



**girl scouts**  
in the heart  
of pennsylvania

## Be Connected

### Monthly Newsletter for Girl Scout Volunteers

#### Dear Volunteers,

We are starting off this troop year with some exciting programs for girls, including:

- Cookie Rallies and Cookie Colleges will be held in all five regions of the council on January 5, 2013.
- Two camping weekends especially for Cadettes who will be able to complete the aMAZE Journey in one weekend and be ready to go for their Silver Awards:
  - o November 2-4, 2012, Camp Small Valley
  - o May 3-5, 2013, Camp Small Valley
- The Healthy Promise initiative, promoting great nutrition and exercise with:
  - o Two council-wide special events, one in the South and one in the Northeast
  - o Healthy Promise leaders' guides for all levels of Girl Scouts
  - o Service Unit Mini-Grants
  - o A virtual component that will attract our digitally-oriented girls!

We are anxious to share some other updates which you can find elsewhere in this newsletter, concerning [property sales and development](#), an upcoming [diversity workshop](#), and the new [Second Century Award](#) for service units.

We are proud to announce that GSHPA has gone public with our Inspiring Generations campaign, begun in 2011, to raise \$5 million by September 30th, 2013. We have raised \$3.3 million already, and have \$1.7 million to go. Fundraising for this campaign was the

#### IN THIS ISSUE:

##### **Free Volunteer Training Weekends this Fall**

Choose from a variety of outdoor themed required trainings and enrichment classes at four locations throughout our council!

##### **Adult Facilitators Needed**

Enjoy a fun, adventure-filled weekend at Camp Small Valley while getting trained on our new adventure courses!

##### **Healthy Promise**

Check out the newest signature program that encourages girls to eat well and be active!

##### **Cadette Wins Poster Contest**

A York County Girl Scout's poster turns into an educating experience for new parents.

##### **Diversity Workshop**

Learn how to connect with diverse communities throughout our council.

##### **Save the Date**

Upcoming Events you want to put on your calendar.

##### **2012-2013 SU Delegates**

Congratulations and a big "thank you" to the individuals listed below who have been elected as GSHPA's 2012-2013 Service Unit Delegates.

purpose of our wonderful celebration in Hershey on September 5. We have two more fundraising events to go on September 8 in Wilkes-Barre and on October 11 in State College. Hope to see some of you there!

All in all, it looks like we are heading into a busy and exciting year for developing girls' leadership in the heart of Pennsylvania. As always, we thank you for your partnership in an enterprise whose mission could not be fulfilled without dedicated volunteers.

Sincerely,



Kate Crowley  
Board Chair

Jane Ransom  
President & CEO

### Free Volunteer Training Weekends this Fall!

Volunteers have the opportunity to participate in any of four free Volunteer Training Weekends that are scheduled for this September and October! Choose from a variety of outdoor themed required trainings and enrichment classes – all of which will help enhance the quality of the Girl Scout Leadership Experience you can offer for girls throughout our council!

Sign up for as many classes as you want at any of the locations throughout our council. All weekends will offer the following required trainings: Outdoor Skills, Camping 101 and First Aid & CPR.\*

There is no fee\* to attend (including meals) and overnight lodging will be provided on a first come-first serve basis. Pre-registration is required and participants must be current GSHPA volunteers.

*(\*Due to popularity, First Aid & CPR at all four locations does require a \$25 deposit that will be returned upon successful completion of the course.)*

Space is limited and will be available on a first come, first served basis. Registration closes a week before each training weekend. Please see specific camp forms for times and dates.

Camp Small Valley - September 29 - 30 (located in

The GSHPA Service Unit Delegate serves as the primary communication link between the Girl Scout members in her/his service unit and GSHPA's Board of Directors. Delegates have the opportunity to influence governance decisions which benefit all girls in GSHPA's jurisdiction. We are asking that our Service Unit Managers ensure that their service unit is represented by electing delegates at your next meeting, if you have not already done so. For more information or to have questions addressed, contact your Membership Associate or Regional Director.

