



February 10, 2022

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[\*\*Cookies & Product Program\*\*](#)

## Cookie Bites: eBudde Email Reminder & Cookie Booth Resources

### eBudde Email Reminder

Please be sure to read eBudde emails, as this is how important information and updates to the Cookie Program are shared. These emails are also archived on the Cookie Resources page within a few days of the email being sent. Check the [eBudde Email archive](#) for any communications you may have missed.

### Cookie Booth Resources

We are a month away from the start of cookie booths! Did you know Girl Scouts of Utah has just about everything you need for a safe and successful booth sale? From safety tips to social posts, printable promotional items and flyers, and girl and adult conduct contracts, it's all there for you.

**Action needed:** Check out all the [Cookie Booth Resources](#) to get started!

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### Quick Links

- [Cookie Booth Resources](#) – conduct contracts, safety tips, and more
- [Social Media Toolkit](#) – social posts, contests, guidelines, and more

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## Outdoor Program

### Intent to Run a Day Camp

Are you planning to hold a Day Camp? If you are planning to run a day camp virtually or in person in 2022, two important deadlines are coming up!

Day Camps are hosted by Girl Scout volunteers and are typically held over three days in various locations across the state, including parks, churches, and community centers, and a few day camps may be offered virtually!

**Action needed:** Make sure you submit your [Intent to Run a Day Camp Form](#) before March 7. (It only takes less than 10 minutes to fill out this form.) Then, submit your [Council-Sponsored Event Form](#) by April 15. (It takes about 30 minutes to fill out this form if you know all the details about your day camp.)

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## Volunteer Support



### **Cadette, Senior, Ambassador Troops Volunteers Needed**

TriUtah is looking for a few (5-10) volunteers to help at their Ice Breaker Sprint Distance Pool Triathlon & 5k Run, held March 18-19 in American Fork.

TriUtah is also looking for a girl or volunteer to sing the national anthem at their March and May events.

**Action needed:** Troops, girls, or volunteers that are interested in volunteering to help during the triathlon or sing the national anthem should contact Lisa Timoteo, GSU Volunteer Support Manager, at 801-716-5123 or [ltimoteo@gsutah.org](mailto:ltimoteo@gsutah.org)

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### **Self-Care Can Help Troop Leaders Be Their Best Right Now**

Self-care is more than just a buzzword associated with spa days or eating an entire sleeve of Thin Mints in one sitting (though we're not judging). It's about paying attention to your needs and taking care of yourself mentally, emotionally, and physically. And in challenging times, like the COVID-19 pandemic we're living through, self-care—whatever it looks like for you right now—has become more crucial than ever.

It's easier said than done, of course, but if we don't take care of ourselves, how

can we best care for our families, troops, and the other people and things we hold close to our hearts? In practicing self-care, you also demonstrate for your girls what it means to listen to your gut and be your best self.

Just remember, troop leaders, you are enough! If your best isn't what it typically is right now, be forgiving and show yourself a little love. Borrow a few tips from our [Volunteer Experts](#), who offer advice for rolling with the changes like a Girl Scout. Covering topics like what to do at home and ideas of what to do with your troop.

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## **Five Ways to Cultivate Kindness**

Kindness is synonymous with being a Girl Scout. The word means to possess the quality of being friendly, generous, and considerate— all traits found within the Girl Scout Promise and Law.

But kindness doesn't just happen. It needs to be practiced, so kids learn its importance, especially in those moments when maybe showing a bit of kindness isn't always the easiest move.

The good news? There are many simple ways to practice this as you participate in Girl Scout activities. [Here are five ways you can cultivate kindness.](#)

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### **National Service Project: Cupid Crew Valentine's Day Cards**

Valentine's Day is the perfect opportunity for you and your troop to reach out and show others that you care—especially those who may be alone on a day that's all about connection!

