



*Girl Scout  
Gold Award  
Ceremony*

**Saturday, June 15, 2019**

**Hilton La Jolla Torrey Pines  
10950 N. Torrey Pines Rd.  
La Jolla, CA 92037**





## *Gold Award Girl Scouts Make Lasting Changes*

Girl Scouts is the best leadership development program in the world—one that is designed with, by, and for girls. For over 100 years, Girl Scouting has given girls the tools they need to lead, break barriers, and create positive change.

The Girl Scout Gold Award is the culmination of the leadership experiences that girls build. It is the most prestigious award for girls, and the most difficult to earn. The Gold Award is the shining example of what a Girl Scout can accomplish by creating sustainable solutions for society's greatest challenges.

Achieving this distinction requires far more than just developing and implementing a community service project. Girl Scouts at the Senior and Ambassador levels spend one to two years completing this multifaceted endeavor. Girls demonstrate extraordinary leadership through Gold Award "Take Action" projects that address the root cause of an issue; build and oversee a volunteer team; meet measurable goals; and shape people's beliefs, attitudes, assumptions, and behaviors.

In addition to making the world a better place, a Gold Award Girl Scout:

- Stands apart in the college admissions process
- Earns college scholarships
- Accesses a powerful and supportive network of Gold Award Girl Scouts
- Enlists in the U.S. military one rank higher than her peers

*Congratulations,  
2019 Gold Award Girl Scouts!*

## *Girl Scout Mission*

*Girl Scouting builds girls of courage,  
confidence, and character,  
who make the world a better place.*

## *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.*

## *2019 Gold Award Committee*

Anne Bader  
Tracy Bracht  
Sherri Charter  
Tiffany Chatham-Smith  
Indrani Dewanjee  
Heather Dierolf

Marilyn Fullen  
Jennipher Harris  
Cora Long  
Jennifer Pernicano  
Judy Pritchett  
Linda Wightman

*A special thank you to all our volunteer leaders  
and parents who take the time to make a difference  
in the lives of young women.*

\* The word "God" can be interpreted in a number of ways, depending on one's spiritual beliefs.  
When reciting the Girl Scout Promise, it is OK to replace the word "God"  
with whatever word your spiritual beliefs dictate.



## *2019 Girl Scout Gold Award Ceremony*

### **Introduction of 2019 Gold Award Girl Scouts**

#### **Mistress of Ceremonies**

Perette Godwin  
Supervising Public Information Officer, City of San Diego

#### **Flag Ceremony**

Girl Scout Troop 5912

#### **National Anthem**

Ellie O'Connell

#### **Recognition of Support**

Liza Crisafi  
Chair, Girl Scouts San Diego Board of Directors

#### **Council Address**

Carol M. Dedrich, MBA, CFRE  
Chief Executive Officer

#### **Guest Speaker**

Coreen Petti  
2019 Girl Scouts San Diego Cool Woman

#### **Presentation of Awards**

Judy Pritchett, Gold Award Girl Scout 1963 (Curved Bar)  
Linda Wightman, Gold Award Girl Scout 1976 (First Class)  
Steph Dawes, Gold Award Girl Scout 2004

## Girl Scouts San Diego Council Leadership



*Liza Crisafi*  
Chair, Board of Directors

Liza Crisafi was elected to the Girl Scouts San Diego Board in 2015 and has been active on the Investment Committee and Executive Committee. Liza chaired Urban Glampout in 2016 and Urban Campout: Celebrate 100 Years in 2017. As an award-winning chief investment officer for the San Diego City Employees' Retirement System,

she oversees a fund that tops \$8 billion. Liza holds an art history degree from the University of Notre Dame and an MBA from the Lake Forest Graduate School of Management. Her 30-plus-year career in investments includes positions in banking and capital management and trust firms. She served on the Salvation Army's Planned Giving Committee and is a past board member of the Peninsula Family YMCA.

