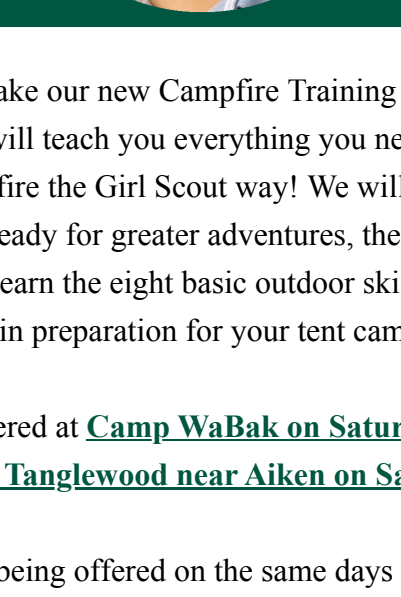


Girl Talk Newsletter

A Message from James: Get Ready for an Incredible Girl Scout Year!



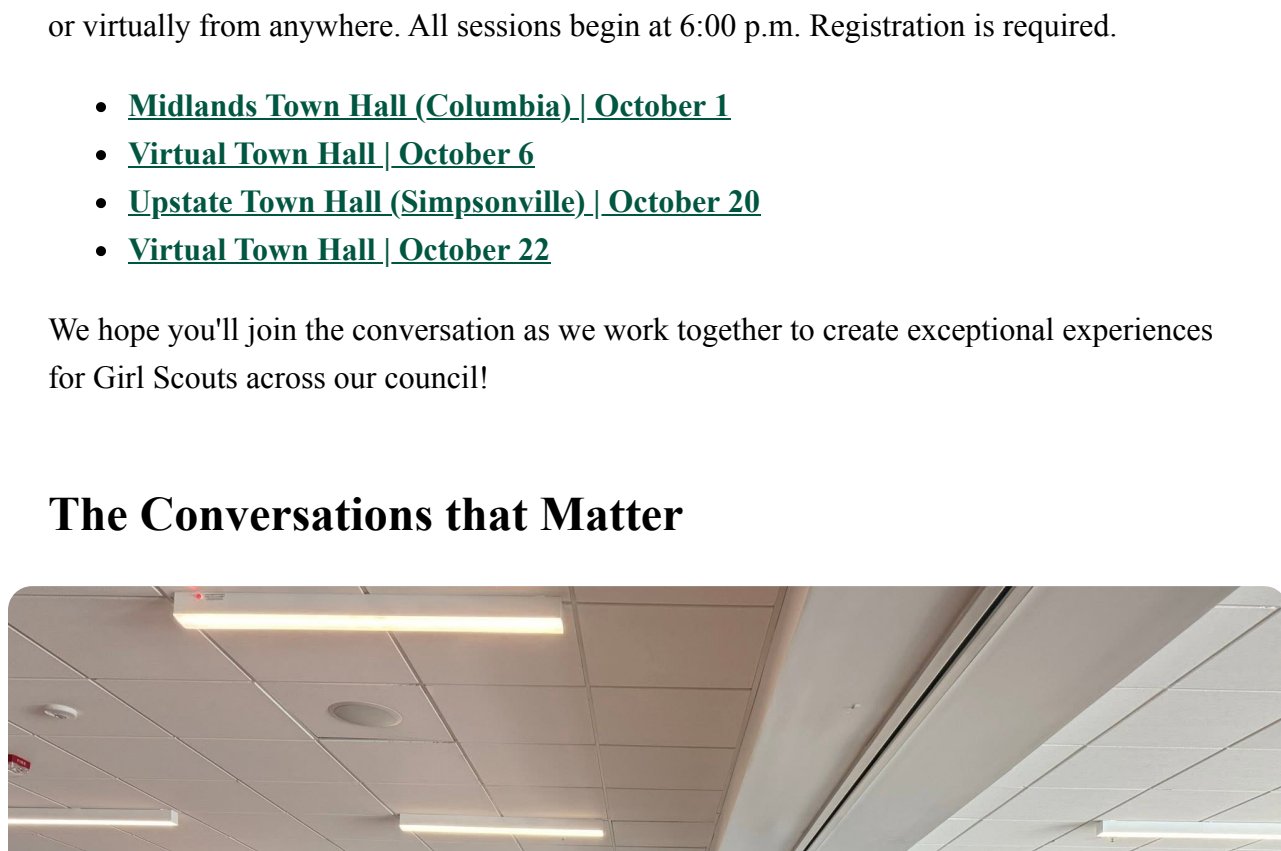
Leaders, be one of the first to take our new Campfire Training or Tent and Overnight Trainings. Campfire Training will teach you everything you need to know to teach your troop to build and extinguish a campfire the Girl Scout way! We will also have a meal cooked over the fire and s'mores! If you're ready for greater adventures, then Tent and Overnight Camp Training is the place for you. Learn the eight basic outdoor skills and how to incorporate these into your troop meetings in preparation for your tent camping trip.

