

Junior Agent of Change Journey Jumpstart Tavern Overnight Information Packet

Please read this Packet thoroughly and share it with the parents of your troop. It contains important information about your upcoming program and will answer many of the questions commonly asked by leaders and parents.

Event Schedule

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| 7:00 -7:30 p.m. | Check-in, welcome, name tag activity (discovering the Power of One) |
| 7:30 – 8:15 p.m. | Hear <i>Herstory</i> —how one woman helped save this building (discovering the Power of One) |
| 8:15 – 8:30 p.m. | Girl Scouts are Leaders! (discovering the Power of Team) |
| 8:30 – 9:15 p.m. | Become an agent of change—Community Project planning and snack |
| 9:15 – 10:15 p.m. | Celebrate with an English Country Dance Lesson |
| 10:15-10:45 p.m. | Troops/girls not spending the night leave while troops prepare for bed.

Girls will be invited to hear the local legend “Tale of the Female Stranger” (please note, this is a local legend, <i>not</i> a ghost story) as a bedtime story.

If you are a multi-level troop, this is also when Cadette Girl Scouts (who complete their activities at the Apothecary Museum) return to Gadsby’s. |
| 10:45 | Lights out (please make chaperones and girls are aware that it will be a late night. We do our best to stay on schedule) |
| 7:00 a.m. | Everyone gets up
Breakfast (bagels and cream cheese, fruit, and apple juice) |
| 7:30 a.m. | Visit gift shop and clean up
Select Junior Troops will be participating in surveys/focus groups conducted by Cadette Troops to help them complete their journey |
| 8:30 a.m. | Departure (don’t forget to take your troop banners and project plans!) |

Important Reminders for Parents and Drivers

- 1) **Check-In:**
 - a. **Check in is at Gadsby's Tavern Museum, 134 N. Royal Street, Alexandria, VA 22314.**
 - b. Doors open and check-in begins promptly at 7:00 p.m. If it is raining, staff will open the doors early to allow groups to gather inside.
 - c. There is a loading/unloading zone directly in front of the museum. Parents may pull up to drop off girls and their things, but please make sure an adult from your troop is present before leaving to park. No girls may be left without at least one chaperone present.
 - d. The closest parking garage is the Market Square Parking Garage, 108 N. Fairfax Street. It is a \$15 overnight fee.
 - e. If you arrive early, please wait outside for the rest of your troop to arrive so you can check in together.
 - f. If you are running late, please notify your troop leader. Troops leaders should call the staff phone number sent in their email confirmation.
- 2) Everyone should eat dinner before they arrive. No outside food is permitted in the Museum. There will be an evening snack and light breakfast provided as part of the program.
- 3) The gift shop will be open Saturday morning beginning at 7:30 a.m. At this time, troops are welcome to shop. The shop is not open Friday evening.

Thank You Chaperones!

We know parents have a lot going on and appreciate you are spending 12 hours with us for this special event, even sleeping on a floor! Please bring a camera and take all the pictures you would like and participate in the activities. When our chaperones are excited to be here and participate, it helps the girls do the same. A few rules we ask chaperones to follow:

- 1) Be fully present with the group (please don't wander off)
- 2) Put the phone away, unless it's to take pictures.
- 3) Let girls speak first and take the lead but do feel free to participate in the discussion.

Together we can create a memorable experience that helps these girls develop into courageous, confident leaders.

Food Allergies?

During the event, the girls are offered Country Time lemonade, goldfish crackers, apples, grapes, mini-bagels, cream cheese, and apple juice. If your child has an allergy to any of these items, please feel free to send her with labeled containers of food. Refrigeration is available on site.

Details about the Journey

This program is designed to support the Junior Girl Scout *It's Your World—Change It* Leadership Journey, *Agent of Change*. Your museum teachers will focus on what makes a great leader and walk the girls step by step through how to lead a project of their own. By the end of the night, the girls should:

- 1) Recognize one or more leadership traits (not just skills) in themselves and others.
- 2) Demonstrate the difference between a vision and a goal.

