Dear Girl Scout family,

Girl Scouts are entrepreneurs, environmentalists, campers, techies and they also make their community and world a better place. This yearbook celebrates the wonderful accomplishments of all our high awardees. These Girl Scouts are exceptional young leaders who have made a significant difference in our world.

I say the Gold Award is like the Ph.D. of Girl Scouting. Two hundred and three Girl Scout Seniors and Ambassadors tackled projects, which varied in scope, solving real world problems and uplifting their communities. I encourage you to read about the amazing projects in this yearbook, from spreading awareness for mental health resources for teens, feeding the hungry to preparing students for college and careers. Gold Award Girl Scouts are Girl the World Needs. It is the highest earned achievement for high school girls, and can open doors for scholarships, preferred college admissions and career opportunities.

This year 917 Girl Scouts earned the Silver Award, the highest achievement a Girl Scout Cadette can earn as an individual or team. They have taken on projects they care about, learned the facts and put their plans in motion. They are well on their way to earning the Gold Award.

The Silver Trefoil Award is unique to Girl Scouts Nation’s Capital; and reflects a Girl Scout’s commitment to volunteering globally, locally and even in the Girl Scout community. Two hundred and thirty-four Girl Scouts dedicated 100 hours to earn this award, preparing them for a lifetime of civic engagement and volunteerism.

Congratulations to all the extraordinary Girl Scouts featured in our award yearbook. These outstanding young women represent not only the brightest and best, but also the most passionate and committed. Girl Scouts is a life-changing journey, and earning high awards is the pinnacle of one’s Girl Scout experience.

Thank you to all the parents, Girl Scout advisors, volunteers, and Girl Scout sisters, who believed in our awardees and supported them at every turn. Because of your support these awardees have gained confidence and the skills that will catapult them to a lifetime of success.

Yours in Girl Scouting

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

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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.

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
Nicole Lehmer, Teen Program Specialist
Karina Gallardo, Program Coordinator
Danielle Phelps, Marketing Specialist

Thank you to the Women’s Advisory Board (WAB), The most influential business leaders from the Greater Washington Region. These women raise the profile of Girl Scouting within the corporate community, and are committed to sharing their expertise with Girl Scouts earning the Gold Award.

4301 Connecticut Avenue, NW | Washington, DC 20008 | 800.523.7898 | www.gscnc.org
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 high commitment to improving their communities, and advocating for lasting change. This past year, from March 16, 2019 to March 15, 2020, 203 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. By necessity, the descriptions are brief and may not fully describe the scope of the project.

Sydney Acuff
Silver Spring, MD
End The Stigma, Period.
Sydney recruited members of her community to help create reusable menstrual pads for girls in developing countries.

Isuri Adikari
Kensington, MD
Maryland Temple Beautification
Isuri’s planted trees, flowers, and shrubs to beautify the Maryland Buddhist Vihara unite different people toward a common goal.

Kristen Aellen
Damascus, MD
Bracelet Kits for Hospitalized Teen Girls
Kristen created and led a workshop to make 2,000 bracelet kits for hospitalized teen girls to help them stay positive and focus on their health.

Imani Allen
Washington, D.C.
Ways to Relieve Stress
Imani created a presentation and films on how healthy lifestyle changes can reduce students’ stress.

Rylie Adams
Fairfax, VA
The Faces of History Mural
Rylie painted a mural in her school of human rights activists to educate and inspire students, staff and visitors.

Jaymie Adkins
Berkeley Springs, WV
Berkeley Springs High School Athletic Event Clean-Up
Jaymie cleaned up after athletic events such as football and basketball games in order to show students the importance of picking up after themselves.

Sakina Ahmad
Herndon, VA
Reading Buddies
Sakina created a program that paired elementary-aged readers with teens to take turns reading to each other and build reading confidence.

Samia Alshammaa
Ashburn, VA
Not My Barn/Beyond Fences
Samia educated and empowered Loudoun County 4-H club officers and camp counselors on anti-bullying and the educational benefits of 4-H livestock clubs.
Victoria Anthony
Alexandria, VA
Early English
Victoria's project aimed at contributing to the education for underprivileged kids in the city of Quito, Ecuador.

Julia Ashworth
Alexandria, VA
Batty For Bats
Julia prepped for and ran a bat house building workshop for children and created a public service announcement to spread awareness about the importance of bats.

Elizabeth Bailey
Lovettsville, VA
Got Yarn?
Elizabeth taught members of the community how to make hats and scarves for local charities. Through this, she was able to donate over 100 hats and 100 scarves.

Priya Batra
Chantilly, VA
Teen Stress Relief & Management Workshops
Priya focused on educating teen girls on stress management. She taught them about symptoms and causes of stress and various techniques to get relief.

Vedika Arunkumar
Ashburn, VA
A Home for Everyone
Vedika educated her community about the shortage of foster families by hosting information sessions at local libraries and creating a video.

