FROM THE DESK OF THE CEO

Dear Girl Scouts:

When you're a Girl Scout, you're a G.I.R.L.: A go-getter, innovator, risk-taker and leader™. Someone who considers the world around her and thinks, how can I help? Someone who has the courage to try new things and embrace the unfamiliar. Someone who steps up instead of standing by.

The 159 Girl Scouts in this year's Gold Award class represent the best of what a G.I.R.L. can do. They are go-getters who advocate for the arts and help their peers lead healthier lives. They're innovators who inspire the next generation to love STEM and financial literacy. They're risk-takers who fight cyberbullying and the stigma of mental illness in their schools. And they're leaders who rally their communities behind the causes they care about.

The remarkable young women seen throughout this book have demonstrated drive and determination to become agents for change, dedicating a minimum of 80 hours to earn Girl Scouts' highest award. Take a look throughout these pages to learn more about their extraordinary work. I hope they inspire you, just as they have inspired me.

The Silver Award is the highest accomplishment a Girl Scout Cadette can earn. These G.I.R.L.s select an issue they're passionate about, make a plan and take action. With your support, this year 888 Girl Scout Cadettes took on projects to earn their Silver Award. I know they are headed for even more extraordinary success.

Unique to our Council is the Silver Trefoil Award, which was earned by 214 G.I.R.L.s this year. Collectively, these Girl Scout Seniors and Ambassadors devoted more than 20,000 hours of service to effect change in our Girl Scout community, nationally and globally. Congratulations!

I know all the girls featured in this book are on the path to an incredible future. It’s no surprise that half of all businesswomen were Girl Scouts, or that nearly all of the women who have flown in space are proud Girl Scout alumnae. When it comes to G.I.R.L.s, success is in their DNA. Of course, they couldn’t do it without you, the parents and volunteers who support girls on their journeys. Because of your dedication to our Movement, all girls have the opportunity to take the lead like a Girl Scout.

Sincerely,
Lidia Soto-Harmon
Chief Executive Officer
Girl Scouts Nation’s Capital

GIRL SCOUTS NATION'S CAPITAL

Faye Fields, President of the Board
Lidia Soto-Harmon, Chief Executive Officer
Colleen Cibula, Chief Operating Officer
Mankaa Ngwa-Suh, Program Services Manager
Zoe Dranove, Program Assistant
Carrie Banachowski, Liaison Gold Award Scholarship Panel
Miriam McKeown, Marketing Specialist

THE GIRL SCOUT PROMISE

On my honor, I will try:
To serve God* and my country
To help people at all times, and
To live by the Girl Scout Law

*Members may substitute wording appropriate to their own spiritual beliefs for the word “God.”

THE GIRL SCOUT LAW

I will do my best to be
Honest and fair,
Friendly and helpful,
Considerate and caring,
Courageous and strong, and
Responsible for what I say and do,
And to
Respect myself and others,
Respect authority,
Use resources wisely,
Make the world a better place, and
Be a sister to every Girl Scout.

Sincerely,
Lidia Soto-Harmon
Chief Executive Officer
Girl Scouts Nation’s Capital

POWERED BY GIRL SCOUTS
The Gold Award is Girl Scouting’s highest honor. This prestigious award is earned by a select group of Girl Scouts who have demonstrated a commitment to improving their communities, and advocating for lasting change. This past year, from March 16, 2016 to March 15, 2017, 159 Girl Scouts from 25 counties in Maryland, Virginia, West Virginia and the District of Columbia earned the Gold Award.

The road to the Gold Award begins with discovery. Each girl uses her own values and skills to identify a community issue she is passionate about and then determines the topic and audience for her project. Before proceeding, each girl submits a project proposal to the Gold Award Panel. The Panel welcomes all projects for which there is a demonstrated need. The Panel works with Girl Scouts to support the development of their projects, and act as mentors along the way.

While working on her project, each Girl Scout dedicates herself to advancing her cause and accomplishing her goal. All of the projects completed this year will have a lasting and positive impact on our region and beyond. From protecting the environment and teaching young people about community issues, to promoting healthy behaviors and helping the homeless, these Girl Scouts have exhibited outstanding leadership, exceptional organizational skills, and a sincere commitment to improving their communities. Congratulations to all of our Gold Award Girl Scouts!

The following pages feature this year’s Gold Award Girl Scouts and descriptions of their projects. We have given you a brief glimpse of the amazing projects our Gold Award Girl Scouts have accomplished in 2017.

Mikayla Alberico
Clifton, VA
F.A.N. (Fitness & Nutrition) Club
Mikayla formed a club at her local elementary school after care program to teach and inform kids about the importance of a healthy lifestyle.

Nadia Ali
Woodbridge, VA
Coding Chickadees: Making Computer Science More Available
Nadia created a website that teaches Java, a coding language, to encourage young girls to pursue careers in computer science.

Elizabeth Allen
Annandale, VA
Comfy and Playful Paws
Elizabeth hosted an event to inspire others to make blankets and toys for shelter animals. She designed dog and cat toys and created a how-to flier for shelter visitors.

Nicole Averinos
Gaithersburg, MD
Beneficial Benches
Nicole placed benches in her local park to give members of her community a place to enjoy nature, unplug and live a healthier lifestyle.

Katie Babbit
Potomac, MD
Rad Readers
Katie created a childhood literacy summer program and collected books to organize a library for the residents at the Rockville Housing Enterprises community center.

Lauren Baird
Fairfax, VA
Scrapbook Fun For Everyone
Lauren used photography and scrapbooking as a tool to encourage appreciation of the arts among youth.

Amelia Baker
Sharpsburg, MD
Butterfly Haven
Amelia planted a monarch butterfly garden in the courtyard of a local elementary school and taught students about this endangered species.

Marina Beeson
Dunkirk, MD
Opera is Cool!
Marina gave interactive presentations to elementary schools that included singing, dancing and skits to educate students about the value of opera and the fine arts.
Danielle Bens
Washington, DC
Avoiding Credit Card Debt in College
Danielle hosted a workshop where she taught current and prospective college students how to be financially savvy during their college years.