### *Carol M. Dedrich*

MBA, CFRE  
Chief Executive Officer

A lifelong Girl Scout, Carol has a rich background in leadership, marketing, development, and strategic planning, with over 15 years at the executive level in all three economic sectors: government/military, corporate, and not-for-profit. She started her career as an officer in the U.S. Army and is a veteran of Desert Shield and Desert Storm. After transitioning to civilian life, she held executive level positions in a variety of organizations, including United Way of Tucson and Southern Arizona, John Wayne Cancer Institute, and the Fulfillment Fund, a nonprofit that helps provide access to education for promising students who are economically disadvantaged. Carol served as the chief external relations officer for Girl Scouts Greater Los Angeles for seven years before coming to Girl Scouts San Diego.

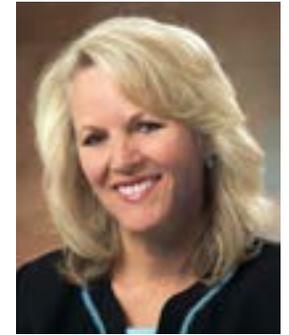


## 2019 Girl Scout Gold Award Speakers

### *Coreen Petti*

Associate Vice President  
University of San Diego

Coreen is one of Girl Scouts San Diego's Cool Women of 2019 and a member of a four-generation Girl Scout family. She was a camp counselor and went on to earn a First Class Award (now known as the Gold Award). She has more than 20 years' experience in higher education and the for-profit sector. Coreen is associate vice president of advancement marketing and strategic partnerships at the University of San Diego. She formerly served as the manager of national promotions and sponsorships for Anheuser-Busch's theme parks, SeaWorld and Busch Gardens. She is board chair emeritus for Academy of our Lady of Peace and serves on the board of the ALS Association's Greater San Diego Chapter.



### *Perette Godwin*

Supervising Public Information Officer  
City of San Diego

Perette is a member of Girl Scout San Diego's Communications Go Team and co-leader of her daughter's Girl Scout troop. She brings more than 15 years of experience in public relations, social media, and marketing to her job as the City of San Diego's supervising public information officer. Previously, she was an award-winning anchor and reporter for news stations in San Diego and Yuma. Her background includes development and fundraising for local nonprofits, and she sometimes assists with KPBS TV's on-air efforts. Perette is a past-president and former board member of the SDSU Alumni Engagement board; and has served on the board of San Diego Unified Council of PTAs. She received the 2016 Ambassador Legacy of Leadership award and the 2014 Alumni Diversity award from SDSU.



## Gold Award Girl Scouts



### Julia Bennett

#### **SMCF Café Beautification and Youth Group**

To facilitate opportunities for peer support and friendships among middle schoolers, Julia started a youth group at her church, Serra Mesa Christian Fellowship. She also redesigned its dining area to encourage people to linger longer over meals. In addition, Julia organized volunteer days for kids to help redecorate the facility and lead after-school games. The café turned out

beautifully, and students began spending time with each other outside of youth group.

Julia was encouraged to see how her creativity, organization, and commitment made a lasting impact on the church and its youth.

*I'm grateful to my mom for keeping me accountable; my mentor, Jen, for encouraging me and making the process so smooth; and Yvonne, my project advisor, for her love and support. Thank you to my middle-school kiddos who were always so fun and enthusiastic; and to Mrs. Kim and Mrs. Shani for giving me this opportunity.*



### Anna Bradley

#### **Celiac Education About Potential Alternative and Additional Therapies to Support**

Anna collaborated with a team of volunteers to educate children and teens diagnosed with celiac disease about how to cope with the treatment burden of strict and socially isolating dietary restrictions. She developed presentations for support groups and created two peer-to-peer videos to help patients ages 11-17 manage the disease's gluten-free dietary restrictions. Anna's project received outstanding survey results. Her materials are available nationwide through the Celiac Association and Boston Children's Hospital websites.

Anna experienced how applying her leadership, planning, and communications skills made things run more smoothly. She also discovered the importance of getting volunteers onboard in advance and creating specific jobs for them.

