



April 10, 2020

Dear Girl Scout Family,

We hope you are staying safe and positive as we complete yet another week of social-distancing due to the COVID 19 pandemic. We continue working to stay connected with our Girl Scout community, providing resources to support virtual troop meetings and activities girls can do independently at home.

We've launched a new feature on **Girl Scouts at Home: Camping at Home**. Girl Scout High Adventure Specialist, Grace Hassler teaches the seven principles of *Leave No Trace hand signals*. Watch them [here](#). There are more tips and skills for girls to learn how to safely navigate in the outdoors on our website.

Teen Girl Scouts will want to take part in **Virtual Conversations with Girl Scout Mentors**. Next Monday, we will feature a conversation with U.S. Ambassador, Carmen Cantor from Micronesia. It's a great opportunity for teen Girl Scouts to explore careers and interact with one another. Get next week's schedule of guests and register [here](#).

The banner features a green background with white cloud-like shapes. On the left is the Girl Scouts of the Nation's Capital logo. On the right, the text "VIRTUAL CONVERSATIONS WITH GIRL SCOUT MENTORS" is written in white, bold, sans-serif font, next to a laptop icon displaying a green trefoil. Below this, four portrait photos of women are shown in a row. Each photo has a caption underneath it. At the bottom, there is a circular icon of a girl in a scout uniform and the hashtag #GirlScoutsGoneVirtual.

Portrait	Caption
	President and CEO
	U.S. Ambassador
	Chair of the U.S. Civilian Board of Contract Appeals
	Intellectual Property Field Expert

#GirlScoutsGoneVirtual

Girl Scouts continue to support our hometown heroes, donating Girl Scout Cookies to health care workers. Troop 991402, donated 100 boxes to UPMC Western MD Emergency Department and Urgent Care.



Girl Scout Daisy Troop 70210, bought lunch and donated cookies to the Neuro ICU nurses at MedStar Georgetown University Hospital. Thank you all for your acts of kindness. Please share your stories with us [here](#).



In case you receive a request to buy Girl Scouts Cookies, here is the reason why? Our Cookie season ended prematurely and troops unable to take part in their last cookie booths were given the opportunity to use our [Capital Cookies Care](#) website. They can offer customers the chance to buy Girl Scout cookies online, and girls can donate them to first responders. Girl Scout Cookies can put a smile on these hardworking heroes faces. Thank you to all our Girl Scouts that took part in this year's Cookie program.

Girl Scout Erin from Troop 52002, challenged her troop to join the Trefoil Scavenger Hunt. Check out the Trefoils that Girl Scout families are posting to our Facebook page. Join the fun, post your photo [here](#).



We know that a lot of special moments, from graduations to birthday parties, have been postponed or simply canceled. This can be difficult for children to understand. I hope you find guidance from GSUSA's blog, [Help your Girl Cope with Disappointment in the Face of COVID 19](#). Together we will overcome this challenge and come out stronger as a community. Stay safe and well.

Yours in Girl Scouting,

A handwritten signature in black ink that reads "Lidia Soto-Harmon".

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