Jessica Bagby
Warrenton, VA
Walker Bags for Safety
Jessica Bagby’s Gold Award ‘Walker Bags for Safety’. She did presentations to a variety of audiences with fall prevention tips, balance exercises and walker bags.

Aimee Ballard
Harpers Ferry, WV
Get Excited About Science!
Aimee designed workshops for the C.T. Boys & Girls Club to give kids a chance to engage in science outside of school and encourage them to go into STEM fields.

Emma Bazemore
Fairfax, VA
Cavity Avoidance in Rural Indigenous Northern Guatemala (CARING)
Emma’s project aimed to educate people in Guatemalan communities about the importance of practicing dental hygiene by distributing toothbrushes and coloring books about dental health.

Nura Behgoman
Herndon, VA
A Seat At Our Table
Nura's project addressed the use of negative stereotypes in the media by creating video presentations to showcase the lives of people who are affected by the negativity.

Julia Belvin
Hollywood, MD
Creative Healing Art Talk (CHAT)
Julia promoted the mental health benefits of art for survivors of trauma, depression, and anxiety by providing art opportunities and by educating caregivers.

Naomi Bertha
Falls Church, VA
Meaning Watershed Education Program
Naomi created a program for her local nature center to educate summer campers about how watersheds impact them.

Kathleen Bishop
North Potomac, MD
Creating a Patio Wildlife Habitat to Promote Environmental Awareness
Kathleen transformed a retirement home’s patio into a native habitat for birds and butterflies and designed educational information for the residents’ use.

Laura Biwer
Springfield, VA
Healthy Vegetarian Eating For Busy Teens
Laura demonstrated how to create nutritious vegetarian meals for teenagers by creating a cookbook and distributing pamphlets during a workshop.
Gold Award Girl Scouts

Hannah Bray
Frederick, MD
Recomposing the Urbana Orchestra Program
Hannah Bray and her volunteers helped to “recompose” the orchestra program at her school through various improvements they made.

Isabelle Cang
Fairfax, VA
The Art of Life
Isabelle organized art workshops to educate young kids about stress management and relief in order to prepare them for all the stress of school, work, and life.

Haili Bruckner
Sandy Spring, MD
The Cost of Cheap Clothing: Sewing and Sustainability Workshop
Haili held a sewing workshop and made a website to educate kids on the issues within the fashion industry and importance of sustainable shopping practices.

Sydney Brown
Upper Marlboro, MD
Teen Health, Wellness and Disease Prevention
Sydney Brown’s health fair project addressed the issue of adolescent mental and physical health, wellness, disease prevention, self-esteem and campus safety.

Sara Buie
Woodbridge, VA
Little Free Library and Literacy Enrichment Program
Sara created a Little Free Library for Kyle R. Wilson Elementary and implemented a literacy enrichment program to benefit its student population.

Vivian Cao-Dao
Centreville, VA
Progress With Chess
Vivian Cao-Dao created the community program ProgressWithChess to provide free tutoring and chess lessons to local children.

Amber Carrico
Falls Church, VA
Native Ecosystems: The Good, The Bad, The Ugly
Amber’s Gold Award focused on raising awareness about restoring native habitats thereby slowing the loss of species reliant on native plants for their survival.

Julia Cartwright
Reston, VA
Mosquito Vector Control
Julia’s project reduced the threat of mosquito borne illnesses through educational presentations, draining standing water and installing blue bird and bat houses.

Dalia Chen
Potomac, MD
Local Agriculture Workshop
Dalia created a class that informed community members about the benefits of growing, consuming and eating locally grown foods.

Taylor Cherry
St. Leonard, MD
Operation Amphitheater
Taylor built a backdrop for a local amphitheater and also designed a historical activity pamphlet for children of all ages to do when they visit the park.

Mary Chudovan
Fairfax, VA
Supporting Pleasant Valley Preschool
Mary created a monarch butterfly garden to bring environmental awareness to the students of Pleasant Valley Preschool and the Greenbriar Community.

Olivia Coe
Ashburn, VA
The Power of Music Therapy
Olivia created a music therapy program for children with Autism and developmental delays. The program taught them to trust and identify police officers.

Gold Award Girl Scouts

Nicole Chebili
Vienna, VA
Bipartisan Buzz
Nicole started a bipartisan politics club at her high school, designed a website, and created flyers, posters and brochures to promote community bipartisanship.

Emma Chernisky
Chantilly, VA
Food Pantry Recipe Book
Emma created a recipe book using items commonly donated to a food pantry and organized volunteers to prepare & distribute food samples to clients of the pantry.

Danielle Chew-Martinez
New Carrollton, MD
Frenchman’s Creek Community Dog Park
Danielle Chew-Martinez built a dog park in her condominium community for the dogs owners in her neighborhood to have a safe space to exercise their dogs.