*I would like to thank my project advisor, Jan Pruitt, for giving me the confidence to believe in myself. And most importantly, thank you mom and dad for supporting me in everything I do!*



### Daniella Brant

#### **Teenagers Take On Hate**

To address bullying and insensitivities among her peers, Daniella led a campaign to promote tolerance and combat prejudice. She chose this subject matter after observing students making hateful and uneducated "jokes" and comments at her school. Her efforts included hosting a tolerance symposium, and producing and sharing an educational pamphlet and a video highlighting personal experiences of minority teens.

Daniella developed skills that will help her succeed in life. She encountered and overcame many challenges along the way, which taught her how to adapt. Daniella also learned to be ready for anything, flexible, and a better leader.

*I want to say thank you to my mom and all of the Girl Scout leaders who helped me complete my project. I couldn't have done it without the help of so many amazing women!*



### Riley Bromma-Diplock

#### **Dance Included**

Riley established a club called "Dance Included" for all students, including those with special needs—a population often directed to separate programs. Riley wanted a club that everyone could join. There are many misunderstandings about kids with special needs and she wanted to change people's perceptions. She also created a website and blogged about her experience to

encourage others to create programs that promote inclusion.

Riley learned that she could be a leader and that she is good at directing groups. She also discovered that she could make a difference and that she has the ability to change the world around her.

*I would like to thank my mom for pushing me to be the best version of myself and for inspiring my project; my dad for believing in me; my advisor for helping me; and my class for motivating me.*



## Laura Bryant

### **Value Ed, Student Led**

Laura designed and led character education workshops, games, fairs, and assemblies that impacted every student at The Evans School, a private K-6 academy in La Jolla. A core feature of her Values Education Student-Led program was mentoring students to teach values to other students, thereby grooming leaders of character. She shared her curriculum with other schools and on her website, [valued.weebly.com](http://valued.weebly.com).

This project has empowered Laura to lead every day by exemplifying good character. In addition, she developed the confidence needed to take initiative, to be courageous, and to do the right thing.

*Heartfelt thanks to my parents; Gale Baer for modeling servant leadership and being my project advisor; all the Evans teachers who have loved and guided me; Tiffany Chatham Smith, who was my supportive Gold Award Committee mentor; and to my troop leader, Christina Frangos, for many years of showing me the Girl Scout way.*



## Genevieve Burye

### **The Global Meaning of Gleaning**

While working on a Girl Scout Journey, Genevieve discovered that backyard fruit in her community often went to waste. To encourage others to pick excess fruit and give it to local food pantries helping low-income families, she started RB Harvest Club at her school. To date, it has donated over 11,000 pounds of fruit, helping more than 2,000 families. The club will continue through future student leadership.

Genevieve improved her public speaking skills and learned how to run a business. Now she is a stronger leader, is not afraid of facing new challenges, and discovered that one person can make a difference.

*Thank you to my project advisor, Sergio Padilla, for helping me along this journey; to my Gold Award Committee mentor, Marilyn Fullen; and my club advisor, Rebecca Outlaw. Also, thank you to my club officers Jordan, Kaileen, and Lyanna; our club members, my friends and my family—especially my mom for always believing in me!*



## Radha Carollo

### **Community Support Structures for Refugees**

To connect local refugees with the community and promote intercultural understanding, Radha organized informational and social events, and created a permanent school supplies center at Jewish Family Service of San Diego using materials she collected. Her efforts also included blogging for HIAS (a nonprofit organization that protects refugees), and hosting mixers for refugee and non-refugee families—including a “Girls’ Culture Night” for teen girls, and a Love Your Neighbor celebration on Valentine’s Day.

She learned that a single action can improve the community, and grew as a leader by using creativity and collaborating with others.

*I would like to thank my troop leader, Mrs. Dana; my troop; and my parents for their support throughout this journey. Also, thank you to Jayesh Rathod, my project advisor; Llena Gudino and Silvia Cortes-Araujo; and those at school who supported my efforts.*



## Taylor Cloutier

### **Healthy Habits and Attitudes**

Taylor educated students about the importance of adopting healthy lifestyles and positive attitudes towards others as early as possible. Her focus: diabetes, a growing health crisis. She led a presentation for 200 middle and high school students to teach them about the disease, the negative stigmas associated it, and effective tactics for prevention.