The evening uses the story of Rebecca Ramsey Reese, a local woman in the early 1900s who was a passionate leader of the preservation movement in Alexandria. Using her project at the tavern as a case study, troops will plan their own community-changing project. Girls will complete the *Power of One* and *Power of Team* sections of the journey and begin planning their community project for the final *Power of Community* section. At minimum, troops will need to take action and carry out their project at home to complete the journey.

Is there anything we need to do to prepare?

Want your girls to walk out with a project ready to go? Start the brainstorming before they arrive! It can be as simple as talking about women they look up to or what they think makes a good leader on the drive to the museum.

Museum teachers will lead conversations selecting a take-action project, but if you want them to start thinking and narrowing it down in advance, here are some ways to begin the conversation:

- 1) Is there something they wish was different at ____ (school/neighborhood/bus stop/playground...)?
- 2) What could they make better about their school (or any other place or group of people they are familiar with)?
- 3) Is there an organization or cause they've helped before? Would they like to learn more and make a bigger impact?
- 4) How should we behave that would make everyday life better? Can we do something that encourages more people to behave in that way?

Remember two things about the take action project:

- 1) It begins with a big-picture idea—a vision of things could be different/better. The project itself is a smaller goal that reflects their passion.
- 2) The project needs to be girl-led, but that doesn't mean troop leader input doesn't count. You know your girls best, and the more the troop leader is involved in the planning of the community project, the more likely it is the girls will be able to carry it out.

Do the girls need to purchase/bring their journey book?

No. While the program activities reference what is covered in the book, the Museum will provide everything needed. To follow-up with further activities, at least the troop leader should have a copy to share with the troop. The book has great planning materials for the final project, which the troop will need to complete outside of the overnight. Gadsby’s Tavern Museum does not offer these books for sale. Please check with the Girl Scout Council of the Nation’s Capital for the closest retail location.

Leadership Journey Award Tracker (on pages 8-9 in girl’s journey book)

Journey section	Action	How overnight connects
The Power of One	Discover my own powers	Nametag activity
The Power of One	Discover a heroine	Museum presentation
The Power of One	Girl Scout law connection	Banner activity
The Power of Team	Create a script	Project planning, continue after overnight
The Power of Team	Choose a team project	Project planning
The Power of Community	Take Action!	Complete after overnight
The Power of Community	Reflect on project	Complete after overnight

What do we need to do after the event?

Each troop leader will receive a 3-prong folder with everything their girls completed that evening. Think of it as a scrap-book for the journey that the troop can continue to fill in.

At minimum:

- 1) Finish mapping out the team project using the steps laid out during the overnight. See page 44 in the girl’s book for a way to make this script more visual and less wordy.
- 2) Carry out the project. Pages 80-84 have resources to continue guiding the troop. Museum teachers are careful to use similar words and formats to the ideas will already be familiar to the girls.
- 3) After completing the project, don’t forget to reflect and celebrate! Great ideas on page 85, and you can use this opportunity to complete the scrapbook we sent home with you.

Keep the conversation going! We suggest the following from the Agent of Change Journey book that will help drive home the message:

Power of One:

- 1) Revisit the idea of personal leadership traits by tracking a full day using the power log on page 15 and sharing at a troop meeting. Creating a personal power picture frame (similar to page 13) is a great visual way to expand on the nametag activity the museum uses.
- 2) Make Dream Team Trading Cards featuring female leaders (page 20-21). It's another crafty activity that pulls together what the girls talked about at the overnight.

Power of Team:

- 3) Explore the Power of Team even more by discussing qualities of great teams (page 34). Instead of jumping straight to talking, begin with a friendly team competition, like building the tallest tower using only 10 sheets of paper and some tape. Keep the reflection positive by asking "The team was at its best when...?" and "I was a great team member when...?" This is really helpful for reflecting on the team project as well.

The Power of Community:

- 4) Do more research into the big picture issue the girls have chosen to tackle. Each girl could research a piece of the puzzle and add it to the scrapbook.
 - a. Who/what organizations are already tackling this challenge?
 - b. What solutions have been identified?
 - c. Who/what does this challenge affect?
 - d. Why does this challenge exist?