Emily Berdine
Falling Waters, WV
A Home Away from Home
Emily designed and built a shelving unit that helped organize the intake care at Children’s Home Society of Martinsburg.

Sahana Bhagat
Dunn Loring, VA
The Happiness Project
Sahana created a happier and healthier student body by helping students identify stress triggers and practice techniques to manage and reduce stress.

Maya Bonds
Riverdale, MD
Mission H2O
Maya conducted a water safety workshop for the residents of District Heights and the members of her church to stress the importance of learning how to swim.

Marisa Brock
Port Republic, MD
Life Hacks for Free Roaming Cats
Marisa led a team to create educational videos for the Friends of felines cat rescue to promote awareness of free-roaming felines.

Kenna Brooks
Washington, DC
Rescue, Care, Adopt
Kenna created Lost Paws, an animal rescue, to give lost, injured and stray animals medical and adoption services in the District of Columbia.

Caroline Brunner
McLean, VA
The Music Connection Project
Caroline created a series of monthly concerts performed by students to help residents at a local retirement home improve their memories.

Amanda Castelli
Potomac, MD
Angel for the Hard of Hearing
Amanda created Expansion of Teen Angel Project, a performance group that used ASL to bring auditory performances to hearing impaired communities.

Maia Chibber
Gaithersburg, MD
DO ART! BE SMART!
Maia provided an after school Art Club for elementary schools in underprivileged areas. Her program helped students learn to appreciate art and improve art literacy.

Grace Chung
Clifton, VA
A Creative Outreach
Grace taught at-risk children art techniques and brought artistic awareness to this often overlooked community.

Hannah Cohen
Derwood, MD
Creating a Crescendo
Hannah visited local elementary schools with her school’s Gamer Symphony Orchestra in order to encourage students to pursue music in school.

Sarah Cole
Vienna, VA
Rhyme Literacy Party
Sarah hosted a literacy party for disadvantaged preschoolers. Using crafts and nursery rhymes, Sarah helped the students develop critical literacy skills for their future.

Leah Coles
Purcellville, VA
Rain Gardens: Low Tech Solution to Rain Water Pollution
Leah constructed a “rain garden in a box” to reduce pollutants from rainwater at a local middle school.
Emily Colleye
Washington, DC
Haitian Stones Documentary
Emily traveled to Haiti to empower young children and teens to tell their stories through imagery, and to help change the stereotype surrounding children in Haiti that exists due to extreme poverty.

Cheyenne Curling
Woodbridge, VA
National Seashore Promotional Videos
Cheyenne created videos to help attract visitors to Assateague National Seashore and Wildlife Refuge.

Basia Davis
Woodbridge, VA
Cyberbullying Seminar
Basia equipped local teens and preteens with skills to identify, report and prevent cyberbullying.

Meredith Eby
Ijamsville, MD
Road Safety in a Pinch
Meredith held a workshop to teach teenagers how to maintain their cars and what to do in an emergency breakdown or accident.

Kaylee Cox
Pomfret, MD
Hydration and Sports
Kaylee taught tweens about recognizing the signs of dehydration through a pamphlet and a fun five-day event called “Hydrate to Dominate.”

Clara da Silva
Bethesda, MD
Trees for the Future
Clara restored a neighborhood park by planting trees, creating ecological benefits for decades to come.

Olivia Deibler
Edgewater, MD
Permanent Orienteering Trail
Olivia created a permanent orienteering trail to motivate people of all ages to get outside and have fun while learning.

Rebekah Eisenfeld
Winchester, VA
Tranquility Area
Rebekah designed a tranquility area using sensory and nature elements for the clients at NW Works inc., which provides vocational training to people with disabilities.

Danielle Cressman
Vienna, VA
Snug Scarves for Local Kids
Danielle taught local community members how to sew scarves and donated them to family shelters.

Isabelle Dang
Bowie, MD
Integral Tai Chi and Meditation for Stress Relief
Isabelle held workshops demonstrating how to use Tai Chi to fight stress.

Tara Doddapaneni
Boydys, MD
Let’s Clean Up Our Environment!
Tara organized an Environment Day at a school in India to increase awareness about the importance of proper waste management and keeping the environment clean.

Shelby Epperly
Gaithersburg, MD
Rockville Vocational Training Center
Shelby renovated space in a women’s homeless shelter to provide a job training center that helped residents gain the skills they need to enter the work force.

Amanda Culp
Olney, MD
Mental Health Awareness Week
Amanda created videos about anxiety, depression and eating disorders for an awareness week at her school to eliminate the stigma of mental health issues.

Stephanie Dao
Stafford, VA
Cleaner Teeth! Brighter Smile!
Stephanie taught children at her local elementary school the importance of cleaning their teeth daily and proper dental hygiene.

Lillian Dunheimer
Vienna, VA
Hearing is the Key to Learning
Lillian increased awareness of hearing impairment amongst preschoolers through presentations and flyers.

Katherine Ericson
North Potomac, MD
Road to High School
Katherine created Road to High School, an after-school club that provided support to middle school girls to help them transition to high school.
Annabelle Eyler  
Woodsboro, MD  
**Structures for Sustainable Horticulture**  
Annabelle built hops trellises on the grounds of her school, Saint John’s Catholic Prep, to educate the students in multiple classes about horticulture.

Marilyn Fisher  
Middletown, MD  
**Kids Can Knit!**  
Marilyn hosted a knitting workshop for kids to teach them the basics of knitting and inform them of charitable knitting opportunities.

Olivia Fagan  
Damascus, MD  
**Project Smiles**  
Olivia planned and delivered an educational health and hygiene awareness program for elementary school students. Topics included the importance of proper oral hygiene, healthy eating and lifestyle habits.

Abigail Gibbs  
Winchester, VA  
**Spreading Homelessness Awareness in Our Community**  
Abigail created a photojournalism gallery featuring individuals from the Salvation Army’s shelter to decrease the stigma of homelessness and encourage teens to volunteer.

Serena Farmer  
Potomac Falls, VA  
**Field Hockey Summer Camp**  
Serena organized a field hockey camp for beginners to introduce girls to a new sport while teaching them a healthy hobby.

