

**Girl Scouts North Carolina Coastal Pines** invites girls, families, and volunteers to stay involved while at home. We know that today's girl is ready to pivot on a moment's notice and is willing to embrace new ways to explore Girl Scouting. That's why we're promoting these options for engaging with us while you're at home today ... or any day!

## LIFE SKILLS, ENTREPRENEURSHIP & FINANCE

shares activities, tips, and tricks each Wednesday for developing the skills necessary to prepare her to do amazing things for herself and her community, and grow into the incredible woman she's destined to become.

Join the conversation online. **#OurGSNCCPCommunity**



## LIFESAVING AWARDS—EVERY GIRL SCOUT IS PREPARED TO DO HEROIC THINGS!

Girl Scouts of the USA recognizes heroes in our Girl Scout Community by bestowing honors for heroism, and lifesaving service. Lifesaving Awards have been a part of the Girl Scout program since the beginning of the movement in the United States, Lifesaving Awards are national awards given to any registered Girl Scout from 5 through 17 years of age, that have saved or attempted to save a human life under circumstances that indicate heroism or risk of her own life beyond the degree of maturity and training to be expected at their age.

*Lifesaving awards are only conferred by GSUSA through a council nomination.*

### KINDS OF AWARDS



**LIFESAVING -  
BRONZE CROSS**

Given for saving life or attempting to save life *with* risk to the candidate's own life.



**LIFESAVING-  
MEDAL OF HONOR**

Given for saving life or attempting to save life *without* risk to the candidate's own life

The Lifesaving Medal of Honor Award is one of the highest, rarest, and most prestigious recognitions a Girl Scout can be awarded, and it's emblematic of the Girl Scout Promise and Law which teaches girls to help people at all times and make the world a better place. Read the heroic story of our Girl Scout from our council who received this prestigious honor, [here](#).

### APPLICATION PROCEDURE

Applications for Lifesaving Awards must be requested within 60 days of the incident and submitted within six months after the accident occurred.

#### Applications must meet the following requirements:

- ☒ Application form must be completed giving full details of the incident.
- ☒ Application must be accompanied by a personally signed statement from
  - the rescuer
  - the rescued person
  - the witnesses (not more than three)
- ☒ Each statement must describe the details of the rescue as the person making the statement recalls them.
- ☒ Application must be signed by the adult volunteer.
- ☒ Application must be approved by the Girl Scouts—North Carolina Coastal Pines before being submitted to GSUSA.

For more information about Lifesaving Awards or to request an application e-mail [girlawards@nccoastalpines.org](mailto:girlawards@nccoastalpines.org)

Questions? [programteam@nccoastalpines.org](mailto:programteam@nccoastalpines.org)

[www.nccoastalpines.org](http://www.nccoastalpines.org)

This week we want to highlight three of our very special Girl Scout volunteers who are also hometown heroes in their own way and proud business owners. Read on for a little peek into their lives, business, and what makes Girl Scouting special to them. Much thanks to and appreciation for these fantastic volunteer leaders!



**Jasmine McKee from Carolina Beach.**

Supports the family business— Island Gazette Newspaper. Jasmine coleads Troop 867 in New Hanover County-just one of her many Girl Scout roles.

The Island Gazette Newspaper is a small, local newspaper that keeps the community up to date on local happenings. Jasmine shares her family business philosophy about what it really means to be part of a community. [Click here to hear her story.](#)



**Melanie Daniels from Goldsboro.** Melanie is a third generation business owner of Mickey's Pastry Shop in Goldsboro and is a Gold Award Girl Scout! She coleads Troop 204 in Wayne County.

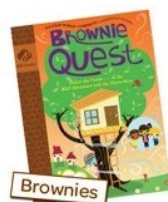
She shares a peek inside her shop and a lot more about what it means to be part of a community. [Check out Melanie's story here.](#)

How have you been a local hero in your own way in your home community? Here are some ways you can practice through Girl Scouting:

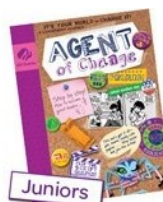
**Daisy's** can earn the [Good Neighbor Legacy Badge](#) by learning more about their community and how people work together to be good neighbors to each other.

The **It's Your World- Change It Journeys**, give girls the opportunity to practice confidence, teamwork and cooperation as they take action to better their community!

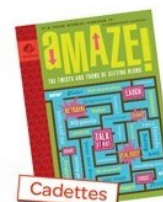
**Brownies**— [Brownie Quest Journey](#)



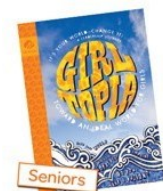
**Juniors**— [Agent of Change Journey](#)



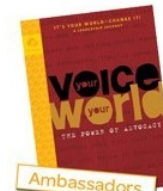
**Cadettes**— [Amaze Journey](#)



**Seniors**— [GIRLtopia Journey](#)



**Ambassadors**— [Your Voice Your, World Journey](#)



**Tammy Herr from Cary.** Tammy owns two Flour Power Kids Cooking Studios in NC: Cary and Holly Springs.



*"Ever since I was a little girl I enjoyed cooking. I used to dig through my mom's cookbooks to find new recipes to try. I have wonderful memories of my home smelling amazing from freshly baked breads and popovers in our tiny kitchen. Growing up in a Polish home with lots of family gatherings also helped harness my love of cooking and baking for others.*

*I spent the early part of my career as a programmer at large tech company focusing on customer service. Once my children were born, I decided to stay home and be with them full time. I signed my daughter up to join Brownies and became Troop Leader for her troop. We both enjoyed the time together with the other girls and developed many new and long-lasting friendships. Today, my daughter is captain of her soccer team and attributes a lot of her leadership skills to her experience in the Girl Scouts.*



**One of Flour Power's most popular recipes– enjoy!**

## Molten Lava Cakes

**Molten Lava Cakes**

**Ingredients:**

- 6 (1-ounce) squares bittersweet chocolate
- 2 (1-ounce) squares semisweet chocolate
- 10 tablespoons (1 1/4 stick) butter
- 1/2 cup all-purpose flour
- 1 1/2 cups confectioners' sugar
- 3 large eggs
- 3 egg yolks
- 1 teaspoon vanilla extract

**Directions:**  
Preheat oven to 425 degrees F.  
Grease 6 (6-ounce) custard cups. Melt the chocolates and butter in the microwave, or in a double boiler. Add the flour and sugar to chocolate mixture. Stir in the eggs and yolks until smooth. Stir in the vanilla. Divide the batter evenly among the custard cups. Place in the oven and bake for 7 minutes. The edges should be firm but the center will be runny. Run a knife around the edges to loosen and invert onto dessert plates.

In 2016 the opportunity to open the first franchise location for Flour Power Kids Cooking Studios came around and I was immediately interested! This franchise offered everything I was interested in: cooking, teaching life skills and making new friends. We opened in June of 2016 with a summer of sold out camps. We continue to stay quite busy not only with camps but with cooking classes for all ages, parties, and special events. We even host special Girl scout Events, with a special Flour Power patch for our participants.

Owning a business can bring many challenges but I find my favorite part is being at the studio with the kids and families. We are able to give back to the community by offering a free, monthly special needs cooking class at the studio.

My advice to anyone considering starting a business: believe in yourself, follow your passion, love what you do! Find a great role model. Have goals and try to reach those goals... no matter how small they may seem. Don't give up on your dream and surround yourself with positive, supportive people.