Campfire Training is being offered at [Camp WaBak on Saturday, September 19](#), from 9:00 a.m. to 1:00 p.m. and at [Camp Tanglewood near Aiken on Saturday, December 5](#).

Tent and Overnight training is being offered on the same days and locations ([Camp WaBak on September 19](#) and [Camp Tanglewood on December 5](#)) but extends until 10:00 a.m. the next day.

Are you interested in helping train the next generation of leaders in outdoor skills? We are looking for new volunteer trainers. Please reach out to Anna Ruggiero at aruggiero@gsnc-mm.org for more information.

Join Us for a Town Hall This October



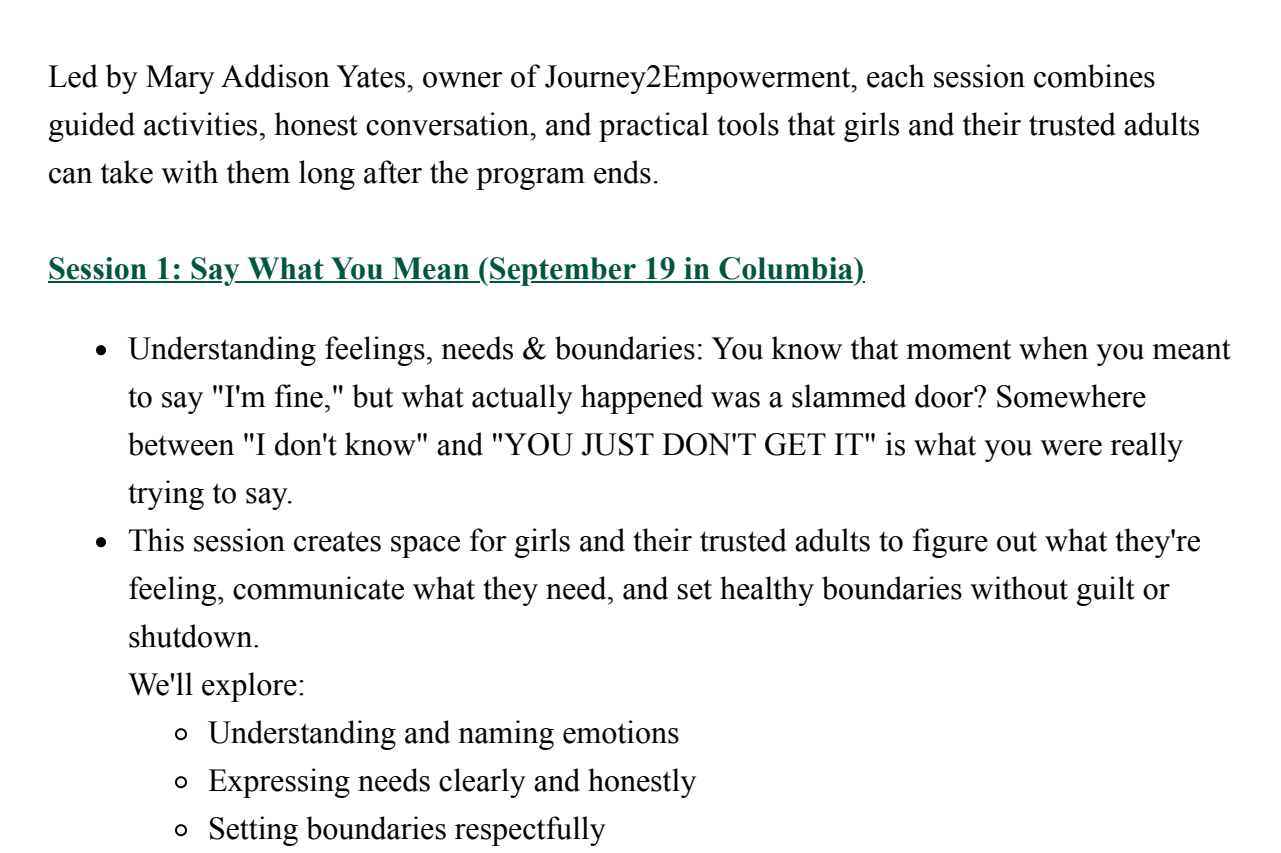
Your voice matters! This October, Girl Scouts of South Carolina—Mountains to Midlands is hosting four Town Hall sessions for volunteers, alumni, donors, and supporters to connect with council staff, stay informed about council initiatives, and share ideas in an open and supportive environment.