SU164 Sheila Kretzing

SU177 Cathy Hartwick

SU226 Sherry McMaster & Lorna Myers

SU303 Ronie-Lyn Alford & Nicole Hoke

SU304 Barbara Stang

SU305 Wyanita Edwards

SU310 Joy Wolbach

SU431 Maxine Brunner

SU641 Belinda Stefl

SU701 Diane Carpenter, Alice Horney, & Stephanie Smith

SU704 Julie Boldizar & Monica Daniel-Barber

SU706 Stacey Joy

SU707 Cathy Lenhart & Stephanie Phillips

SU713 Sherry Miller & Michelle Ressler-Teter

SU715 Christy Foltz, Ashley Jenks, & Christine Jenks

SU716 Angela Jackson & Jane Trout

SU833 Joy Grunden & Annette Wenrich

SU834 Kimberly Campbell

SU836 Ami Spriggs, Laurie Stopyra, & Jessica Whitmore

Halifax in Dauphin County)  
[Click here to register](#) (Deadline to register is September 20)

Camp Louise - October 5-7 (located in Shickshinny in Columbia County)  
**Registration Opens Tuesday, September 11!**

Camp Echo Trail - October 13-14 (located in Felton in York County)  
**Registration Opens Tuesday, September 11!**

Camp Golden Pond - October 26-28 (located in Petersburg in Huntingdon County)  
**Registration Opens Tuesday, September 11!**

**Adult Volunteers, We Need You to Become Part of the Adventure Team at Camp Small Valley!**

We have low and high rope courses as well as a climbing tower and we need facilitators to help our Girl Scouts use them! Come enjoy a fun, adventure filled weekend at Camp Small Valley, in upper Dauphin County on October 4-7, 2012. If you should choose to stay overnight, Mattis Lodge will be available if you would need accommodations. Please contact Kelly Benasutti at [kbenasutti@gshpa.org](mailto:kbenasutti@gshpa.org) to arrange your overnight stay.

Train on one course or all three. That choice is up to you! The best part... **TRAINING IS FREE!**

**Choose your facilitator pathway:**

**Entire Adventure Course Training Program – October 4-7, 2012**

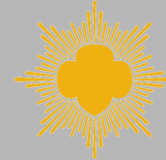
This training will enable you to become a facilitator for our low ropes course, high ropes elements and climbing tower. You will learn how to set up the courses, belay, safety and different ways to facilitate. These trainings do not transfer to our other camps with adventure elements. You must be able to physically and mentally handle heights of 50 feet or greater. Closed toed shoes are required.

To continue to be current on these elements, you must volunteer at least twice a year. Each day's training will be from 9 a.m. – 5 p.m. If you should choose to stay overnight, Mattis Lodge will be available if you would need accommodations. GSHPA will provide lunch and water every day.

SU839 Jennifer Bruder & Patricia Mellors

SU840 Lynn Bixler & Joan Miller

SU842 Ann Baker & Donna Freeze



**Gold Award Spotlight**

In celebration of our 100th anniversary, we have been spotlighting the best and brightest members of our Council, the Girl Scout Gold Award recipients. The Gold Award is the highest honor a Girl Scout can achieve. By earning the Gold Award, each recipient demonstrates a special commitment to excellence in herself, her community and her future. Recipients must complete several activities covering career exploration, leadership skills, community service and specialized interest projects, followed by a comprehensive project selected and designed by the recipient based on her skills and interests. [Click here](#) to read about our final Gold Award Spotlight of the year!

Please note: Training is Thursday – Sunday.

[Click here to register.](#) **REGISTRATION CLOSSES AT 11:59PM 9/24/2012.**

**A La Carte Program (Chose one or two)**

**Low Ropes Adventure Program – October 4, 2012 9:00 a.m. – 5:00 p.m.**

This training will enable you to become a facilitator for our low ropes course. You will learn various teambuilding activities that develop communication, trust and unity. As a part of this training, you may also elect to participate in other portions of the adventure activities by day or register for the entire training event. These trainings do not transfer to our other camps with adventure elements. Closed toed shoes are required.

To continue to be current on these elements, you must volunteer at least twice a year. If you should choose to stay overnight, Mattis Lodge will be available if you would need accommodations. GSHPA will provide lunch & water every day.

[Click here to register.](#) **REGISTRATION CLOSSES AT 11:59 PM ON 9/24/12.**

**Climbing Tower, Leap of Faith and Giant Swing Adventure Program – October 5, 2012 – 9:00 a.m. – 5:00 p.m.**

This training will enable you to become a facilitator for our climbing tower, giant swing and leap of faith. You will be trained in facilitation, equipment checks/logs, rescues, etc . You must be physically and mentally able to perform rescues and handle heights 40 feet or greater. As a part of this training, you may also elect to participate in other portions of the adventure activities by day or register for the entire training event. These trainings do not transfer to our other camps with adventure elements. Closed toed shoes are required.