Olivia Coe
Ashburn, VA
The Power of Music Therapy
Olivia created a music therapy program for children with Autism and developmental delays. The program taught them to trust and identify police officers.
Sophia Cooney
Bowie, MD
Informational Human Trafficking Workshop
Sophia worked with 3 anti-human trafficking groups to create an educational workshop, provide service opportunities, lobby to make trafficking a felony in MD.

Jaylah Dorsey
Chevy Chase, MD
Let’s Eat
Jaylah’s project addressed unhealthy eating habits among children experiencing homelessness by creating a listing of a snack per day, an activity and song.

Julia Drennan
Alexandria, VA
Flipping the M in STEM
Julia Drennan believing that in teaching, one truly learns & noticing a need in her community for low-cost, quality peer tutoring, trained a network of tutors & connected them with children in need.

Lydia Colwell
Vienna, VA
The Neck Pillow Project
Lydia taught young girls how to sew and worked with them to create and deliver 100 neck pillows for cancer patients receiving treatment in a local hospital.

Hattie Dalton
Mechanicsville, MD
Encouraging Positive Thinking Among Teen Girls
Hattie created vinyl stickers and hosted a workshop to address younger teen girls and the troubles they face with body image, confidence, self esteem and bullying.

Julia Fischer
Great Falls, VA
Crisis Pregnancy Renovation
Julia renovated a crisis pregnancy center and created an Art Corner to provide a welcoming environment for the women and families who need the center’s help.

Ella Evans
Arlington, VA
Garden Gold Award
Ella worked to clear out and replant a garden at her church with native plants and make it into a more viable urban green space.

Katie Evans
Herndon, VA
Girls and Gears: Getting Girls Involved in STEM
Katie sparked girls’ interests in STEM careers by teaching robotics programming & engineering and coaching the girls to success in a robotics tournament.

Kathleen Farr
Vienna, VA
Drawing Inspiration from Yourself: A Mental Wellness Self-Help Book for Teens
Kathleen created the coloring book Drawing Inspiration From Yourself to help teens cope with stress, anxiety, and negative self-image.

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Clara Dotterer
Sterling, VA
Atria Outdoor and Indoor Planting
Clara planted a colorful garden at Atria Assisted Living and also brought the outdoors indoors through each resident potting their own plant for their room.

Grace Flory
Takoma Park, MD
The Monsters in Mind
To combat stigma and misinformation about mental illness, Grace wrote a one-act play to educate an audience about how it feels like to struggle with mental health.

Laura Evans
Herrdon, MD
Teaching Girls To Be The Leaders and Problem Solvers of Tomorrow
Laura’s Gold Award project trained young girls to be successful leaders and problem solvers through researching, completing, and presenting a project to improve their world.

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Vienna, VA
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Emily Cole
Mount Airy, MD
Lacrosse Unplugged
Emily inspired young girls to get outside and off of their devices by hosting “Lacrosse Unplugged”. She trained teens to work with young girls and taught the girls lacrosse skills, activities to do outside and the dangers of using devices too much.

Emily Dunsmore
Dunkirk, MD
Meadow Restoration
Emily restored a local meadow with plants beneficial to monarch butterflies and pollinator species.
Dalena Garcia  
Beltsville, MD  
Save Our Majestic Monarchs!  
Dalena taught children the importance of monarch butterflies by creating a butterfly garden for the students at St. John the Baptist.

Charlotte Gimlin  
Arlington, VA  
"Self-Care Room" for Anxiety Management  
Charlotte’s project addressed the lack of mental health care at her school, providing techniques to cope with panic in a safe, private place.

Trinity Gourdin  
Fort Washington, MD  
Every One of Us Matter!  
Trinity’s project entitled, Every One of Us Matter! Breaking down stereotypes through an educational awareness campaign about Intellectual Disability. Her project addressed the stigmas and barriers of intellectually disabled individuals.

Mary Kate Ganley  
Falls Church, VA  
Buddy Up With Reading  
Mary Kate created a free little library to encourage the community to continue to assist the students at a local elementary school and to advocate for change within the community through reading.

Angelika Giavis  
Vienna, VA  
Book Club  
Angelika started a book club at Tall Oaks Assisted Living. She wanted to start something that helped seniors interact with their peers on a deeper level.

Katherine Glascock  
Front Royal, VA  
Identifying Invisible Hunger: People Who Hide Their Hunger  
Katie presented about hunger at/above the poverty line, gathered 1500 lbs of food to create snack bins for each school and made a video about community resources.

Maansi Gupta  
Gaithersburg, MD  
The Gita Trail  
Maansi created and publicized a hiking path in her community. Her project emphasized the importance of connecting with nature to alleviate mental distress.

Mei Hagood  
Ashburn, VA  
Vaping Awareness Project  
Mei’s Gold Award project informed elementary, middle, and high school students about the dangers of vaping and the consequences of this activity.