Choose the session that works best for you, whether in person in Columbia or Simpsonville, or virtually from anywhere. All sessions begin at 6:00 p.m. Registration is required.

- [Midlands Town Hall \(Columbia\) | October 1](#)
- [Virtual Town Hall | October 6](#)
- [Upstate Town Hall \(Simpsonville\) | October 20](#)
- [Virtual Town Hall | October 22](#)

We hope you'll join the conversation as we work together to create exceptional experiences for Girl Scouts across our council!

The Conversations that Matter



You asked, we listened. One of the things we hear from families again and again is that the relationship between a girl and her trusted adult matters deeply—but sometimes, finding the time and the right tools to strengthen that relationship can be hard.

That's why this fall, we're creating space for those conversations.

Girl Scouts is excited to introduce a three-part series for girls in 5th grade and up and their trusted adults, designed to help you connect, communicate, and grow together. Whether her trusted adult is a parent, caregiver, grandparent, or troop leader, these two-hour experiences provide a welcoming space to talk about the things that aren't always easy to talk about at home or during a busy troop meeting.

Led by Mary Addison Yates, owner of Journey2Empowerment, each session combines guided activities, honest conversation, and practical tools that girls and their trusted adults can take with them long after the program ends.

[Session 1: Say What You Mean \(September 19 in Columbia\)](#)

- Understanding feelings, needs & boundaries: You know that moment when you meant to say "I'm fine," but what actually happened was a slammed door? Somewhere between "I don't know" and "YOU JUST DON'T GET IT" is what you were really trying to say.
- This session creates space for girls and their trusted adults to figure out what they're feeling, communicate what they need, and set healthy boundaries without guilt or shutdown.
We'll explore:
 - Understanding and naming emotions
 - Expressing needs clearly and honestly
 - Setting boundaries respectfully

[Session 2: When Things Get Hard \(October 17 in Spartanburg\)](#)

- Navigating conflict, misunderstanding & repair: One minute everything is fine. Then something happens, and suddenly nobody's talking—and nobody remembers exactly how you got there.
- This session is for the eye rolls, misunderstandings, "I thought we were good" moments, and everything that comes after. Girls and their trusted adults will learn how to navigate tension, have difficult conversations, and reconnect in a meaningful way—not just pretend everything is fine, but actually work through it.
- We'll explore:
 - Speaking honestly and respectfully when it's difficult
 - Navigating tension and misunderstandings
 - Repairing relationships after conflict

[Session 3: Growing Together \(November 14 in Columbia\)](#)