Madelin Finn  
Alexandria, VA  
**Happy and Healthy Living**  
Madelin educated youth in her community about the importance of healthy and stress-free living, through interactive presentations, cooking and games.

Robin Glefke  
Silver Spring, MD  
**Astronomy Club**  
Robin organized an Astronomy Club where members learned about various astronomical phenomena and events with a culminating event at a local museum.

Abigail Guise  
Germantown, MD  
**Running for Beginners**  
Abigail held a running workshop to inform new and experienced runners about injury, proper hydration and how to warm up and cool down the body.

Mackenzie Gross  
Poolesville, MD  
**Give Tomorrow a Chance**  
Mackenzie advocated for education on suicide awareness and prevention through a Health Fair in her community, video, pledge to encourage allies, and a football game.

Mythili Gunaratnam  
Gaithersburg, MD  
**Key to Success**  
Mythili formed a summer camp that provided free childcare and extracurricular activities for children whose families could not afford private camps.

Corina Gribble  
Herndon, VA  
**Gender Identity - A Conversation, Not a Debate**  
Corina led guided discussions on gender identity awareness, with the intent to promote inclusion and acceptance.

Shalvit Grimes  
Washington, DC  
**A Playground Full of Pinnies**  
Shalvit traveled to Haiti and taught American soccer skills, teamwork and sportsmanship to kids at Children’s Academy Learning Center and at Larousse Orphanage.

Jenell Glover  
Oakton, VA  
**Nutritious Cooking Skills for Children**  
Jenell created a program that gave children and families in need the skills to cook simple and healthy meals on a budget.

Kendra Grogan  
Fairfax, VA  
**Introduce Orchestra to Assisted Living Home**  
Kendra’s project brought Oakton High School Orchestra to Sunrise Assisted Living Facility, bridging generations through the universal language of music.

Abigail Guilford  
Woodbridge, VA  
**Save the Bees**  
Taylor’s project addressed the decline in honeybee colonies and their important role in our food supply by starting a club and a beehive to educate the public.

Megan Grubb  
Poolesville, MD  
**Aprons for Alzheimer’s**  
Megan led a sewing club at her local middle school, where she and the students made aprons for memory loss patients at the Frederick Memorial Hospital.

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Gold Award Girl Scouts

Erica Guthrie
Montgomery Village, MD
Shelter Animal Comfort Project
Erica created and donated 60 fleece blankets and 100 toys for animals awaiting adoption at the Montgomery County Animal Services and Adoption Center.

Alicia Harman
Damascus, MD
A Setback to Takeback
Alicia created a blog for teenage girls with sports injuries, giving them a forum to give advice on dealing with and recovering from injuries.

Grace Hoffpauir
Germantown, MD
Disguising the Fence
Grace planted a garden in front of a church to beautify the area and encourage members to visit and stay active as members.

Anne Hundertmark
Poolesville, MD
Much Ado About Classics
Anne created a modern adaptation of Shakespeare's Much Ado About Nothing to encourage a greater appreciation of classic literature among middle and high schoolers.

Julia Hunter
Falls Church, VA
LIGHTS in the Sky
Julia started a scientific day camp for elementary school girls to help promote academic confidence and enthusiasm.

Elizabeth Imphong
Alexandria, VA
Tea, Conversation, & Etiquette with Eleanor Roosevelt
Elizabeth created a club that gave young girls the opportunity to build their self-esteem and gain confidence.

Regine Jacks
District Heights, MD
Life After High School
Regine created a workshop to help high school students evaluate their future, set goals, and make plans to achieve them after graduating. The students made vision boards to inspire them and keep them on track.

Camille Jefferson
Bethesda, MD
Baseball Training and Information Workshop
Camille traveled to Haiti to implement health and wellness practices through education and sports.

Dalencia Jenkins
Accokeek, MD
Driving the Fear Out of Winter Storms
Dalencia conducted an informative seminar on the importance of safe driving during snow storms.

Rachel Jenkins
Manassas, VA
My Home Away From Home!
Rachel renovated the therapy playroom in the pediatric unit at National Rehabilitation Hospital to give patients and their families a comfortable place to heal.

Alexandra Johnson
Springfield, VA
Connecting All Levels of Musicians
Alexandra held a multi-level orchestra event for the community to encourage the retention of 4th grade students in the music program.

Carly Johnson
North Beach, MD
Find Your Inner Spielberg
Carly created a film club to encourage children to explore careers in filmmaking.

Moira Johnson
Gainesville, VA
The "Pollinator Preservation" Project
Moira created an initiative focused on the preservation of native bee species and educated the community on the importance of native pollinators.

Ruchi Kakkad
Sterling, VA
Tech4Seniors
Ruchi designed a five-week program for senior citizens that taught them how to safely and effectively use technology.

Anjali Kalra
Gaithersburg, MD
Camp Sunshine
Anjali developed a summer camp program for children who are homeless, allowing them to experience educational and uplifting activities.
Pranusha Kareddy
Boyst, MD
Cultural Appreciation Workshop
Pranusha held a Cultural Appreciation workshop for elementary students, where they learned how to embrace cultural diversity through fun activities.

Victoria Lackey
Centreville, VA
Different Ways to Relieve Stress Workshop
Victoria held four workshops at the Katherine Hanley Shelter in Fairfax, VA to educate participants on how to positively manage stress once they leave the shelter.

Ariel Kentish-Davis
Upper Marlboro, MD
#you’renotalone
Ariel addressed teen mental health awareness at her high school by developing a website and sponsoring an art contest.

Maya Khanna
Dunn Loring, VA
Summer Science Scholars Program
Maya started a program to get young students interested in science. Students were paired with high school mentors, where they completed a science project on topics of interest.

Rachele Larkin
Washington, DC
Dance Workshop
Rachele traveled to Haiti where she volunteered in an elementary school and taught young women how to choreograph and perform modern dance routines.

Hannah Leckner
Oakton, VA
Jedi Strings Summer Camp
Hannah hosted the week-long Jedi Strings Camp for 5th and 6th graders to keep them interested in playing string instruments.

Sarah Lei
Springfield, VA
The Khmer Rouge: Journey to America
Sarah captured real-life experiences and journeys to create a documentary film illuminating the forgotten aspects of the Cambodian genocide.

