap Day Celebration!













#### Johnson City • February 29

Come celebrate Leap Day with the Girl Scouts! It only happens once every 4 years, so now's your chance.

Join us for an evening of activities as we delve into time on a planetary level to discover the why's and wherefore's of Leap Day. Your nonmember friends are welcome, as well, they just need to register. We will also need some adults to stay to help meet ratios.

Price includes activity materials and a new fun patch.

### RESCHEDULED! Snow Adventure Weekend













#### Johnson City • March 1-3

Limited spots are available! Registration will be open from February 5 to February 18 at 11:59pm.

Join us and our friends at Holston Camp and Retreat Center for a (rescheduled) snow adventure weekend March 1-3, 2024! Participants can enjoy skiing, snowboarding, or snow tubing. No experience necessary!

Juniors, Cadettes, Seniors, Ambassadors, and adults can get all your skiing/snowboarding/snow tubing fun in one place. We will stay at Holston Center in Banner Elk. North Carolina and venture over to Beech Mountain for a day on the snow. Afterward, we'll enjoy some Girl Scout traditions of songs, games, and (of course) s'mores!

Never been skiing or snowboarding before? No worries! The weekend includes "ski school" where vou'll get the basics from a certified instructor before hitting the slopes. Snow tubing will also be available if skiing or snowboarding isn't really your jam.

Price includes two nights' lodging, four meals (breakfast, lunch, and dinner on Saturday and breakfast on Sunday,) 4-hour lift ticket/2 hour tube spot, and equipment rental, plus Snow Adventure badges. \*\*\*A non-refundable \$50 deposit is required to save your spot. Payment is due in full by February 23, 2024.\*\*\*

This is NOT a drop-off event. Girls must be accompanied by an adult for the weekend. Girl Scout dads/uncles/grandfathers are welcome to come as the chaperone. Adults may choose to partake in all snow activities or attend as a nonsnow-stuff chaperone; simply choose the session you wish to attend. Registration is needed by February 18, 2023.

Girl Scouts will receive the Snow Adventure badge in their level.

Have questions or need more info? Reach out to Lynnea Salinas at LSalinas@GirlScoutCSA.org.

#### Reach for the Peaks











#### Johnson City • March 9

Reach for the Peaks as we hike the Tweetsie Trail in the Johnson City area with a hiker from Southern Appalachian Highlands Conservancy.

# Girl Scout Birthday Party!













#### Johnson City Area • March 12

In the words of Bilbo Baggins, it's our "hundred eleventieth" birthday! Join us for a special evening of birthday fun as we celebrate 111 years of Girl Scouts!

Our festivities include a private painting party with our friends at Into the Fire where everyone will paint their own 12x12 canvas with a fun birthday motif. Price includes all materials and instruction, plus a fun patch.





# Digital Arts Day with Create Appalachia







#### Kingsport Area • March 16

Get your STEAM on as we work with our friends at Create Appalachia to design original works of art utilizing the latest in digital art technology!

Participants will work with professional digital artist Fate Walker to create, design, and bring to life a character of their own devising utilizing professional-grade software on state-of-the-art drawing tablets. They will also learn a bit about coding, computer design, STEAM-sector careers, and how to merge art with technology.

Girl Scouts will earn the Coding Basics and Digital Game Design badges in their level. Badges are included.

This IS a drop-off event. Participants will need to pack a lunch.

PLEASE NOTE: Due to the nature of this event, we have to have at least 12 participants in order to successfully host this program.

## "The Pitch" Badge Workshop and High Award Training







#### Johnson City Area • March 23

Bold, Brave, Boss,

You are all three, and you're ready to share your ideas with the world. You don't need to work for "the man" because you are your own changemaker.

Join us and our friends from Spark Plaza for "The Pitch," where you will meet with other girl bosses, share your ideas, and complete Silver/Gold Award training in the process.

We will hear from Valetina Escobar-Gonzalez, founder of Beyond Engagement, a social media solutions company, who will present real-world business challenges that YOU get the opportunity to help solve! This hands-on, real-world approach will have you thinking like a business leader, acting like a problem solver, working as a team, and addressing the root causes of real life issues. Not only will you earn a badge, but you will also complete High Award training at the same time. You'll be on your way to being the ultimate Girl Boss after this! You will also get to experience Spark Plaza, an entreprenuerial co-working space in downtown Johnson City.

Cadettes will earn the Business Creator badge and complete Silver Award training. Seniors will earn the Business Startup badge and Ambassadors will earn the Entrepreneur Accelerator badge, and complete Gold Award training. All badges and training materials are included.



## **Archery Day**













#### Camp Wildwood • April 6

Ready, aim, LAUNCH you way into Archery Day! All ages can join us at Camp Wildwood for a day of archery (slingshots for Daisies.) All participants will earn an archery patch (included,) and Cadettes will have the opportunity to earn their Archery badge (not included.)