Alicia Gravette  
Germantown, MD  
Bandanas for Kids  
Alicia made 100 age-appropriate fashionable Bandanas for students with special needs. Building Self-Esteem. Building Community. Building Awareness.

Julianna Grimson  
Great Falls, VA  
Enhancing the Safety of Great Falls Roads  
Julianna led her community and partnered with state government to install signage on dangerous utility poles to improve the safety of local roads.

Nova Grissom  
Ellicott City, MD  
Justice "what are our rights?"  
Nova Grissom’s Gold Award Project, Justice “what are our rights?”, used workshops to inform teenagers what to do when dealing with law enforcement agents.

Maansi Gupta  
Gaithersburg, MD  
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Gold Award Girl Scouts  
Erin Ganley  
Vienna, VA  
Advancing Seniors in Social Technology (ASIST)  
Erin Ganley taught senior citizens at the Kensington Senior Living home the basics of social technology, to help them stay connected to friends and family.

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Jessica Holloway
Burtonsville, MD
Increasing Minority Student Application to School Magnet Programs
Jessica created a manual to provide information on magnet application process for African-American and Latino students in 6th-8th grade in Montgomery County Public Schools.

Emily Huber
Arlington, VA
STEM Connect!
Emily hosted monthly STEM workshops for the sixth-graders at her school to encourage interest in STEM.

Zohra Hall
Upper Marlboro, MD
Tech Savvy 4 Seniors
The Tech-Savvy 4 Seniors was created with the purpose of teaching senior citizens how to properly and efficiently operate their devices.

Afrah Hanan Nirar
Sterling, VA
How Important is Your Health to You?
Afrah’s project focused on educating the youth on health-related topics. She built a website with all the resources used during her presentations.

Christian Herald
Washington, D.C.
Speaking for Success
Christian developed and facilitated a daily public speaking, speech writing, and confidence building workshop for underserved middle school girls of color.

Ziyah Holman
Hyattsville, MD
Disconnect To Connect
Ziyah created the ZEN Room for students to relieve stress by introducing them to different coping mechanisms to manage the daily pressures of high school.

Tyler Hughes
Washington, DC
Can I Eat That?
Tyler created an allergy awareness coloring/activity book for school-age children. The books were presented to Pre-K-1st-grade classes at a local school.

Jada Jupiter
Upper Marlboro, MD
Saving Our Butterflies
Jada presented a seminar and built a butterfly garden to raise awareness to the Baltimore Checkerspot Butterfly and the importance of grassland butterflies.

Stuthi Iyer
Great Falls, VA
STEAMWorkshop and Science Fair for Title I Elementary School
Stuth conducted a series of STEAM Workshops for the Title I School, Herndon Elementary. This culminated in a Science Fair where she helped students make & present novel research.

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Jessica Kligman
Fairfax Station, VA
Student Athletic Training Program
Jessica taught students in her school’s athletic trainer training program how to prevent injuries and what to do with various injuries.

Annie Kelly
Darnestown, MD
The Saint Thomas More Chapel Makeover at Our Lady of Visitation Parish
Annie completed her project at Our Lady of the Visitation Parish. She was able to turn the parish’s weathered chapel into a space that is welcoming to all.

Olivia Kreutzer
Silver Spring, MD
The Way We Learn
Olivia Kreutzer worked on creating a website discussing learning disabilities.

Jessica taught students in her school’s athletic trainer training program how to prevent injuries and what to do with various injuries.

Sarah Kessler
Silver Spring, MD
Beautiful Flowers: A Book for Real Girls
Sarah made dolls to help children see themselves as how they are and not how the media sees them to help with self image issues.

Zarah King
Arlington, VA
Color Guard Behind the Scenes
Zarah spread her love of color guard through try-it days and YouTube videos, she also organized her color guard facility and created an online inventory system.

Michelle Lai
Fairfax Station, VA
Discover STEM!
Michelle and her team ran a 3-week STEM program at a local elementary school for 4th graders to encourage students to pursue STEM careers in the future.

Peyton Lavallee
Charles Town, WV
Lots-to-Share Books
Peyton created a give a book take a book free library system for 3 local elementary schools. This included collecting over 500 books and building 3 book-shelves.

Amanda Leckner
Fairfax, VA
KCAMP
Amanda Leckner developed a Korean Language and Cultural immersion camp for students to address the importance of foreign language proficiency in the youth.

Hannah Lee
Springfield, VA
STEMpower
Hannah ran an 8-week STEM program for ESOL fourth graders. She provided hands-on experiments for the kids to gain experience in the STEM field.
Gold Award Girl Scouts

Carolyn Lemens
Alexandria, VA
Increasing Blood Donation Participation & Education in Fairfax
Carolyn organized a blood drive in the Fairfax/Northern Virginia community to educate students, their parents and the community on the importance and of regular blood donation.