Chloe Lenker
Clarksburg, MD
Domestic Violence Can Happen to Anyone
Chloe held an event on domestic violence for high school girls. She shared tips on how to recognize premature behaviors that lead to violence and unhealthy relationships.

Mackenzie Liu
Vienna, VA
Bat vs. Mosquito
Mackenzie created a presentation on the important role bats play in the environment. She also helped participants build bat houses for nearby parks.

Megan Love
Gaithersburg, MD
Sew It Up
Megan formed a sewing club to teach students simple sewing skills so they can teach others how to sew.

Shannon Lyons
Centreville, VA
Spring Carnival for Pediatric Cancer Patients
Shannon organized a carnival on the pediatric oncology floor at a hospital to lift the spirits of young cancer patients. She also presented information on different types of cancers and germ prevention.
Riley MacLaren
Montgomery Village, MD
Sleep Tight
Riley started the Sleep Tight initiative to provide families in need with blankets and books. Her mission is to promote a sense of comfort, self-esteem and early childhood literacy.

Elizabeth Malone
Oakton, VA
Real Talk with Teachers
Elizabeth created a lecture series that gives teachers a platform to share meaningful stories to help kindle better student-teacher relationships.

Grace Marion
Washington, DC
Music Culture Clinic
Grace led a music workshop for students in Haiti, using songs and musical games to teach kids about rhythm, tempo and key.

Caleigh Mason
Germantown, MD
Junior Naturalist
Caleigh created a program for the Black Hills Regional Park that included sixteen courses on naturalist topics.

Molly McCracken
Fairfax, VA
Breathe Out!
Molly addressed the issue of teen stress through an informative workshop, website and a Facebook page for 7th to 12th graders in her community.

Risky Award Girl Scouts
GOLD AWARD GIRL SCOUTS

Charlotte Masters
Bethesda, MD
Survivors’ Speakers Bureau
Charlotte created a speakers bureau that brought Holocaust survivors to area schools. Her goal was to empower students to think differently about tolerance.

Alyiah Matthews
Upper Marlboro, MD
Fit Forever
Alyiah led a variety of fitness demonstrations and provided free skin cancer and blood pressure screenings.

Madyson May
Bristow, VA
Building a Music Wall, Building a Musical Community
Madyson led a music-making and creative thinking initiative to get youth excited about music.

Lauren McDermott
Centreville, VA
P.A.W.S. (Pets Are Worth Saving) Project
Lauren developed an educational website to raise awareness for the needs of homeless animals.

Charlotte Masters
Bethesda, MD
Survivors’ Speakers Bureau
Charlotte created a speakers bureau that brought Holocaust survivors to area schools. Her goal was to empower students to think differently about tolerance.

Hailey McGrath
Great Falls, VA
Little Free Library for Annandale Terrace School
Hailey installed two libraries and held a book drive that collected over 3,000 books for an underserved school.

Amara McKinney
Lorton, VA
The Sky’s the Limit Girls Workshop
Amara designed a program for her local community center to help young girls explore the world of architecture. She used fun design-based activities that helped tackle traditional gender roles.

Julia Medina
Springfield, VA
Enrichment Activities for At-Risk Youth
Julia created an initiative through the Springfield Safe Youth Project that gave at-risk youth a safe space to have fun.

Ashley Mertsock
Springfield, VA
RAD Packs
Ashley designed and distributed activity kits to pediatric cancer patients to help manage the anxiety associated with cancer treatment.

Jennifer Milhiser
Montgomery Village, MD
STEAM at Stedwick
Jennifer created an after-school STEAM club at her former elementary school to show students that learning is interactive and not just reading and listening.

Helen Miller
Ashburn, VA
Murals of Encouragement
Helen gave children the opportunity to express their creativity and put their artistic skills to use by designing a mural.

Isabel Min
Burke, VA
Improve World Understanding Through Dance
Isabel started an after-school program that used dance as a way to promote cultural appreciation and awareness among youth.
GOLD AWARD GIRL SCOUTS

Molly Mitchell
Burke, VA
Music Matters
Molly educated young people in her community on the psychological and academic benefits of music appreciation.

Sahiti Nadimpalli
Boyd, MD
Wounded Warriors Awareness
Sahiti partnered with the Kuchipudi Dance Academy to arrange a classical Indian dance recital to commemorate military service called Thillana: An Ode to Veterans.

Anna Morrison
Poolesville, MD
Save Our Reefs
Anna produced public service announcement videos to inform teens of the impact global warming and pollution have on coral reefs.

Nihira Mugamba
Silver Spring, MD
Reading to Excel
Nihira started a reading program to address literacy needs for Loy Kindergarten students in Kampala, Uganda.

Kalyn Murphy
District Heights, MD
We Got Skills
Kalyn volunteered at a summer camp where she used jewelry making to help improve children’s developmental and cognitive skills.

Rachel Odette
Herndon, VA
Pollinator Garden
Rachel created a garden that preserved sixteen native pollinating plants.

Kathryne Penn
Boyds, MD
No Brows No Problem
Kathryne led an eyebrow how-to workshop to boost the self-esteem of young adults with cancer.

Megan Nero
Oak Hill, VA
Charishable Treasures
Megan refurbished gently used and discarded furniture for ex-offenders transitioning back into society.

Nikita Patel
Brookeville, MD
Health & Fitness Workshop for Girls
Nikita held a health and fitness workshop for middle school girls in her community.

Laura Pham
Silver Spring, MD
Police and Citizen Interaction
Laura educated high school students, Girl Scouts, Boy Scouts and their parents on how to properly interact with law enforcement.

Bernadette My-Chi Nguyen
Herndon, VA
Going Green
Bernadette led a workshop on going green to teach participants about planting with recycled materials and other practices that ensure a cleaner earth.

Madeleine Paulsen
McLean, VA
The Confidence Project
Madeleine used Maslow’s Hierarchy to encourage middle school girls to gain and maintain confidence.

Lynn Pham
Silver Spring, MD
Things About Money You Should Know (But You Probably Don’t)
Lynn held workshops for teens and parents on important financial skills. Topics included college tuition, applying for credit cards and filing taxes.