To continue to be current on these elements, you must volunteer at least twice a year. If you should choose to stay overnight, Mattis Lodge will be available if you would need accommodations. GSHPA will provide lunch & water every day.

[Click here to register.](#) **REGISTRATION CLOSSES AT**

**11:59PM ON 9/24/12.**

**High Ropes Course Program – October 6 - 7, 2012 – 9:00 a.m. – 5:00 p.m. each day**

This training will enable you to become a facilitator for our high ropes course & zip line. You will be trained in facilitation, equipment checks/logs, rescues, etc . You must be physically & mentally able to handles heights of 50 feet or greater and perform rescues as necessary. As a part of this training, you may also elect to participate in other portions of the adventure activities by day or register for the entire training event. These trainings do not transfer to our other camps with adventure elements. Closed toed shoes are required.

To continue to be current on these elements, you must volunteer at least twice a year. If you should choose to stay overnight, Mattis Lodge will be available if you would need accommodations. GSHPA will provide lunch & water every day.

Please note: This is a two (2) day training.

**[Click here to register.](#) REGISTRATION CLOSSES AT 11:59PM ON 9/24/12.**

***Are You Ready to Make a Healthy Promise?***

*Healthy Promise* is the new signature program just for Girl Scouts in the Heart of Pennsylvania. The program encourages girls to eat well and be active by incorporating hands-on workshops, community service projects, a grade-level specific troop curriculum, online learning and council-wide events into a comprehensive Girl Scout leadership experience.

[Click here](#) for a sneak preview of the Healthy Promise How to Guide for Adult Volunteers – a troop curriculum that will be available free of charge in October.

Join us in October for the Healthy Promise kickoff event, and then throughout the year for video chats, webcasts, Take Action projects, and the Million Mile March in April 2013. More details to come at [www.gshpa.org](http://www.gshpa.org).

***The Healthy Promise Kickoff***

Jump right in on all the action at the Healthy Promise kickoff on October 20, 2012 from 10 a.m. to 2 p.m. at the Central York High School in York, PA. Enjoy a

morning full of activities – climb a rock wall , shoot a soccer ball, or field a softball. Then, finish the day with a concert by Jill Jayne, America’s only rockstar nutritionist.

[Click here](#) to see a message from Jill!!

The cost of admission is \$15 for girls and adults. The price includes an event patch, t-shirt, a healthy snack, a day full of activities and a Jump with Jill performance. Participants should bring a brown bag lunch and drink.

[Click here to register!](#) Registration closes September 29, 2012.

### **Cadette Wins Safe Sleep Program Poster Contest**

GSHPA would like to congratulate Mia Balderston from Central York Middle School. Mia is a Cadette from troop 20163 in Springettsbury Township and has been a Girl Scout since the age of 6. She is the



recent winner of a poster contest for York Hospital’s Safe Sleep Program. The program educates the community about the importance of safe sleep environments and practices for newborns.

During last winter’s program, a component involved having girls create a poster advertising safe sleep and lessons they learned during the program. A committee selected the 10 best posters based on accuracy of safe sleep information and put them on display in the hospital atrium for passersby to see and vote for their favorites.

Mia’s poster got the most votes! Her poster is being created into mini ads which are being used throughout the hospital to educate new parents and the community. She was also featured in the [Around WellSpan Magazine](#).

Congratulations Mia! You are a shining example of how Girl Scouts can make a difference in their communities.

### **Diversity Workshop - Saturday October 27**

How do we connect with diverse communities in our

region and assure that all girls are able to participate in and benefit from the Girl Scout leadership experience? GSHPA will be holding one-day Diversity Workshop for any Girl Scout volunteers and staff interested on Saturday, October 27, from 10:00 a.m.- 3:00 p.m. at our Harrisburg office. A professional consulting team will lead participants through discussions, movie clips and brainstorming to develop the diversity conversation within our council. The workshop is free and includes lunch. [Please click here to register.](#)

### **Our Facilitators**



Lonna Malmshemer is the former chair and Professor Emerita in American Studies and Director of Community Studies at Dickinson College. She has worked on understanding and teaching the multicultural evolution of the United States for more than thirty years. She has taught advanced courses on race class, and gender as well as the first course ever taught at Dickinson on sexuality in the United States. Lonna has done oral history research and produced videos on the Carlisle Indian School, gay families and domestic violence. As a Girl Scout Lonna earned the Curved Bar.