Taylor learned to develop effective listening skills and respond to constructive feedback. She discovered that she is persistent, determined, and capable of successfully leading a group of her peers.

*Thank you to my Gold Award Committee mentor, Linda Wightman; my project advisor, Dr. Patricia Wu, for guiding me; my troop leader, Mrs. Kathy Turner-Knopp; Troop 8484 for supporting me. Lastly, a special thank you to all my friends and family, especially my mom, for always being there for me and making this endeavor that much more meaningful.*



## Madeline Connelly

### **Girls Leading Healthy Lifestyles**

Madeline established a camp called Girls Leading Healthy Lifestyles to educate young girls in grades 2-5 about the importance of healthy habits—both physical and mental. Through rich discussions, engaging lessons, and hands-on experiences, she empowered girls to overcome insecurities that are often manifested in unhealthy choices. She also equipped

campers to lead balanced lives and cultivate self-confidence.

By connecting with girls in her program, Madeline realized that even the smallest interactions have incredible impacts on people's lives. Creating change was more attainable than she ever imagined, and now she is certain of her ability to make a difference.

*The GLHL camp would not have been possible without the guidance and help of Aimee Clark, Jennifer Harris, Kathy Campbell, Peggy Roy, Ang Harnish, and the entire Hope Elementary school community. Thank you so much to all, but especially to my wonderful parents—Denise and Scott—for always giving me their undying support.*



## Sabrina Darian

### **Mental Health: Change the Approach**

After noticing many friends and classmates struggling with mental health issues, Sabrina took action. Working with a local psychologist, she developed a website with information and resources, including a video she produced encouraging people to speak up. She also collaborated with middle school teachers to make her materials available to future high school students.

Sabrina saw that her work had a positive impact—based on the high number of positive reviews, input on the website's comments section, and visits to the site. She also gained mental health insights that will benefit her personally as she prepares to enter college and adulthood.

*I would like to thank my mom, Charmaine Darian; my troop leader, Heather Levchenko; my Gold Committee mentor, Judy Pritchett; my project advisor, Susan Writer; the two teachers I worked with, Mrs. Strachan and Mrs. Navarro; and some of my best friends and project helpers, Daria Levchenko and Noelle Betz.*



## Ana De Almeida Amaral

### **Ethnic Studies**

In schools, history classes often exclude the perspectives, cultures, and stories of people of color. Ana sought to address this issue by founding her school's first Ethnic Studies course. She and her team unified their community and empowered young advocates by teaching history from diverse perspectives. She mentored younger students to sustain the course and advocated for

inclusive education by sharing her curriculum with educators at multiple high schools.

Ana discovered that she had a passion for advocating for equality and justice. She continues to dedicate herself to promoting culturally relevant education throughout her community.

*Thank you to all the powerful women who inspired me to change my community—my mom, Izadora McGawley, Sara Islas, Danielle Slomka, Mackenzie King, Steph Dawes, and Linda Wightman. I'm also grateful to all of the leaders in our Ethnic Studies class who continue to work passionately for truth, justice, and change.*



## Kayla Dees

### **Healthy Future**



## Miranda Dillon

### **Keep Emotional Support Animal Awareness**

Miranda educated struggling teenagers about emotional support pets. She demonstrated how owning or being in contact with these specially trained canines and other animals can be very effective. She brought therapy dogs to group therapy sessions at Kaiser Permanente and high schools and educated more than 80 people through her Instagram campaign.

Having depression herself, Miranda has experienced first-hand how she experiences a mood lift whenever she returns home to her furry friends after being away on a trip. Working on her project inspired her to register one of her own pets as an emotional support animal that could accompany her to college.