Elizabeth Nguyen
Herndon, VA
Tai Pro Flex
Elizabeth held a workshop on joint injury prevention that incorporated Tai Chi as an exercise method.

Abigail Payne
Hughesville, MD
Fun With Math
Abigail held a STEM activity day to get young students excited about STEM fields.

Veronica Philipps
Oak Hill, VA
Multicultural Noah’s Ark Mural
Veronica painted a mural in the children’s nursery room at St. John Neumann’s Church to help create a positive environment and promote cultural unity.
Claire Pierce
Alexandria, VA
Notes for Hope
Claire created Notes For Hope in order to brighten the spirits of those in nursing homes and children’s hospitals with musical entertainment.

Jana Ponder
Washington, DC
Dance Injury Prevention Breakdown
Jana held a dance injury prevention workshop to teach dancers the importance of proper dance method and technique.

Meredith Prouty-Due
Huntingtown, MD
Renovation and Expansion of Historic Sotterley Plantation’s Costume Program
Meredith created new costumes, an organizational system and a reference book for the Historic Sotterley Plantation’s living history program.

Nancie Pryor
Mount Rainier, MD
Teen Steppers: Fighting Teen Obesity
Nancie created Teen Steppers, a walking and exercise program to address teen obesity and its associated health issues like high blood pressure, diabetes, heart disease and low self-esteem.

Lauren Queen
Silver Spring, MD
Building Bridges
Lauren worked to implement a social network for students with disabilities that incorporated social and tech skills, along with information on postsecondary opportunities.

Adithi Ramakrishnan
Ashburn, VA
Pink for Gold: Breast Cancer Awareness
Adithi promoted breast cancer awareness in her community through a website and workshop that educated women on the disease and the importance of preventive methods.

Nisha Ramamurthy
North Potomac, MD
Project Natyam
Nisha promoted health and fitness through an Indian classical dance called Bharathanatyam for children at a local homeless shelter.

Lauren Roseman
Potomac, MD
Reducing Food Waste and Food Insecurity
Lauren reduced food waste and food insecurity by connecting restaurants that discard leftover food with organizations that fight hunger.

Allyson Ruth
Manassas, VA
Get Movin’ With Jump Rope
Allyson initiated a program at the Boys and Girls Club where children learned how to jump rope to stay active.

Esika Savsani
Germantown, MD
STEM for THEM
Esika hosted STEM workshops at a local middle school in her community, to inspire young students to develop an interest in science, technology, engineering, and math.

Grace Schuler
Gaithersburg, MD
Speak Out!: Making Public Speaking Fun
Grace developed a program to get middle schoolers comfortable and confident with public speaking.

Ashley Scurlock
Fairfax, VA
Raising the 75%
Ashley hosted a self-defense class at Fairfax High School and taught participants about the issue of sexual assault to reduce occurrences.

Gina Seifert
Owings, MD
Eastern Shore Bluebird Trail
Gina erected the Eastern Shore Bluebird Trail at Northern High School to provide nesting ground for bluebirds and help rid insects that destroy crops in surrounding farms.

Samantha Sexton
Glen Mills, PA
Art Therapy for Special Needs Children
Samantha hosted an art therapy camp for special needs children to give them the chance to express themselves through art as well as enhance their hand-eye coordination.
GOLD AWARD GIRL SCOUTS

Katelyn Shea
Winchester, VA
Healthy Lifestyles = Healthy Girls
Katelyn researched teen obesity prevention and organized a summer camp on exercise, nutrition and stress management for young girls led by community experts.

Nicole Smith
Germantown, MD
Prop 'til You Drop
Nicole developed an organizational system for her high school’s prop room, making it clean, safe, and easily accessible.

Tijara Smith
Washington, DC
Break Free: No Stigma Can Hold Me
Tijara designed a transformational workshop for middle school girls focused on three keys to success: the ability to defend, advocate and love yourself.

Brittany Shelley
Alexandria, VA
The Art of Pitching Academy
Brittany led five pitching clinics with a pitching coach, city officials and high school teammates to teach girls softball pitching techniques.

Rebekah Snellings
Pomfret, MD
Anti-Bullying Puppet Workshop
Rebekah combined her love of puppeteering with the issue of bullying to conduct a workshop where kids learned puppeting techniques and anti-bullying strategies.

Emma Sliwinski
Ashburn, VA
Sugar - Why You Need to Stop Eating So Much!
Emma delivered a presentation to fifth graders about the negative effects of added sugar, discussing why it’s harmful and teaching strategies to reduce sugar consumption.

Lauren Souder
Adamstown, MD
Project Reading Rage
Lauren started a Teen Book Club at her local library to get teens interested in reading and to teach them about literacy.

Abigail Tisler
Fairfax Station, VA
Food For Life
Abigail worked with Fairview Elementary School to install a greenhouse and to develop individualized plans for each grade that supplement math and science curriculum.

GOLD AWARD GIRL SCOUTS

Jillian Sturim
Burke, VA
Therapeutic Riding Sensory Trail
Jillian designed and built a riding sensory trail for her community to serve as a therapeutic environment.

Anna Taylor
Burke, VA
Solo Ensemble – A to Z
Anna gave private music lessons to elementary aged children who couldn’t afford them. This allowed them to perform in a local music festival and learn critical music skills.

Melinda Thompson
Chesapeake Beach, MD
From Ignorance to Understanding: Fighting Anti-Semitism
Melinda developed and conducted a workshop explaining the dangers of anti-Semitism and how to combat it using education.

Sarah Van Hook
Leesburg, VA
Teen Tolerance Video
Sarah produced a documentary on Islamic intolerance. The film is now a part of the AP English and Psychology curriculum in her school.

Sophia Varnai
Silver Spring, MD
Art and Self-Discovery Camp
Sophia created a week-long summer camp for young girls at her local library focusing on self-love, self-care, and self-expression through the arts.

Angela Vasishta
Front Royal, VA
Beat the Heat India!
Angela addressed how to stay safe in extreme temperatures by creating activity, coloring, and informational sheets that she shared with families locally and in India.