Taryn Leoncavallo
Marshall, VA
Snake Safety for Kids
Taryn Leoncavallo taught kids about regional snakes, how to identify them, and other snake-safety tips in her Gold Award project, Snake Safety for Kids.

Olivia Luu
Springfield, VA
Greenspring "Senior"
Olivia organized a dance, a Senior Prom, at her local retirement community to boost morale and raise awareness of having healthy relationships with the elderly.

Sarah Malone
Saint Leonard, MD
A guide to applying to Service Academies
Sarah created a pamphlet and website to assist students navigating the complex application process to the five federal service academies.

Jordan Lennon
Montgomery Village, MD
Water Safety Day
Jordan taught children and adults how to swim, what to do in an emergency situation and how to handle themselves in the water.

Hannah Little
Keedysville, MD
Project Sleep
Hannah created a YouTube video about the historical and personal consequences of sleep deprivation and the benefits of healthy sleep.

Kristen Lyons
Potomac, MD
Hurricane Preparedness For Kids
Kirsten created an educational coloring book about hurricane preparedness and held classes for children at the San Juan Community Library in Puerto Rico.

Bethany Massenburg-Jackson
Glenn Dale, MD
The Confidence Conference
Bethany taught middle school students about mental health and provided guidance on acclimating to high school.

Maya Mazzagatti
Frederick, MD
Swim Lessons for Autistic Children
Maya created swim lessons for children with Autism.

Maeve McGuire
Potomac, MD
Heart Healthy Workshop/CPR Training
Maeve held a heart healthy event which included a workshop with 4 stations and CPR certification. She taught teens heart healthy nutrition, lifestyle choices and activities by encouraging teens to get CPR certified.

Kelly Melncik
Arlington, VA
Aid for the Future: Educating Students in Honduras in First Aid
Kelly collected medical and dental supplies creating 150 kits to give to the students at the HIBS school in Honduras. She then taught them how to use the supplies.

Simone Miller
Chantilly, VA
It’s All In How You Say It!
Simone created a presentation to highlight the importance of learning at least one Critical Language for today’s job market and presented it to high-schoolers.

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Mary Miller
Frederick, MD
I Shortage of Food Awareness
Mary created a weatherproof outdoor food donation box at the Glad Valley Food Bank site to allow people to donate at any time of day.
Kennedy Ridley-Nash developed and presented a college and career readiness workshop for students experiencing homelessness in the Washington D.C. area.

Lindsay Newman led a hands-on workshop at her school to draw attention to solitary bees, discuss the bee crisis, and collaboratively establish a nurturing bee habitat.

Savannah Neuner held a canine cooking class, to help owners learn how to create treats for dogs with specialized nutritional needs.

Marianna Moreau made instructional videos about how to use machines safely in a workshop to promote STEM education for middle school students, specifically girls.

Dana Musser created a crochet pattern for an ice skating soft guard. She taught athletes in the Maryland Special Olympics ice skating program how to crochet.

Esther Obioha created a scholarship database for students at her high school. This past year, over $45,000 in scholarships were awarded to ScholarDollar members.
Eliza Pastore
Great Falls, VA
Native Insect Sustainability
Eliza brought awareness to the community regarding beneficial native insects by creating a dynamic lesson plan and hands on activities for children.

Ashley Hope Pearson
Alexandria, VA
Girls Supporting Girls Self-Esteem Workshop
Ashley and the club she founded in 2019, Hayfield’s Girls Supporting Girls, taught 35 girls self-esteem and self-advocacy skills. All earned a patch.

Victoria Parello
Inwood, WV
STEM Career Day
Victoria’s Gold Award Project was a Community STEM day used to inspire young children to continue education in STEM.

Lorallye Partlow
Round Hill, VA
Senior Citizen Prom Event
Lorallye held a Prom for senior citizens to help address the sense of loneliness people face as they get older.

Magdalena Phillips
Leesburg, VA
Bat Conservation and Education
Magdalena hosted workshops to teach others about the importance of bats and how we can help them survive despite the loss of habitat by utilizing bat boxes.

Evelyn Pham
Bethesda, MD
Exhibition of the Vietnamese Boat People
Evelyn Pham organized a visual exhibit which acknowledges American commitment to the Vietnamese boat people on their journey to freedom.

Catherine Philipps
Herndon, VA
Cat’s STEM Camp
Catherine created a camp to provide resources to underprivileged children the opportunity to pursue STEM.

Ravyn Pindell
Berkeley Springs, WV
Adopt a Shelf
Ravyn Pindell created Adopt a Shelf. Volunteers “adopt a shelf” in the library to help organize and take care of the books including repairing damaged books.

Danielle Pearce-Baker
Alexandria, VA
Young, Beautiful, Black Girls: Inspiring Photographs of Amazing Girls
Danielle educated black girls ages 8-10 on childhood depression and created a website to let them know they are not alone.