What is this "community project" required for the journey?

Once the girls have learned what it takes to be a leader, they need to show their "moxie" by completing a community project. Ideally, this is different from a typical service project. The Girl Scout journey describes a community project as something where girls take action to solve a problem, not simply meet basic needs. They go beyond doing the right thing (service) to understanding the problem, its causes and solutions, and taking action based on their understanding.

During the overnight, museum teachers frame the project as "discovering your passion" by asking the girls what their ideal world would look like. The project then tackles a smaller goal that helps the girls and the communities they're a part of take one step closer to making that ideal world a reality. Framing their project within this larger picture moves their actions from a one-time event to an on-going part of who they are and how they think.

Museum teachers will do their best to move the girls as far through the planning process as time allows, but troop leaders should be prepared to tweak the project before actually carrying it out. In some instances, the girls may need to contact the place or organization they want partner with before making specific plans.

If your troop has already completed their project, the museum teachers are prepared to lead your girls through the reflection portion of the journey instead.

The Five Steps of Successful Take Action Project Planning (as covered during overnight)

- 1) Discover your passion
- 2) Set a specific goal
- 3) Make a plan and put it into action
- 4) Identify Resources
- 5) Celebrate and Reflect

Preparing for the Overnight

Overnight participants will be sleeping on the floor in on of Gadsby's Tavern Museum's two ballrooms. Your troop will be assigned a sleeping location when they arrive. Generally Junior and Cadette Girl Scouts sleep in different rooms, but for those with multi-level troops, we will do our best to accommodate sharing a space. Everyone will share the restrooms, located on the third floor.

Male Chaperones

Guys are welcome, but please let us know in advance so we can prepare a separate space as required by the Girl Scout Council. Since men must sleep in separate spaces, they cannot be the sole chaperone for a troop.

What should girls pack?

With limited bathroom space, please keep personal items to a minimum. Girls change where they are sleeping, so many find it easiest to sleep in what they wear and keep clothing changes to a minimum. Note, if items are not labeled with a troop number, we will not be able to help track the owner if it is left behind.

Basics to bring include: sleeping bag, pillow, sleeping mat (not bigger than a yoga mat), toothbrush, and toothpaste.

There's a lot to do and no scheduled free time. Girls will not need to bring journals, books, etc. Cell phones are allowed to take pictures but otherwise must be silenced or off.

Exceptions for adults

Adults are allowed to bring a twin-sized blow-up air mattress. Battery operated pumps are preferred as the electric outlets do not always work for newer plugs. Please, no cots—our stairwells often are damaged as cots make their way upstairs.

Lost and Found?

If a girl is missing something, please contact the museum. We save items left behind and are happy to help return them.

Other Important Notes

What if not all of my girls can make the overnight?

That's okay! They can complete the portion of the journey covered at the overnight in their own journey book and join the troop for the community project. With all the steps the troop will need to take to make their project happen, everyone should be able to find a way to contribute that works with their schedule.

Accessibility/Special Needs?

If a member of your troop has a special need of which the Museum should be aware, please email Michele.Longo@alexandriava.gov at least two weeks prior to the event. We truly wish to make the overnight experience enjoyable for every girl and the more we know in advance the better prepared our museum teachers will be to ensure each girl is fully included throughout the evening.

Please be aware that the museum is not wheelchair accessible—sleeping rooms are on the second floor and restrooms are on the third floor.

Weather Cancellation Policy

In the event of inclement weather, Gadsby's Tavern Museum may cancel the Tavern Overnight. This decision will be made by noon the day of the program, likely sooner. The contact for each troop will be notified by phone and email. Parents should contact their troop leader instead of the museum.

Gadsby's Tavern Museum will make every effort to reschedule the cancelled Tavern Overnight. If the Museum is unable to find a date suitable for you group, you will receive a full refund. If you cannot attend due to weather but the Tavern Overnight is not cancelled, the Museum will make every effort to reschedule your troop and you will receive all but a \$25 (registration fee) refund if we are unable to find a suitable date for your group. Please call the museum at 703.746.4242 no later than noon the Friday of the overnight if you are cancelling due to weather.