Mckenzie Walsh
Herndon, VA
Texting and Driving
Mckenzie taught her peers the dangers of texting and driving. She also provided them with suggestions on how to ignore or refuse a cell phone while at the wheel.

Lauren Souder
Adamstown, MD
Project Reading Rage
Lauren started a Teen Book Club at her local library to get teens interested in reading and to teach them about literacy.
GOLD AWARD GIRL SCOUTS

Julia Weddle
Frederick, MD
Pesticide Awareness Program
Julia built two bat houses to help eliminate the need for pesticides and make our food safer.

Samantha Werner
Hedgesville, WV
Participate, Engage, Immerse!
Samantha helped incoming freshmen find a sense of belonging in her high school by hosting an informational session on clubs and activities within their school.

Jordan Wheeler
Washington, DC
Eat Well
Jordan hosted an educational cooking workshop to share her love of healthy eating and exercising with young people.

Emma Winters
Warrenton, VA
Ready! Set! Sort!
Emma addressed organizational issues at Bethel United Methodist Church by adjusting storage and creating inventory of current supplies. She also helped implement operating procedures for the church.

Rena Wolinsky
Sterling, VA
Live Long and Pawspurr
Rena put together a workshop at a local animal shelter to show kids how they can help and "volunteer" at animal shelters even when they are too young to formally do so.

Elizabeth Woolford
Arlington, VA
Yorktown High School Recycles
Elizabeth created a recycling program for Arlington Public Schools to address a lack of proper waste bins and provide education for staff, students and custodians.

Carolyn Ziegler
Centreville, VA
Katherine K. Hanley Technology Center
Carolyn started K.A.T.E, Kids Achieving in Technology and Education, to provide educational learning software to help homeless children succeed and excel in school.

Emma Winters
Warrenton, VA
Ready! Set! Sort!
Emma addressed organizational issues at Bethel United Methodist Church by adjusting storage and creating inventory of current supplies. She also helped implement operating procedures for the church.

The Gold Award Panel is comprised of six regional groups of committed volunteers who meet every month to help guide girls through the Gold Award process. Our Gold Award Panel reviews proposals and provides constructive, useful feedback to potential Gold Award girls. They are essential to girls earning the Gold Award through Girl Scouts Nation’s Capital.

GOLD AWARD PANEL MEMBERS:

CAMP CROWELL, VA
McGlensey Antonucci
Sharon Cantrall*
Cyndie Lipari
Maureen Mallette*
Lisa Robinson
Maria Rojtman
Sandy Trumbull

FREDERICK, MD
Kim Kingsford*
Stanley Myles*
Ann Robertson
Cathy Romano
Camille Szymczak

LOUDOUN, VA
Lori Ann Duval-Jones
Taylor Gaukel
Sue Hansen**
Terri Hotaling
Suzanne Le Menestrel

SHENANDOAH, WV
Judi Becker-Greenfield*
Tina Capps*
Kathleen Engel
Brian Kearney
Linda Paulson

WALDORF, MD
H. Christel Brokenborough
Danielle Brokenborough
Alita Jordan*
Catie Palmer
Tonya Penebaker-Brown
Marvena Simmonds
Sandra Stewart*

WASHINGTON, DC
Priya Arokiaswamy
Jessica Avery
Lauren Cross
Hannah Davis
Carol Jacobson**
Sue Kohn
Nyemale Macedo
Amina Manguera
Allilia Price
Julie Queen
Katharine Tilmes

* Panel Co-Chair
** Panel Chair
GOLD AWARD SCHOLARSHIP OPPORTUNITIES

Many colleges and universities offer scholarships to Girl Scouts who have earned their Gold Award, because they recognize the leadership skills required to earn the Gold Award.

This year, our Council offered high school seniors who earned their Gold Award the opportunity to apply for one of fourteen $1,000 educational scholarships. The Gold Award Scholarship Panel, comprised of members of the business community with a commitment to Girl Scouting, reviewed written applications and identified semifinalists to be interviewed in person at the Council office. Based on the interviews, committee members select the finalists. Additionally, the Council selected a Young Woman of Distinction – who has demonstrated extraordinary leadership – to receive a $2,000 scholarship.

The Council’s multiple scholarships for Gold Award recipients are funded through generous gifts from Sarah Phillips, a lifetime Girl Scout volunteer, in support of the Sarah and Lawrence Phillips Scholarships; a gift from an anonymous donor in honor of Marilyn Carr; and Shenandoah Region scholarships supported through an endowment from lifetime Girl Scout volunteers Eva L. Woolridge and Lynne Seibert-Steptoe.