For our second year, Girl Scouts of the USA is teaming up with Wish of a Lifetime from AARP, an organization dedicated to celebrating older adults' stories and forging intergenerational connections, for Cupid Crew 2022, a volunteer-driven effort to safely create heartfelt cards for older adults who are socially isolated. Building on last year's momentum, Wish of a Lifetime hopes to send nearly a quarter million cards through the Cupid Crew campaign.

Your troop can help spread the joy by writing Valentine's Day cards as a part of the Cupid Crew National Service Project. Check out [Girl Scouts' National Service Projects](#) page for instructions on how your troop can get involved.

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### **Apply to be a Youth Representative to the GSU Board of Directors!**

Experience the council's governance processes firsthand! As a Youth Representative, you'll participate in all Board functions as a non-voting member, provide perspective on various issues presented by the Board, and present on

different Girl Scouting topics and how each impacts you as a Girl Scout. Review the [full position description](#).

**Action needed:** Girl Scouts ages 16 and older are eligible to apply. Youth Representatives serve a one-year term beginning on April 30, 2022. [Complete your application](#) by March 4.

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## Quick Links

- Volunteer trainings and girl programs - [GSU Event Calendar](#)
- Reserve meeting rooms at the NUSC, CRC, and CUSC - [Meetings on Council Premises](#)
- Customizable flyers for troops, social media toolkit for volunteers, VTK, and troop leader blueprint - [Online Support for Volunteers](#)
- Guidelines for in-person activities and troop meeting space at council service centers - [GSU's COVID-19 guidelines](#)

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## COVID Updates

### Quick Links

- COVID guidelines: [GSU's COVID site](#)
- COVID form - [COVID Symptom Check form](#)

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## Council News & Updates

### Girl Scouts of Utah Town Hall Meeting

Join us tonight, Thursday, February 10, from 6:00–8:00 p.m. for the Town Hall meeting. Your service unit delegate will be sharing preliminary discussion questions with service unit leadership teams to gather feedback and information ahead of the meeting. This will be a virtual meeting, please register in advance.

**Action needed:** [Register for the meeting](#). After registering, you will receive a confirmation email containing information about joining the meeting.

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## Quick Links

- Join the GSU team - [View job openings and apply](#)
- Support GSU Camps - [Amazon Wish Lists](#)
- Salt Lake City and American Fork shop info - [Retail](#)
- Receive ongoing communications from GSU - [COVID-19 Updates](#) & [GSU's Facebook page](#)

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## Service Unit Updates

### Council-Sponsored Events/Event Rep Training

Required for any Events Representatives running a Council-Sponsored Event and all Day Camp Directors, this training provides participants with an understanding of what makes an event council-sponsored and illustrates why we have events and incentives for running a council sponsored event. You will be provided technical information and skills on how to run a council sponsored event and support your service unit in the initial stages of planning a council sponsored event.

**Action needed:** Register for the [training](#) that will be held virtually via Zoom on March 5, 1:00 – 4:00 p.m.

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### Years of Membership & Service Pins

Every year service units have the opportunity to thank volunteers for their amazing service, which includes recognizing their years of volunteer service and total years of membership (including time spent as a Girl Scout growing up).

To ensure your service unit requests the accurate number of pins, please submit your request no later than Friday, March 25.

**Action needed:** [Submit your request today!](#)

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### Service Unit Award Nomination



Let's show our wonderful volunteers how much we appreciate all they do! Do you know a Noteworthy New Leader or an Outstanding Volunteer? What about a Special Supporter of Girl Scouts in the community? Is there a Girl Scout family that goes above and beyond? Submit your nominations today!

**Action Needed:** Don't forget to [submit your nominations](#). All nominations for Service Unit Awards are due by the last Friday in March.

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## Quick Links

- Council-Provided Resources - [Online Support for Volunteers webpage](#)
- Council Connect recordings, PPTs, and registrations - [Service Unit Team Resources webpage](#)

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## Support Girl Scouts of Utah While You Shop!

- Shop with [AmazonSmile](#) and select Girl Scouts of Utah



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

Our address is 445 East 4500 South #125, Salt Lake City, UT 84107

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