*I would like to thank my Gold Award committee mentor, Marilyn Fullen; my project advisor, Eva Galvan; and my troop leader, Theresa Esparza, for all of their support. I would also like to thank my family and friends for their encouragement to seeing my project through to the end.*



## Jordan Finley

### **From Lancers to STEMinists**

Jordan's seven-week curriculum opened doors to new career possibilities for girls, helping close the STEM gender gap for approximately 40 Francis Parker Middle School students. Her lessons helped promote the engagement, retention, and success of girls in STEM. Each week, Jordan focused on a different takeaway or skill crucial to producing Parker's next generation of "STEMinists."

Jordan discovered that teaching is a challenging source of happiness. Children can be restless, but their eagerness to learn and grow is always something to look forward to. She also learned to never be afraid to ask for help and to learn from mentors.

*I would like to thank every person who contributed to my project and Girl Scouting experience. Special thanks to my parents, Mrs. Jennifer Dorsey, Mrs. Judy Pritchett, Troop 3289, Caroline Sanborn, and Jake Brittain.*



## Rachel Franchina

### **Young Readers**

Rachel spearheaded a book drive to promote equality through education and support refugee children in South San Diego. Of the 800 books collected, 600 went to a refugee center where her volunteers read and shared experiences with kids. She used the rest for her Young Reader's Club and reading workshops. By promoting literacy inside and outside of the classroom, Rachel helped create a more understanding and reflective society equipped to challenge social norms.

Teaching kids about the importance of reading and thinking critically solidified Rachel's passion for learning and helping others. She also learned that although not everyone likes to read, everyone likes to feel cared about.

*A huge thank you to my mom, Terri Franchina, who taught me how to be committed and outspoken about my beliefs; Anna Vasquez, Tiffany Smith, and Jeannine Ugalde for their fantastic advice; and Girl Scouts for granting me the opportunity to connect with so many inspirational ladies.*



## Mariana Frangos

### **SDMA Children's Art Connection**

In today's society, technology can steer children away from the arts—but Mariana found a way to pair both elements in a positive way. Mariana created a self-guided tour on the San Diego Museum of Art's app to help visitors ages three through 12 explore kid-friendly museum activities. She also collected and donated child-proof tablets for the tours. Her resources will

remain at the museum to continue to teach youngsters about art in a fun, interactive way.

Mariana learned that she is a great leader and can easily overcome fears, such as communicating ideas to adults she doesn't know. She also learned that she could get things done when under pressure or on a time-crunch.

*Thank you to Ms. Kovach, my project advisor; Ms. Wightman, my committee mentor; my troop; family; friends; and everyone else who has helped me. Most importantly, I would like to thank my mother, whose unconditional love and support as a parent and troop leader have helped me grow into the confident young woman I am today; I love you.*



## Franchesca Garcia

### **Brainiac Games**



## Andrea Grube

### **LGBT + Basics**

Andrea produced a fifty-minute documentary to educate high school students about the LGBT+ community. Called LGBT + Basics, the three-part film raised awareness about intersex and gender identities, and sexual and romantic orientations. She chose to do this project after realizing that some in the general public did not know much about the topic or were misinformed. Andrea presented the film by sharing it directly with groups and individuals. She also posted it on YouTube to make it widely available.

Andrea learned to be more confident, and now knows that she can set and achieve goals. She also feels more prepared for adulthood.

*Thank you so much to Mrs. Macceca, Mrs. Martin, Miss Rider, and Mrs. Gillen for allowing me to edit my documentary in the Valhalla library. I would also like to thank everyone at Outside The Lens for teaching me how to make a documentary; my mother; and my project mentor, Anne Bader.*



## Kylie Hastings

### Red Cross Club

Kylie formed a Red Cross club at her high school to empower students help the community and world in times of disaster. She led workshops for club members to educate them about what the Red Cross does, disaster relief resources, and how to be prepared in the event of unforeseen incidents. Kylie equipped her peers to become better citizens by showing them how making

even a small difference can ripple into something much more.

She learned that being a leader is no easy task, and that in order to effectively tackle issues, you need to be prepared and have optimistic view.