Daisies, Brownies, and Juniors can attend in the morning; Cadettes, Seniors, and Ambassadors in the afternoon. Please register for the session time you wish to attend. (Slingshots can be available at either morning session for Daisies.)

# National Parks Adventure 2025 Interest Meeting







#### Johnson City Area • April 8

Girl Scouts go west! GSCSA will be leading a trip to the Grand Canyon, Bryce Canyon, and Zion National Park in summer 2025. Want to learn more? Join our free interest meeting on Zoom! Spots for the trip are limited and attendace at our interest meeting gives you first dibs on a seat.

Girl Scouts who will be 13 years or older at the time of the trip (June 2025) may participate. Girls can come with an adult or travel with GSCSA staff as their chaperone.

The registration link will take you to the EF Tours page where you can RSVP for this event. Zoom links will be sent after registration.

Even if you can't make it on April 8, you can still register to get info. Click "Register Now" then choose "No, but send info."

Reach out to Lynnea Salinas at LSalinas@ GirlScoutCSA.org with any questions.

## Girl Scout Day at Tusculum University







#### Johnson City Area • April 13

SAVE THE DATE!

Tusculum University invites Cadette, Senior and Ambassador Girl Scouts to their campus for a day of badge earning and more!

More information to come. Please just save the date for now.

This IS a drop off event.



# First Aid, CPR, and AED for Adults and Children









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### Beyond a Brick: Daisy-Cadette Lego Architecture Skyscrapers









### Johnson City Area • April 27

Have you ever wondered why skyscrapers were first built? Learn about the history, the famous designers of skyscrapers, and the techniques to build skyscrapers in order to build your very own Lego building! A special patch will be available for sale after completion of this workshop for \$5.00

# Mother's Day Gifts









#### Johnson City Area • May 2

Join us as we make a gift for the mother/mother figure just in time for Mother's Day on May 14th. Includes a Mother's Day patch!

We may need some volunteers to stay to meet girl to adult ratio.



### Outdoor Education



#### Camp Wildwood • May 4

Outdoor Education covers the essentials for adults to lead a fun, safe, and enriching camping experience. At least one volunteer in each troop is required to complete this class before the troop is allowed to camp anywhere, including our camp properties.

Our Outdoor Education class includes information about planning your camp experience, packing, outdoor cooking, fire building, safety guidelines, and more! Prior to attending this hands-on class, we will provide you with a video learning course through gsLearn, our online learning portal, that will set you up for success in the outdoors. Please note: The registration deadline is April 21 in order to allow participants adequate time to complete the online coursework.

Lunch will be provided as part of the training, so please indicate any dietary restrictions when registering.



# Girls (Ewoks!) in the Woods













#### Camp Wildwood • May 4

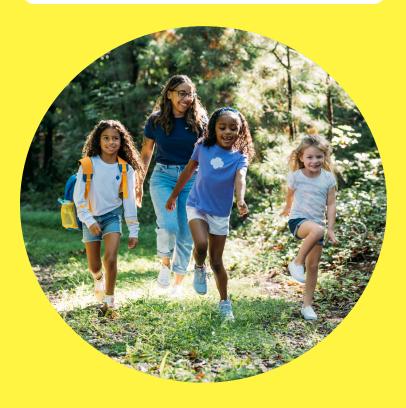
Ewoks and Jedi and lightsabers, oh my! Come spend the day at Camp Wildwood for an outdoor experience with a twist! We'll have various activities (archery/slingshots and s'mores for sure) along with fun Girl Scout traditions.

May the Fouth be with you!

Cost includes all activity materials and our Girls in the Woods patch. Please bring a lunch.

Attendees must provide their own safety ratio of adults. This is NOT a drop off event - all girls must be accompanied by an adult.

Troop camping is available at Camp Wildwood for this event. If interested, please email info@ girlscoutcsa.org for pricing and more information.



# A Magical Breathe Journey



#### Big Stone Gap area • May 11

Dear Girl Scout,

We are pleased to inform you that you have been accepted at this spring's Breathe Journey in a Day, based on Britain's most poular wizard. Please find enclosed a list of further activities for the day.

Term begins on May 11 at 10:00am. We await your owl by no later than May 1.

Yours sincerely,

Minerva McGonagall

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Cadette Girl Scouts will experience the Breathe journey done in a single day including:

Lessons in subjects such as potions, herbology, transfiguration, and charms (Muggles refer to these subjects as aromatherapy, gardening, yoga, and magnetism, respectively;)

A chance to compete in the Tri-Wizard Tournament (sans death and destruction, of course:)

Quidditch (what Muggles call "airplanes;") and Working with our House Elves to complete tasks! (This does involve work in the kitchens so please advise us of any dietary restrictions.) You will even have the chance to sit your O.W.L. and N.E.W.T. exams ("Take Action project" in Muggle-speak) to earn your full Journey award.

Please send you owl via the online registration. All class materials and badges are included.

If you have questions, please reach out to Minerva McGonagall care of Lynnea Salinas at LSalinas@ GirlScoutCSA.org.