Van Pham
Annandale, VA
The Importance of Mental Health
Van held an educational workshop about teen mental health at a back to school night event to bring awareness to the parents about the growing issue of mental illness.

Karin Ohannessian
Burke, VA
Leave No Trace Awareness
Karin worked closely with NOVA Parks to improve the Symington Cabin located in Leesburg, VA. She also taught children about the LNT principles.

Alejandra Oquendo
Silver Spring, MD
Help You Feel At Home
Alejandra assisted people moving out of shelters by leading local youth to prepare Welcome Baskets with cleaning supplies, kitchen items and recipe cards.

Gabriella Papillo
Urbana, MD
Music Matters: The Importance of Continuing Music Into Middle and High School
Gabriella created an interactive workshop to teach elementary students about middle school orchestra and the importance of remaining involved in orchestra.

Abigail Parker
Frederick, MD
Illuminate the Night
Abigail’s project was to design and make a solar lighting system for her local Parks and Rec department to use for evening events.
Kayla Rothstein
Springfield, VA
Birthday Buddies
Kayla built a store on wheels to help special education students at her school practice communication and job skills while selling birthday gifts to classmates.

Caroline Saenger
North Potomac, MD
What It’s Like Living With Scoliosis As a Teen
Caroline presented to middle school students and published a video on scoliosis: bracing, pain tolerance, spinal fusion, friendships, bullying, fashion, etc.

Kelly Riberio
Vienna, VA
Raising Awareness of the Value of Native Habitats
Kelly created an outdoor classroom space, and raised awareness on preservation of native habitats to protect biodiversity, reduce pollution & conserve water.

Elizabeth Roland
Front Royal, VA
Lynwood Cosby Memorial Park Nature Trail
Elizabeth created a safe and inviting nature trail through the woods at the Crosby Memorial Park for people to disconnect from technology.

Parnika Saxena
Chantilly, VA
Dancing for a Happier and Healthier Lifestyle
Parnika Saxena started dance exercise workshops in USA, Kenya, and India to bring happiness to people, especially the elderly and disabled.

Brigid Piwowar
Fairfax, VA
Early Childhood Exposure to Music Therapy
Brigid created a free 8-week music theory program at her local elementary school. She introduced students to music through games and interactive activities.

Isabella Racinez
Vienna, VA
Bella’s Princess Academy
Isabella organized a weekend camp at her church to teach young girls leadership, etiquette, and good ethics.

Gabriella Rene
Crofton, MD
Gobby’s Rockin’ Recorder Club
Gabriella Rene held a music education program for elementary aged students to encourage them to pursue music in their future.

Courtney Saunders
Accokeek, MD
The Real Art of Musically
Courtney was inspired to organize a symposium to bring awareness to elementary students interested in musical instruments.

Ashita Sahu
Ashburn, VA
Confidence is Key
Ashita Sahu taught a public speaking class to 30 kids aged 8-12 from June through August. With practice and training, the class instilled confidence in the kids while speaking in public.

Allison Sawyer
Arlington, VA
Nutrition Guides for Low Income Families
Allison created a cookbook and video to explain the importance of nutrition and how to implement it into the daily life for low income families.

Sarah Schmorrow
Vienna, VA
Cunningham Courtyard Classroom
Sarah created an outdoor classroom, focusing on K-6th science curriculum, to teach about the importance of bees, butterflies, and the pollinator ecosystem.

Madelyn Saadah
Ashburn, VA
Improving the Safety of Walkers and Drivers at Briar Woods High School
Madelyn Saadah completed her Gold Award by working with VDOT and school officials to improve the safety for walkers and drivers at Briar Woods High School.

Erica Reynolds
Accokeek, MD
Small Businesses Owned by Young Entrepreneurs Outreach
Erica developed a video based training for young entrepreneurs to focus on business etiquette. Entrepreneurs executed what they learned at two vending events.

Ariana Rebello
Burke, VA
#NOTSKINDEEP Body Positivity Day
Ariana created a body positivity pool party event called #Shamefree. The event was held for children 13 to 19 and had a guest speaker from the National Organization for Women.

Victoria Rodriguez
Alexandria, VA
Positive Poetry Project
Victoria partnered with the Poet Laureate program to conduct teen poetry workshops and host an online poetry circle. Teens then shared their voices with the community at a poetry reading.

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Emma Sciello
Chevy Chase, MD
Leadership Institute for Female Teen Athletes: Nourishing Your Mind, Body and Soul
Emma organized a workshop for teens on the topics of nutrition, sleep, healthy balance, confidence & made additional resources at kids4healthylife.org

Christine Segnari
Woodbridge, VA
Lovable Library
Christine renovated and re-organized her school’s library to encourage elementary students to enjoy reading in a new and welcoming environment.