*I want to first and foremost thank my supporting and loving parents; my troops (shout-out to Troop 3450!), and my troop leader Kathee Weisenberg for always being there as a leader and someone I can count on. I also want to thank Traci for all the help!*



## Alina Ho

### Youth Awareness Project

Social issues shape young people's perspectives and actions, yet are often not addressed in school. In response to that need, Alina created the Youth Awareness Project (YAP), a club-based organization in high schools across San Diego. Alina built YAP based on her belief that knowledge is the catalyst to change, and that change begins with empowered and informed

individuals. Discussion and curriculum topics range from socioeconomic inequality to intersectionality.

Alina's biggest challenge was recruiting individuals to help establish and maintain a sustainable organization. Securing a core team was key to putting the club on track to realizing Alina's vision of involving more students and schools to guide its future.

*Thank you to everyone who helped inspire and build YAP, including: GAA; Steph Dawes; project advisor, Rachel Greim; Gold Award Committee mentor, Linda Wightman; community partner Julie; Troop 1000; leaders Van Bui; and my leader/mom Ha Tran.*



## Kirra Hogan

### Sibling Support Group

In the autistic community, there is a well of resources to aid the impacted individual; however, assistance for family members can be sparse. Kirra bridged this gap by creating a safe space and support network for the siblings of families with impacted children. She designed, implemented, and now runs a support group targeting older siblings (ages ten to 15) of young individuals on the autism spectrum.

Kirra learned that she could be more effective when leading by example than directly taking charge of activities. Through sharing her own experiences with the group, the other participants became more engaged, which made the program more successful.

*I would like to thank my community partners, Rebecca Baron, Lisa Kaufmann, and Dana Hoffman from the Autism Tree Foundation; my mother; and project advisor Sherri. Your help was invaluable to the success and longevity of this program.*



## Lauren Hohmeyer

### NCYSC Website

Lauren helped the North Coast Y-Service Club create a website to help educate the community about what the club does. Her project generated more interest in the club and increased membership. She also taught the club members how to update the website for the future.

This project empowered Lauren to step out of her comfort zone as she spoke in public and encouraged people to join the club. She also learned that she could create a sustainable website and help the community understand what the club does.

*I want to thank my troop, leader, Gold Award Committee mentor, my family, and friends. Thank you for helping me through my Gold Award process, and for all the encouragement.*



## Anna Jerpseth

### **Behind the Mask**

Anna led a seminar series to equip middle schoolers to address and help prevent bullying. She held the presentations at three schools served by Vista Boys and Girls Club, working collaboratively with staff. Through games, discussions, pocket-sized tip cards, and role-playing, students learned how to recognize threatening behaviors. She donated her materials to the club for future use.

Anna adapted to individuals' needs—listening to victims of circumstance (poverty, family and gang-related conflict); kids who told her they felt ostracized; and those who admitted to bullying. She learned to distinguish between victim, bystanders, and perpetrators, and acknowledge what they all had in common: the need to feel safe.

*Special thanks to Kaye Van Nevel, coordinator of the North County Anti-Human Trafficking Coalition; and my mother who gave me the courage and chutzpah to address bullying for kids like me, who also suffered bullying.*



## Makena Kronemyer

### **San Diego River Park Foundation Benches and Presentations**

Makena addressed the issue of ever-increasing fresh water shortages throughout the world. To help foster environmental stewardship in San Diego, she led presentations for La Jolla Elementary School students and San Diego River Park Foundation volunteers. She raised awareness of how improper farming methods are

the number one threat to freshwater resources, and about the importance of buying organic foods. Makena also led volunteer efforts to rebuild two park benches at the Point Loma Native Plant Garden that had been vandalized.

Makena learned that individuals have the power to enact change—and that public speaking comes easily when the topic is an issue you're passionate about.