# Build Your Own Voice App (Oak Ridge Computer Science Girls)







#### VIRTUAL • May 18

This event is designed for 5th to 10th grade girls with no or very little prior programming experience.

Alexa, Siri, and Google Assistant are very popular technologies allowing you to interact with technology by just talking. What makes those technologies work? The answer is Artificial Intelligence-powered software, like apps! You don't need to work for Amazon or Google to build apps for Alexa and Google Assistant. Anyone can write apps! In this workshop, students will learn how to build their own voice apps using the Voiceflow (www.voiceflow.com) free platform.

Class is FREE, but registration is REQUIRED. These classes are small and fill quickly. Be sure to read the No Show policy before you register.

## Cook Local with Boone Street Market





#### Jonesborough Area • May 18

Perhaps you've seen the bumper stickers that say, "Local Food: Thousands of Miles Fresher!" Well, now is your chance to find out just how true that is! Brownies and Juniors are invited to join our friends from the Boone Street Market to visit with local farmer's market vendors, choose farm fresh produce, and create your own farm-to-table snacks and simple meals.

Brownies will earn the Snacks badge and Juniors will earn the Simple Meals badge.

Badges are included. This IS a drop-off event.



### Cook Local with Boone Street Market









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Perhaps you've seen the bumper stickers that say, "Local Food: Thousands of Miles Fresher!" Well, now is your chance to find out just how true that is! Cadettes, Seniors, and Ambassadors are invited to join our friends from the Boone Street Market to visit with local farmer's market vendors, choose farm fresh produce, and create your own farm-to-table meal.

Cadettes will earn the New Cuisines badge, Seniors will earn the Locavore badge, and Ambassadors will get started on the Dinner Party badge.

Badges are included. This IS a drop-off event.

# Where Do Emojis Come From? (Oak Ridge Computer Science Girls)







#### VIRTUAL • May 25

This event is designed for 5th to 10th grade girls with no or very little prior programming experience.

Everyone loves emojis. But who decides on new emojis? How are are emojis and text stored in computer memory? In this fun class you will learn the secrets of emojis and get hands-on experience with them.

Class is FREE, but registration is REQUIRED. These classes are small and fill quickly. Be sure to read the No Show policy before you register.

# Artificial Intelligence with OceanAI (Oak Ridge Computer Science Girls)







#### VIRTUAL • May 25

This event is designed for 2th to 4th grade girls with no or very little prior programming experience.

Artificial intelligence is all around us, but how does it work? Through code.org's OceanAI program, girls will explore the wonders of machine learning and how it affects our everyday lives.

Class is FREE, but registration is REQUIRED. These classes are small and fill quickly. Be sure to read the No Show policy before you register.

# Memorial Day Flag Placement













### Johnson City • May 25

REGISTRATION IS NOT NECESSARY

Girl Scouts are invited and encouraged to take part in a special flag placement day in honor of Memorial Day. Join us in recognizing those who served in our nation's armed services and whom are now laid to rest in Mountain Home VA Memorial Cemetery. Help us honor their sacrifices by placing special flags on each grave in rememberance. Flags will be provided by the cemetery. Meet at 9:00 am at the Gazebo.

All Girl Scouts attending this event must be in uniform.

# Chapter Two: The Author is You!







#### Johnson City Area • June 1

We're LJ Madwish, the mother-daughter writing duo behind the "Mary and Mike's Magnanimous Adventures" series.

Many of you joined us last year when we focused on the overall process of writing and selfpublishing. Our "Chapter Two" visit will help you harness your creativity and guide you in writing your own adventure!

Join this two hour workshop and learn more about how you can author your own story. You'll leave with an outline for your book and so many amazing ideas that completing it will be a breeze!

You'll also go home with a blank book to transcribe your story into and a one of a kind patch.

Copies of our books will be available for purchase.

If you didn't join us last year, that's okay! We love seeing new faces. Register today!

# **Babysitter Certification Training**







#### Johnson City Area • June 6

ed Cross Babysitter training class will give you the knowledge and skills needed to be safe, responsible and successful babysitters. This class is for Girl Scout Cadettes and Seniors. If you will be a Cadette or Senior in the Fall of 2024, you may register too!

When you complete this course, you will receive a certificate and Cadettes will earn the Babysitter badge. Badge is included.

This is a drop off event. Please plan to bring you lunch and snacks.

# **High Award Prep**

# **Bronze Award Training**



Johnson City • February 13, April 18, **May 21** 

Learn what it takes to earn the highest award a Girl Scout Junior can earn - The Bronze Award. Required for Juniors; encouraged for adult volunteers.

















# **Gold Award Training**





Johnson City • February 12, April 16, **May 16** 

# Silver Award Training



Johnson City • February 12, April 16

Join us to learn about the highest award Girl Scout



### Gold Award Interviews





#### **Johnson City • March 18**

Virtual options and alternative dates are available