Joyce Bylander is Special Assistant to the President for Institutional and Diversity Initiatives at Dickinson College. From this senior-level position she continues the work she has done on behalf of the College on national initiatives like Shared Futures, Sustained Dialogues and Bringing Theory to Practice as well as leading campus-wide diversity efforts. She coordinates the college's partnership programs that seek to increase access and representation of urban students, first-generation and students-of-color at Dickinson and works with Academic Affairs on increasing faculty diversity. Joyce also serves as the Title IX Coordinator for the College. Joyce has spoken extensively to various audiences and consulted with other campuses on issues of diversity, social justice, and campus climate and student life. Joyce and Lonna have done diversity work together (in and out of the classroom) for 14 years.

### **GSHPA Property Update**

Last month GSHPA sold our office building on Mt. Zion Road in York for \$2,215,000. Selling the building was

a key step in GSHPA's five-year business turnaround plan which calls for the sale and down-sizing of regional offices across our thirty county foot print and the introduction of a new telecommuting model of working by the council's membership staff.

The York building was sold to Sincerely Yours Assisted Living, a local York company. GSHPA is using the proceeds from the sale as follows:

- \$790,090 was used to pay off a bond which was taken out on the building by the former Penn Laurel Girl Scout Council. This was a debt that our council inherited when four councils merged in 2007 to begin GSHPA.

- After these expenses, plus settlement charges, fees and transfer taxes, the remaining balance will be placed in operating reserves and should significantly reduce GSHPA's reliance on its credit line.

Since we began implementing our business plan in 2010, GSHPA has sold a building in Gettysburg, Camp Gi Sco Ha, and now the York building. Remaining properties to sell are. Camp Laurel and Camp Pocono, which are currently on the market for sale, and Camp Lycogis which is also to be sold.

When the business plan was created, the GSHPA Board passed a policy that the council will only use proceeds from the sale of camps to develop other camps. Girls are already reaping the benefits of this policy, using the new climbing towers, zip lines and horseback riding facilities at Camp Archbald and Camp Small Valley, and trying out the new Gaga courts at all of our troop camps. There is much more to be done. As our remaining camps sell, GSHPA will put the proceeds directly into the realization of our camp development plan.

### **Bridging to the Second Century Award**

By Jane Ransom, CEO

At our August Kick-Off event I announced GSHPA's new Bridging to the Second Century Award and received some feedback from volunteers that have caused us to change and/or clarify a couple of things about the award.

### **Purpose of the Award**

This is a \$500 award to the Service Unit that does the



most to help our council “bridge” to the next century of Girl Scouts by increasing the numbers of both younger and diverse girls and volunteers in our membership. There is also a second place award of \$250.

### **What Criteria will be Judged?**

The award will go to the GSHPA Service Unit that has shown the most progress in:

1. Increasing the number of volunteers under the age of 35 in volunteer positions.

I would like to say something as clearly as possible about this: I firmly believe that older and more experienced volunteers are essential to the success of this council. We are not encouraging service units to recruit younger volunteers because we want the older ones to go away. Rather, we are relying on our more experienced volunteers to help train and mentor new volunteers and keep things going while they gain their “sea legs.”

2. Increasing the number of girls and volunteers from diverse communities (i.e., African American, Hispanic, Asian American, Native American) in their service unit.

Based on volunteer feedback, we are changing the timeline for this. This category will be evaluated based upon changes in membership numbers between January 1, 2012 and December 31, 2012 when compared with membership numbers between January 1, 2011 and December 31, 2011.

We also realize that some communities in our region are not as diverse as others and will take this into account when selecting the winning service units.

3. Creating a plan for further increasing volunteers under age 35, and volunteers and girls from diverse communities in FY14.

This criterion is all about keeping up your momentum by remaining aware of the need to grow and diversify our membership and making sure that it is reflected in your Service Unit’s planning of events, recruitment sites, and communications. So service unit plans for next year (October 1, 2013 – September 30, 2014) will be one of the criterion considered in selecting the awardees.