- Identity, independence & what's next: College. A career. The military. A gap year. Whatever comes next, she's standing at the edge of something new—and so are you.
- This session gives girls space to explore who they're becoming, build trust in themselves, and think about what's next. For trusted adults, it's an opportunity to explore how to stay connected while giving girls the room to grow into the people they're becoming. Because the goal was never to let go. It was always to grow together.
- We'll explore:
 - Identity and emerging independence
 - Honoring relationships through transition
 - Building trust in ourselves and each other

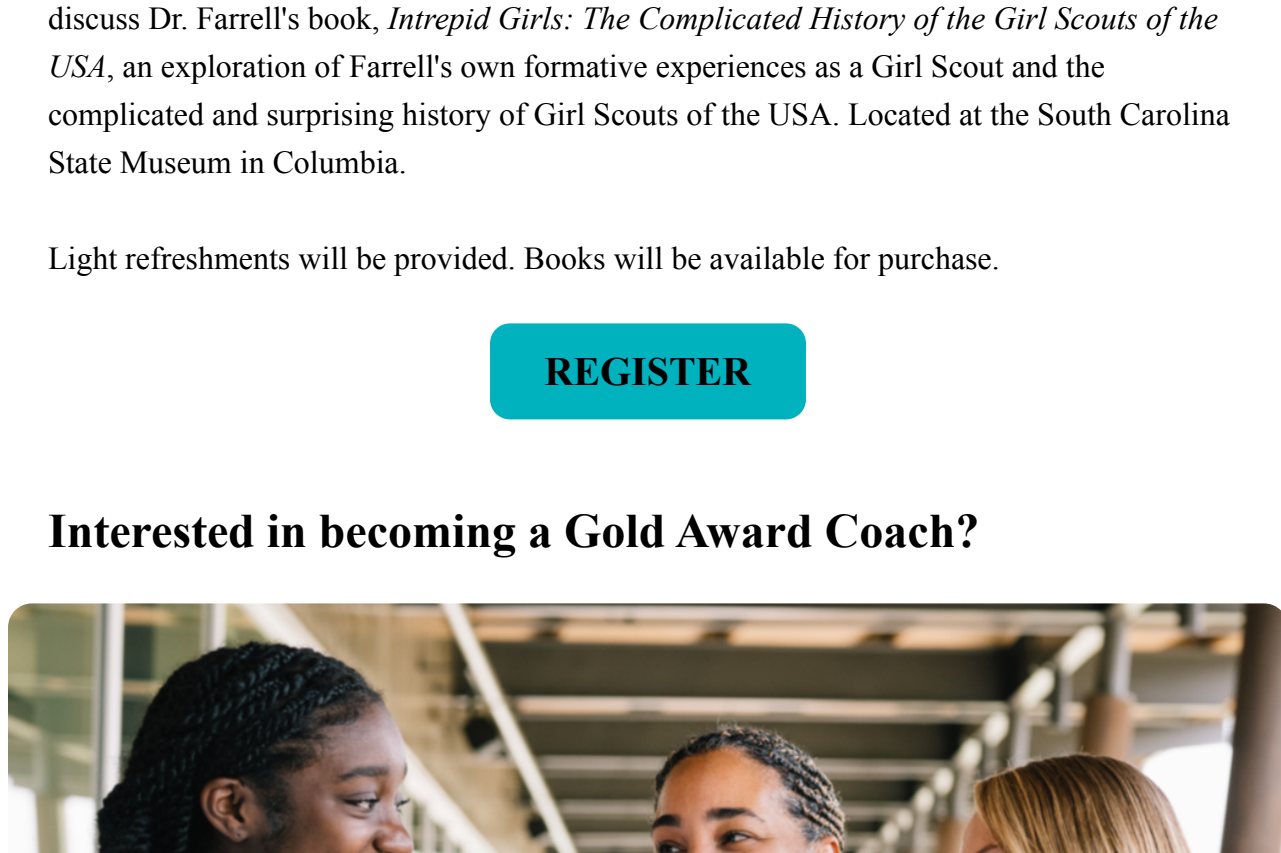
Why We're Doing This

At Girl Scouts, we know that healthy relationships don't happen by accident. They grow through communication, trust, honesty, and the willingness to keep showing up for one another—even when the conversation is hard.