COVID-19 Policy

Participants and staff are required to follow the same policies for isolation and quarantining as the school system. Tickets are fully refundable for anyone who has potential symptoms of COVID-19, has a positive test, or is a close contact who is required to quarantine.

If the City of Alexandria is in substantial or high transmission, masks are required indoors and the overnight portion of the event will be cancelled. The program will still be offered Friday evening 7 p.m. to 10:30 p.m. and include all journey-related activities. If we must cancel the overnight portion, we will refund \$10 per ticket for troops who choose to still participate and offer full refunds to troops who choose to cancel.

Emergency Preparedness Plan

The safety of our guests is our primary concern. Gadsby's Tavern Museum has a set of procedures and plans for scenarios ranging from severe weather to a terrorist attack. Prior to lights out, the museum staff on site will walk one adult from each troop through the emergency

exit routes and answer any questions you might have. If you have any questions about our emergency plan prior to your visit, please contact the museum.

What safety precautions should troops take?

Each troop should include a first-aider with a general first-aid kit as outlined in the Girl Scout Safety procedures for overnights. Troop leaders are responsible for bringing all medical and contact information for their group with them. If your troop does not have a first-aider for the evening, please let us know and another troop is typically happy to be listed as your troop's first aider for the evening in your Girl Scout paperwork.

Is there a shop?

Girls are welcome to bring money for the gift shop, which will be open Saturday morning. Don't forget to remind them there is tax (6%). Troop leaders should tell their girls in advance if the troop pre-ordered the activity patch as they are also available in the gift shop.

Saturday mornings there is also the Old Town Farmer's Market, one of the longest continuously operating markets in the country, directly across the street from the museum. Some troops enjoy exploring the market after the event and should bring cash if they plan on purchasing anything.

Early Departures

We understand that due to scheduling conflicts not all girls will be able to spend the night. If a girl needs to leave Friday evening, the parent should call the troop leader's cell when he/she arrives at Gadsby's Tavern and the troop leader can escort the girl to the car. Girls should be picked up at 9:15 p.m., before the dance lesson, or 10:15 p.m., just after the dance lesson.

Saturday morning, troops are able to leave earlier than 8:30 a.m., but may miss the opportunity to see a presentation by Cadette Girl Scouts about what they worked on the night before. Remember, troops share sleeping spaces, so we ask that no one leave earlier than 7:30 a.m. so as not to disturb the others who are sleeping.

Sick Policy

Scouts and adults who are sick (excessive coughing, throwing up, etc.) will not be allowed to spend the night. It is the responsibility of the chaperones to arrange for sick children to be picked up.

Directions to Gadsby's Tavern Museum

Address: 134 N. Royal Street, Alexandria, VA 22314

From Washington DC:

Take the George Washington Parkway south into Alexandria. The Parkway becomes Washington Street in the city. Go about a mile, past Queen Street, and turn left on Cameron Street, opposite Christ Church. Go three blocks and turn right on North Royal Street. Gadsby's Tavern Museum is located on the right.

From I-95/I-495 (Capitol Beltway):

Take the US Route 1 North exit (first exit on the Virginia side of the Woodrow Wilson Bridge). Please note the ramps may change due to the construction of the Woodrow Wilson Bridge. Follow Route North to 1 (Patrick Street) about one mile. Turn right on King street, go five blocks, turn left onto North Pitt Street. Turn right onto Cameron Street. Turn right on North Royal Street. Gadsby's Tavern Museum is located on the right.

Please note that routes avoiding highways will probably be faster on a Friday evening.

Map to the Grave of the Female Stranger

As time permits, we tell the story of the Female Stranger as a sort of bed-time story (don't worry, it's not a ghost story). Girls often ask where the grave is, so this offers directions if you wanted to drive by on Saturday morning. It is a short drive to the edge of the city and a fun way to end the overnight experience.

Driving directions: From the museum, go west on King Street (away from the water). Turn left onto S. Henry Street. Turn right onto Wilkes Street. Turn left onto Hamilton Lane and follow the directions on the picture below. There is a pin dropped on Google Maps to help locate the site.