Shreya Sharma
Poolesville, MD
Awareness of Effects of Smoking and Substance Abuse
Shreya held a presentation to discuss the importance of educating students about substance awareness in developing countries where some education lacks this topic.

Sonika Sharma
Bethesda, MD
Spread Joy With Warm Meal
Sonika started a meal program with a simple idea that called for people to get involved and help prepare hot meals for people living in local shelters.

Asra Shuaib
Woodbridge, VA
Writing Free For All
Asra hosted after school workshops to address the lack of exposure to creative writing as an art form and the negative impacts it can have on students

Raeny Sharma
Poolesville, MD
Bring Awareness Regarding Child Assault Prevention to Stay Safe, Strong and Free
Raeny created and executed an interactive presentation for students in India to educate about the signs and safety procedures for sexual abuse.

Sydney Sherman
Warrenton, VA
Lyme Disease Awareness and Prevention in the Mid-Atlantic Region
Sydney hosted Lyme Disease prevention sessions in her school district, the National Capital Lyme Disease Board of Directors, and support groups. She also made a Lyme Disease Awareness video.

Shannon Sinnicki
Frederick, MD
Saving Out History for Our Future
Shannon created a half scale model of the historic Schifferstadt farm house. It is an educational tool to bring awareness to the importance of historical preservation in Frederick County.

Deanna Skrivanek
Arlington, VA
A Podcast for Peace of Mind
Deanna created a podcast promoting mental health for teens. She interviewed local experts for every episode, and uploaded each podcast to her website.

Sierra Spearman
Upper Marlboro, MD
Did You Know?
Sierra gave a presentation to women ages 13 and up on the different types of abuse against women and how they should address the situation.

Elizabeth Stanley
Woodbridge, VA
Playing and Learning with STEM
Elizabeth built interactive STEM activities for local elementary-school children, introducing them to complex concepts in a fun and engaging way.

Jordyn Strange
Woodbridge, VA
STEM GEMS
Jordyn hosted a GEMS (Girls EMpowered Through STEAM) Workshop, in Prince William County, to teach middle school girls about the many careers involved in STEAM.

Madeleine Stewart
Bethesda, MD
Educating the Next Generation of Advocates on Maternal Health
Made developed a maternal health education and advocacy session that trained high school girls and women to become strong advocates of the health of all women.

Sasha Sweat
Bethesda, MD
Going Green by Growing Up
Sasha’s project focused on refurbishing a butterfly garden and teaching environmental awareness through hands-on activities for elementary school children.

Gold Award Girl Scouts

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Amanda Walker
Fairfax, VA
**Trail Rehabilitation**
Emmie’s trail renewal project renewed a community trail to make it more accessible for everyone and raise awareness of nature in a technology-obsessed world.

Amanda Welch
Springfield, VA
**Make Flute Friends**
Amanda created flute ensembles at local schools to encourage a positive music environment for all ages. She inspired leadership, service, and cooperation.

Avery Weaver
Damascus, MD
**A Little Free Nature Center - The Ecobox**
Avery developed the EcoBox, a mini Nature Center, that provide resources to inspire, educate, and motivate others to learn about and to protect nature.

Elizabeth Voss
Adamstown, MD
**Raising Awareness About Human Trafficking and Prevention**
Sovereignty educated others on the impact of human trafficking affects in the US by hosting a presentation and passing out flyers within her community.

Sovereignty Waldron
Brentwood, MD
**St. Marys Concession Stand Rebuild**
Victoria chose to build a new concession stand and shed for the local soccer association. This will provide scholarships and financial aid for players.

Mona Tuli
Fairfax, VA
**Preventing Teen Suicide**
Mona educated middle and high school students about the risk factors and symptoms that could lead to teen suicide by giving presentations and holding workshops.

Ellen Thurneysen
Herndon, VA
**Last One, Fast One!**
Ellen taught children between 10-14 about the issues of living unhealthy lifestyles by introducing them to exercise and running.

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Ashley Whicher
Saint Leonard, MD
**Come Out and Play**
Ashley showed her neighborhood the importance of playing outside by building a blacktop obstacle course, gaga-ball pit, and picnic tables for families to use.

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Margaret Tilmes
Bethesda, MD
**Awareness and Action Regarding Climate Migration**
Margaret raised awareness on climate migration by creating a website, educational modules, and a documentary to encourage others to live sustainably.

Ellen Thurneysen
Herndon, VA
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Maya Alexandra Van Scoyoc Zepda
Great Falls, VA
**Preparing Families in Rural Guatemala for Cleft Lip and Plastic Surgery**
Maya Alexandra taught health care workers & new mothers on how to use tape on cleft lip babies for an easier surgical transition.

Charlotte Vogel
Poolesville, MD
**The Buzz on Bees: How You Can Save Pollinators in Your Own Backyard**
Charlotte created a native wildflower garden to support the bees, and worked with the community to combat habitat destruction and encourage local action.