This series isn't about having all the answers or creating perfect relationships. It's about giving girls and the adults who care about them a little more time, a little more understanding, and a few more tools to navigate life together.

Because sometimes the most meaningful thing we can give a girl is a trusted adult who says, "I'm here. Let's figure this out together." Join us this fall for three opportunities to connect, communicate, and grow together.

Ready to Make a Difference? Start Your Highest Awards Journey!



What if one big idea could become real change in your community? On September 26 at Camp Cathy, Girl Scouts can kick off their Bronze or Silver Award journey with a morning full of creativity, connection, and Take Action inspiration!

Whether your Girl Scout is a Junior, ready to explore her Bronze Award or a Cadette beginning her Silver Award journey, she'll discover what it means to look at her community, identify a need, and turn her ideas into meaningful action.

Through hands-on activities, fun challenges, creative brainstorming, and teamwork, girls will explore the why behind Highest Awards while building confidence and leadership skills. Silver Award participants will dive deeper into creating sustainable solutions and learn the requirements for earning the highest award available to Cadettes.

- **📍 Bronze Award Kickoff:** Juniors will explore what it means to Take Action, connect with their community, and begin brainstorming ideas alongside their troop.
- **📍 Silver Award Kickoff:** Cadettes will explore how to create lasting change, identify community needs, develop sustainable solutions, and take the next step toward their Silver Award.

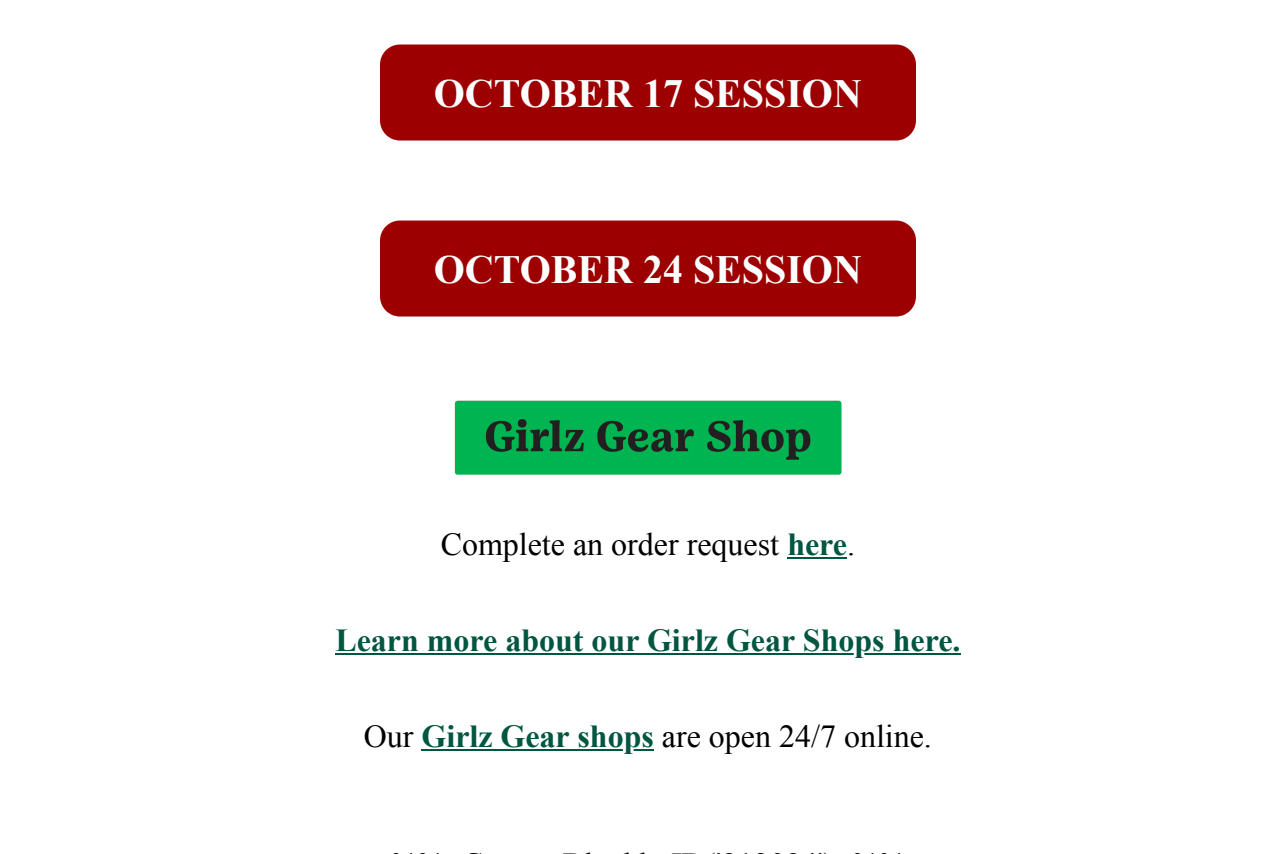
Adults, this training is for you, too! A successful Highest Award journey is even stronger when girls have supportive adults cheering them on! Troop leaders, parents, project advisors, and other adults supporting a Girl Scout's award journey are encouraged to attend. Adults will learn how to best support a girl while allowing them to take ownership of their projects, understand the award requirements, and navigate the Take Action process alongside their Girl Scout.