2017 GOLD AWARD SCHOLARSHIP PANEL

Suzanne Amsbaugh
Community Volunteer

Amy Cohen
First Merchant Services

Marcelle DeCuir
Community Volunteer

Stephenie Foster
Community Volunteer

Jennifer Francois
Community Volunteer

Carin Gendell
The Gendell Group

Roland Hawthorne
The Meltzer Group

Pat Mathews
Northern Virginia Health Foundation

Jeannine Maynard
Inova Hospital

Amy O’Donnell
U.S. Navy

Barbara Ostrom
MacTech Engineering and Consulting

Carolyn Ostrom
Community Volunteer

Karen Penn, Esq.
Endgame

Stephanie Tsacoumis, Esq.
Georgetown University

Gina Wasson
Community Volunteer

Margaret Aaron
Ikram Abd
Nabila Abdul-Malik
Dana Ablimit
Julie Ablimit
Hayley Adams
Naya Adhamyan
Taruni Rachel Addanki
Anna Adhikari
Mia Aguiar
Daiana Aguilera
Elizabeth Ahern
Sejal Ahuwalia
Ulia Ahn
Robin Allen
Grace Allston
Caroline Alpi
Hannah Alt
Sara Alvarado
Maria Amare
Erich Andersen
Sara Anderson
Sophia Andrews
Iman Anwarzai
Laura Armendaris
Talia Armoza
Karis Arnold
Ayanna Ashton
Sophia Ashton
Kayla Auldem-Brinke
Kate Augelli
Shatha Awad
Emily Baba
Emma Bacarra
Ashley Bae
Morgan Bailey
Grace Baker
Sydney Baker
Hailey Baldwin
Sydney Bannister
Emma Barnes
Abigail Barnhouse
Daisy Barr
Rachel Barthezd
Tessa Bassett
Julia Bauer
Adriana Beebe
Laila Befus
Najayah Belton
Kalia Bertha
Natasha Betancourt
Tanvi Bhat
Nicole Bido
Antonia Birnrett
Theodora Birnrett
Ayla Black
Elia Black
Hannah Blackmore
Rebecca Blackston
Sydney Blackston
Naomi Blalock
Sarah Blanks
Leah Block
Rachel Block
Megan Boesen
Abigail Boley
Hardee Bollivar
Emily Boman
Alyssa Bondy
Clara Bonilla-McChesney
Bethany Bonney
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Mei Bowers
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Andee Brayman
Katie Brenkel
Eva Brennan
Maira Clare Bremeng
Celeste Brinkhuis
Cynthia Brooks
Jessica Brown
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Kiara Brown
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Niyah Brown
Kathleen Browning
Eleanor Brunsmen
Selena Brushie
Natalie Buckle
Sara Bue
Kailynne Bullock
Allan Burghardner

SILVER AWARD GIRL SCOUTS

The Girl Scout Silver Award is the highest honor a Girl Scout Cadette can achieve. This award recognizes girls who participated in a range of take action projects benefiting their communities. Through their projects, the girls listed in this yearbook learned leadership and organizational skills, explored potential career paths and improved their communities.

Congratulations to the following Silver Award Girl Scouts:

Margaret Aaron
Ikram Abd
Nabila Abdul-Malik
Dana Ablimit
Julie Ablimit
Hayley Adams
Naya Adhamyan
Taruni Rachel Addanki
Anna Adhikari
Mia Aguiar
Daiana Aguilera
Elizabeth Ahern
Sejal Ahuwalia
Ulil Ahs
Robin Allen
Grace Allston
Caroline Alpi
Hannah Alt
Sara Alvarado
Maria Amare
Erich Andersen
Sara Anderson
Sophia Andrews
Iman Anwarzai
Laura Armendaris
Talia Armoza
Karisa Arnold
Ayanna Ashton
Sophia Ashton
Kayla Auldem-Brinke
Kate Augelli
Shatha Awad
Emily Baba
Emma Bacarra
Ashley Bae
Morgan Bailey
Grace Baker
Sydney Baker
Hailey Baldwin
Sydney Bannister
Emma Barnes
Abigail Barnhouse
Daisy Barr
Rachel Barthezd
Tessa Bassett
Julia Bauer
Adriana Beebe
Laila Befus
Najayah Belton
Kalia Bertha
Natasha Betancourt
Tanvi Bhat
Nicole Bido
Antonia Birnrett
Theodora Birnrett
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Hannah Blackmore
Rebecca Blackston
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SILVER AWARD GIRL SCOUTS

Audrey Maxwell
Bellic McCarthy
Caitlin McCaslin
Jamie McCoy
Megan McCormick
Chantelle McClurg
Kayleigh McDonald
Lilliania McDonald
M. Tiara McGowan-Jones
Elise McKenney
Sarah McKay
Ahryl McManhan
Marianna Moreau
Olivia Morales
Sierra Moore
Logan Moore
Yesenia Montenegro
Madison Monroe
Maura Mockeridge
Ella Minster
Brie-Anne Miles
Emily Milwey
Catherine Milivich
Amber Miller
Mierster Miller
McKenna Miller
Ella Minster
Alison Minani
Sarah Minn
Maura Mockridge
Yasmin Mohran
Alexandra Monaragh
Madison Monroe
Yessenia Montenegro
Logan Moore
Sierra Moore
Olivia Morales
Isabella Morales-Talero
Mariana Moreau
Anna Morris
Jala Morrison
Anne Mortenson
Katherine Mower
Nyla Mpofu
Brigid Mulholland
Mary Kate Mull
Shannon Mullerin
Amanda Muller
Megan Munford
Stephanie Murphy
Chloe Murtagh
Dana Musser
Nora Mutarelli
Shivani Naik
Sydney Nauman
Natalie Naylor
Cassie Neely
Catherine Nelson
Dorothy Nelson
Laura Nelson
Rachel Nelson
Natalie Nester
Avery Newell
Sydney Newell
Kaley Newlon
Mckenna Miller
Kierstin Miller
Ella Minster
Laura Minner
Robyn Mencer
Nadya Merdon
Kathy Moreau
Jana Moorer
Olivia Morales
Sierra Moore
Logan Moore
\* Trials in Progress \*
This year, we are honored to present the Silver Trefoil Award to:

- Emma Grace Houston
- Tyler Nicole Hughes
- Briana Hurd
- Kayla Hutchins
- Fyzah Islam
- Hanna Jan
- Dalencia Jenkins
- Mikayla J. Jenkins
- Alexis Johnson
- Karrygan Johnson
- Rebekah Johnson
- Serhen’tle Johnson
- Alison Jones
- Alyssa Kelly Jones
- Lydia Dianne Jones
- Sydney Jones
- Pranusha Kareddy
- Emily Key
- Ashley Kim
- Kiley King
- Olivia Kleinsmith
- Katherine Klemmer
- Samantha Knox
- Jacqueline Kolhof
- Susie Kye
- Radhika Laddha
- Ellora Larsen
- Cassandra Leach
- Madeleine Rose Aiello
- LeBeau
- Devyn Lee
- Kelsey Lee

- Sara Levene
- Sivan Lurie
- Shannon Lyons
- Lauren Maliazar
- Aimée Marcouz
- Grace Mathias
- Kaylé Matthews
- Madison May
- Julia Medina
- Annali Menjivar
- Kate Meredith
- Angel Minor
- Molly Mitchell
- Haley Moses
- Ninissima Maris
- Mugamba
- Meaghan Marie Mullins
- Michaela Myers
- Sahit Nadimpalli
- Amelia Niall
- Ellie Norton
- Jasmine Novell
- Samantha O’Brien
- Gabriela Oquendo
- Rebecca Osborne
- Rachel Pak
- Macy Palmer
- Victoria Parello
- Alexis Marie Parks
- Nikita Patel
- Priti Patel
- Kathryne Penn