 Libby West
Falls Church, VA
**Art Therapy for Dementia Patients Awareness**
Libby West made art therapy kits for dementia residents at a local assisted living facility and organized an art therapy awareness campaign in her community.

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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 feedback to potential Gold Award girls. The Panel members are essential to girls earning the Gold Award through Girl Scouts Nation’s Capital.

CAMP CROWELL, VA
McGlensey Antonucci, Panel Co-Chair
Katherine Cantrall, Panel Co-Chair
Sharon Cantrall, Panel Co-Chair
Madeline LeBeau, Panel Co-Chair
Sandy Trumbull, Panel Co-Chair
Lisa Lee, Panel Co-Chair
Cyndie Lipari, Panel Co-Chair
Sharon Cantrall, Panel Co-Chair
Maureen Mallette, Panel Co-Chair

FREDERICK, MD
Camille D’Annunzio-Szymczak, Panel Co-Chair
Kim Kingsford, Panel Co-Chair
Lori Banks, Panel Co-Chair
Lori Ann Duvall-Jones, Panel Co-Chair
Sue Hansen, Panel Co-Chair
Sue Kohn, Panel Co-Chair
Terri Hotaling, Panel Co-Chair
Karen Rollason, Panel Co-Chair
Diane Shannon, Panel Co-Chair
Theresa Ziemba, Panel Co-Chair

LOUDOUN, VA
Sarah Young, Panel Co-Chair
Sue Johnson, Panel Co-Chair
Lori Ann Duvall-Jones, Panel Co-Chair
Sue Hansen, Panel Co-Chair
Karen Rollason, Panel Co-Chair
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Diane Shannon, Panel Co-Chair
Theresa Ziemba, Panel Co-Chair

SHENANDOAH, WV
Judi Becker-Greenfield, Panel Co-Chair
Tina Capps, Panel Co-Chair
Kathleen Engel, Panel Co-Chair
Brian Kearney, Panel Co-Chair
Linda Paulson, Panel Co-Chair

BRANDYWINE, MD
Danielle Brokenborough, Panel Co-Chair
H. Christel Brokenborough, Panel Co-Chair
Eileen Lillis, Panel Co-Chair
Cutie Palmer, Panel Co-Chair
Tonya Penebaker-Brown, Panel Co-Chair
Marvena Simmonds, Panel Co-Chair
Rochelle Smallwood, Panel Co-Chair
Sandra Stewart, Panel Co-Chair
Diane Traweek, Panel Co-Chair

WASHINGTON, DC
Jessica Avery, Panel Chair
Annie Clement, Panel Chair
Lauren Cross, Panel Chair
Hannah Davis, Panel Chair
Carol Jacobson, Panel Chair
Sue Kohn, Panel Chair
Amina Manguera, Panel Chair
Julie Queen, Panel Chair
Katharine Tilmey, Panel Chair
Theresa Zmola, Panel Chair
Pandit Wright, Panel Chair
Antoinette Barksdale, Panel Chair

Girls The World Needs

Gold Award Girl Scouts

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

Our Council offers Gold Award scholarships to graduating high school seniors valued at $1,000 each to attend the college of her choice. The Gold Award Scholarship Panel is comprised of members of the business community with a commitment to Girl Scouting. The Panel reviewed written applications and identified semifinalists to be interviewed. Based on the interviews, committee members selected the scholarship recipients. Our Council also offers the girl named Nation's Capital Council Gold Award Girl Scout a scholarship of $2,000.

The Council's scholarships for Gold Award recipients are funded through generous gifts from Sara Phillips, a lifetime Girl Scout volunteer, in support of the Sara and Lawrence Phillips Scholarships; a gift from an anonymous donor in honor of Marilynn Carr; and Shenandoah Region scholarships supported Phillips, a lifetime Girl Scout volunteer, in support of the Sara and Lawrence Phillips Scholarships; a gift to the College of Business and Economics at Shenandoah University. Golden Scholarships are a $2,000 scholarship to the university of her choice.

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

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

Congratulations to the following Silver Award Girl Scouts:
Silver Trefoil Award Girl Scouts

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

To earn the Silver Trefoil Award, girls are required to provide 25 hours of national service (including 5 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:

Girls The World Needs

When you’re a Gold Award Girl Scout, the choice is yours. You can be the girl who never lets a door slam shut. You can be the girl who writes her future in the sky. You can be the girl to heal our planet.

That changes wrong into right, forever.

By becoming a Gold Award Girl Scout you will have the experience, the leadership skills and the courage to be anything you put your mind and heart to.

So be the girl who makes an impact beyond her own community.

Be the girl with a golden college application.

Be the girl who turns shyness into a light that shines.

Be the girl with lifelong friends and mentors.

Be the girl who owns her own path. Your Gold Award never loses value.

So you will always be the girl the world needs.

#GirlTheWorldNeeds