Girls and their adults will leave feeling inspired, empowered, and ready to turn ideas into action!

- September 26, 2026
- Camp Cathy
- 10:00 a.m.–1:00 p.m.
- Lunch is not included—please plan accordingly.
- Can't make it to the kick-off training? NO worries, we have two additional virtual trainings this fall: October 24 and November 15, 2026.

Come with questions. Leave with ideas. Start your journey to making a difference!

Book Talk: Amy Farrell's *Intrepid Girls*



Join us for a conversation with award winning author Amy Erdman Farrell and Melanie Huggins, CEO/President of Girl Scouts of South Carolina—Mountains to Midlands. They'll discuss Dr. Farrell's book, *Intrepid Girls: The Complicated History of the Girl Scouts of the USA*, an exploration of Farrell's own formative experiences as a Girl Scout and the complicated and surprising history of Girl Scouts of the USA. Located at the South Carolina State Museum in Columbia.

Light refreshments will be provided. Books will be available for purchase.

[REGISTER](#)

Interested in becoming a Gold Award Coach?

Make a lasting impact by helping Girl Scouts achieve the highest award in Girl Scouting. As a Gold Award Coach, you'll serve as a trusted guide and mentor, supporting Girl Scouts as they develop leadership skills, build confidence, and lead meaningful projects that create lasting change in their communities.

We're looking for volunteers who enjoy encouraging teens, believe in youth leadership, and have strong listening and communication skills. Coaches provide guidance, feedback, and support throughout the Gold Award journey while empowering Girl Scouts to take ownership of their ideas and success.

Ready to inspire the next generation of leaders? Become a Gold Award Coach and help a Girl Scout turn her vision into action. Complete the Interest Form to learn more and get started.

[INTEREST FORM](#)

CPR/First Aid: Columbia & Augusta

Need your CPR/First Aid certification? We are offering two American Red Cross blended certification courses. Join us at Enterprise Mill in Augusta on Saturday, October 17, or the Cathy Novinger Girl Scout Leadership Center in Columbia on Saturday, October 24. This certification course is for anyone new to CPR and first aid, and it is also recommended for those who have not had their certification completed in the last 2-3 years. The in-person training will take place from 10:00 a.m.-1:00 p.m.

This is a hybrid course, and completion of the online portion is required before the skills portion on October 17 or October 24. Sign up below!

[OCTOBER 17 SESSION](#)

[OCTOBER 24 SESSION](#)

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