- Kristina M. Peter
- Claire Pfeifer
- Sarah Pimentel
- Baily Pinckney
- Anna Potts
- Meghan Elisabeth
- Rakowski
- Maryam Rambo
- Michaela Redman
- Alexis Rinker
- Jasmene Roberts
- Kayla Robinson
- Lindsay Rogers
- Gabi Romero
- Ali Rosenberg
- Julia Roush
- Alyson Ruth
- Amanda Rutledge
- Katherine Safian
- Lillian Salamone
- Ashlen Scarrello
- Neha Sharma
- Shawna Shartz
- Melissa Shuey
- Nikita Sivakumar
- Elizabeth Rose Smith
- Lindsay Smith
- Samantha Smith
- Rachel Sneeringer
- Rebekah Snellings
- Sarah Snyder
- Jillian Sturim

- Mary Subia
- Rida Subzwar
- Megan Sullivan
- Alix Swain
- Kira Sweetman
- Lache Swinney
- Abigail Tarburton
- Charlotte Terrill
- Molly Thrones
- Alyssa Thomas
- Samantha Thurston
- Bhayliyn Tiwari
- Beth Trumn
- Brienne Tyler
- Halley Vance
- Cindy Vo
- Emeline Walker
- Kelsey Ward
- Emily Warren
- Erin Warren
- Rachel Westhburg
- Diamond Washington
- Carly Collins Watkins
- Anna Webster
- Sara Wilfong
- Julia Wine
- Maiya Woodward
- Sarah Kaylee Young

This is in recognition of all female U.S. Senators:

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The Silver Trefoil Award is a recognition that is unique to Girl Scouts Nation’s Capital. It is awarded to Girl Scout Seniors and Ambassadors who have provided a minimum of 100 hours of service.

To earn the Silver Trefoil Award, girls are required to complete 75 hours of global service (including 10 hours of green service hours), 25 hours of global service, and 50 hours of service to the Girl Scout community.

This year, we are honored to present the Silver Trefoil Award to:

- Allison Nicole Abate
- Harper Taylor Abbott
- Morgan Agnew
- Amy Alba
- Heather Alba
- Mikayla Alberico
- Elizabeth Allen
- Rachel Appleby
- Paige Atherton
- Emily Awtry
- Lubna Azmi
- Lauren Baird
- Priya Batra
- Leah Mackenzie Bayne
- Makenna Beam
- Marleigh Beck
- Kassandra Berdine
- Bella Bishop
- Rachel Black
- Madeline Bonchick
- Ashton Bond
- Haley Bowling
- Caitlin Bowman

- Nyah O. Breidlove
- Camilla Brown
- Sydney Brown
- Madison Buckwalter
- Sally Burkley
- Sarah Burr
- Hannah Bush
- Kathleen C. Cannon
- Hope Carey
- Olivia Carey
- Rachel Carlson
- Amber Carpenter
- Terrin Carpenter
- Elizabeth Carter
- Colleen Carver
- Sarah Case
- Rachael Castle
- Sidney Elizabeth Causey
- Brooke Cherek
- Mary Choi
- Jamie Cimbalista
- Julie Cimbalista
- Helena Clark

- Maya Clarke
- Amber Claus
- Clare E. Connally
- Kaylee Cox
- Stephanie Crawford
- Elizabeth Crishock
- Nicole Cusimano
- Clare DaBald
- Akhila Danam
- Danielle Davis
- Kayleigh Dayton
- Julie Deryanyarch
- Sara Dickerson
- Sara Dove
- Carmen Dunlap
- Kiera Edwards
- Lindsay Ekanger
- Leya Essex
- Reilly Evans
- Isabella Femia
- Madelin Finn
- Allison Fład
- Kaitlin Garretson
- Ella Giles
- Ashley Girod
- Emily Goff
- Hannah Goodacre
- Nova Grissom
- Taylor Guiford
- Tanvi Haldekar
- Angela Zeppelina Halleck
- Una Haller
- Sydney Harinck
- Delaney Hancock
- Katie Hancock
- Jasmine Hardin
- Eva Hartig
- Sarah Hearsey
- Melanie Helfe
- Amy Hermach
- Miranda Herrera
- Olivia Hillke
- Haley Hoeing
- Ithaca Grace Hogan
- Maddy Horstman
- Kayla Housewright

**GIRL SCOUTS’ PROVEN IMPACT**

- 90% of all female U.S. astronauts
- 80% of all female tech leaders
- 75% of all female U.S. Senators
- 100% of all female U.S. Secretaries of State
Religious Recognitions are created by faith communities for their members who are Girl Scouts. They help Girl Scouts grow stronger in and learn more specifically about their faith. Each religious organization develops and administers its own program. In addition to those highlighted below, 1,474 Girl Scouts earned their Girl Scout My Promise My Faith pin between April 1, 2016 and March 31, 2017.

This year, we are honored to recognize the following for earning a Religious Award:

<table>
<thead>
<tr>
<th>Name</th>
<th>Award</th>
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<tbody>
<tr>
<td>Christian Appleton</td>
<td>God and Me</td>
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<td>Anna Balbuena</td>
<td>Bishop Thadden F. Zielinski</td>
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<td>Dharma</td>
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<td>Keaton Williams</td>
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<td>Meckenzie Wilson-Lowery</td>
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Religious Award GIRL SCOUTS

A LIFETIME CONNECTION TO GIRL SCOUTS

Congratulations on your high school graduation! We hope your future is bright as you move on to college, careers and more. For a limited time, you can purchase a lifetime membership at a special reduced cost of $195 for girls who are registered members at the time of high school graduation.

Your lifetime membership will keep you connected as a Girl Scout alumna and cover you when you are ready to lead a troop of your own! Check your mailbox for an invitation to become a lifetime member and respond immediately – this is truly a once in a lifetime opportunity. Contact customercare@gscnc.org for more information.

After you purchase your Lifetime Membership, visit one of our shop locations to receive a 20% discount on a Lifetime pin and an adult scarf.

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We’re proud to support the Girl Scouts Nation’s Capital Gold Award and all those who come together to make a difference for the communities we serve.

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800.523.7898
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LEADER