#### 4. How can a service unit be considered?

A brief application will be distributed to Service Unit Managers by February 1, 2013, to be completed and returned by March 1, 2013. The "Bridging to the Next Century" award will be given at GSHPA's sixth annual meeting on April 27, 2013.

#### **Save the Date**

#### **2012 Fall Work Days on October 20 at 3 GSHPA Camps**

Make plans now to help prepare Camp Louise in Shickshinny (Columbia County), Camp Echo Trail in Felton (York County) or Camp Furnace Hills\* in Denver (Lancaster County) for the upcoming winter months on Saturday, October 20th! \*Only Senior and Ambassador Age Levels may participate at Furnace Hills.

Jobs for the day include, but are not limited to:

- Moving Cots and Mattresses from tents to winter storage
- Taking down tents, folding and taking to winter storage
- Straightening wood piles and fire rings
- Splitting wood (adults) and stacking in wood sheds
- Inventorying and storing seasonal equipment
- Cleaning gutters, raking leaves and general cleanup

Some details to note:

- Lunch will be provided
- Each camp will be closed for its work weekend – only troops who are participating in the Fall Work Day may camp.
- The Work Day will be scheduled on Saturday for eight hours; Adult groups coming for partial days are welcome.
  - o Troops should report to the Camp Dining Hall at 8:30 AM for morning assignments
  - o At lunch , afternoon assignments will be given
- Limited accommodations are available for troops/groups participating in the Work Day.

Troops may camp free, but must meet all training requirements and adult ratios and must register to do so by calling 1-800-692-7816 or emailing [registrar@gshpa.org](mailto:registrar@gshpa.org).

To sign up to help at Camp Louise or Camp Echo Trail, please call 1-800-692-7816 or email [registrar@gshpa.org](mailto:registrar@gshpa.org). Anyone staying overnight must complete a site rental form and provide a roster with emergency contacts. Both forms may be found on our

website at [www.gshpa.org](http://www.gshpa.org) under the Forms tab listed under the Trips/Travel heading.

To sign up to help at Camp Furnace Hills, please contact Phyllis Doughty at [doetea@dejazzd.com](mailto:doetea@dejazzd.com) to receive a flyer and application. Anyone staying overnight, must call 1-800-692-7816 or email [registrar@gshpa.org](mailto:registrar@gshpa.org) to register and provide emergency information.

**Training Webinar for GSHPA Council Delegates & Alternates - Wednesday, September 19, 2011 | 6-7 p.m.**

- This webinar will enhance your experience as a Delegate.\*
- Council Delegates and Alternates are strongly encouraged to attend.
- You will receive login instructions and webinar codes with your registration confirmation.

RSVP by September 14 to Shelly Sprenkle at [ssprenkle@gshpa.org](mailto:ssprenkle@gshpa.org) or by calling 1-800-692-7816, x1002.

*\*All GSHPA members are welcome; you do not have to be a Delegate to attend.*

**Other Dates!**

- September 21-23, 2012 – Adult Volunteer Training Weekend at Camp Furnace Hills
- September 27-29, 2012 – GSHPA Fall Volunteer Training Weekend at Camp Small Valley
- October 4 – 7, 2012 – Adventure Volunteer Facilitator Training at Camp Small Valley
- October 5-7, 2012 – GSHPA Fall Volunteer Training Weekend at Camp Louise
- October 6, 2012 – Traveling Store visits the York Office
- October 13, 2012 – Traveling Store visits the State College Office
- October 13-14, 2012 – GSHPA Fall Volunteer Training Weekend at Camp Echo Trail
- October 15, 2012 – West Regional Governance Meeting at the State College office
- October 16, 2012 – North Regional Governance Meeting at the Montoursville office
- October 17, 2012 – Northeast Regional Governance Meeting at the Scranton office
- October 18, 2012 – South Regional Governance Meeting at the York office
- October 20, 2012 – Healthy Promise Kick-Off event at Central York High School

- October 23, 2012 – South Central Regional Governance Meeting at the Harrisburg office
- October 24, 2012 - Council-wide Regional Governance Meeting via Webinar
- October 26-28, 2012 – GSHPA Fall Volunteer Training Weekend at Camp Golden Pond
- October 27, 2012 – Traveling Store visits the Montoursville office
- November 3, 2012 – Traveling Store visits the Scranton Office