*I would like to thank Ally Welborn and the rest of the staff at the San Diego River Park Foundation for the opportunity to work together. Secondly, I would like to thank my mentor, Tiffany Chatham Smith, for her guidance and advice throughout my Gold Award journey.*



## Crystal Kwan

### **Recycling and Waste Reduction**

After identifying a need to educate children about protecting the environment, Crystal created recycling programs in elementary schools throughout San Diego County. She led recycling drives, donating the proceeds to the school; and hosted presentations about the benefits of waste reduction. As a result of her project, young students became motivated to care for their planet through small actions that could make a big difference.

By engaging with elementary school students in her community, Crystal saw them become excited about taking care of their environment. She also discovered how sharing her knowledge can help make the world a better place.

*I would like to thank my friends for volunteering to help me teach important lessons about the environment and for helping me accomplish this Gold Award project. I'd also like to thank my family, troop, and committee mentor for supporting me throughout my Girl Scout journey.*



## Sara La Russa

### **Community-Wide Art Show and Contest and Artist Workshop**



## Jae Eun Lee

### **Inspiring Children to Volunteer**

As someone who loves to serve the community, Jae sought to help build up the next generation of volunteers. She held presentations for middle and elementary school students about the importance of giving back, and provided information about a range of service opportunities. Many of the participants indicated in Jae's surveys that they felt a greater willingness and inspiration to step up as volunteers.

Jae learned how to be an effective leader and public speaker. She realized that she had the most impact when delivering speeches with confidence and emotion—and that the key to leadership is listening to, and incorporating, peers' opinions and points of view.

*I would like to thank my Girl Scout mentor, Sherri Charter, for helping me with my proposal and final report; and my co-leaders, Anna Vasquez and Terri Franchina, for continuously motivating me while I was working on my project. Last but not least, I would like to thank my mom who inspired me to earn my Gold Award.*



## Jenna Levin

### **Tales to Share**

Jenna self-published a children's book, *A Little Help, a Big Difference*, with a collection of stories comparing mutualistic relationships in nature to how helping others can also help you. In the book, she describes how animals help one another in nature, and what actions kids can take to mimic those behaviors. In addition to making her book available online, she read it out loud to K-3 elementary school students.

Through her project, Jenna learned to address and act on an issue she cared about, and that she can truly make a difference. She also gained the ability to stay focused and never give up, even when a goal seems impossible.

*Thank you to my Girl Scout troop leader Jennifer Lin; my amazing advisor Jennipher for always checking in on me; and my mom for being a constant source of support. A huge thank you to my cousin Dalya Kahn for doing the illustrations for my book; the amazing photographers who allowed me to use their images; and the teachers who opened their classrooms to me.*



## Giselle Littleton

### **Bras for Smiles**

Giselle educated the community about homeless women's need for brassieres, a problem that contributes to a lack of comfort and confidence within that population. She partnered with a nonprofit organization called Think Dignity and a local store to create a program through which customers donate bras. Her efforts helped meet the identified need, also heightened awareness about the overall health and wellness challenges faced by women who do not have permanent housing.

Giselle discovered that she doesn't have to be older or more experienced to positively impact the lives of others and to address issues she cares about.

*Thank you to my troop leader, Alicia Bianchi; project advisor, Nicola Rodney-Cook, Gold Award Committee mentor, Cora Long; the Think Dignity staff; my mom; and everyone who supported and pushed me to make a difference in the lives of homeless women throughout San Diego.*



## Niharika Malhotra

### **Healthy Foods Can Prevent and Cure Illness**

Niharika led a campaign to spread awareness of the benefits of healthy eating, and how good dietary habits can prevent many ailments. Her project entailed research, collaboration with experts, and weekly seminars in the library, school, and the community. She also created an online book, website, and a video that has had many views on YouTube. As further evidence of her program's effectiveness, most participants scored highly on her post-session quiz.

By teaming up with others, including a group of friends assisting her with the project, Niharika greatly increased her leadership and communication skills.

*A huge thanks to my mentor, Mrs. Linda; my advisor, Amy Satter; subject expert, Dr. Uma Narayan; and my school friends. Everyone was incredibly supportive and motivating.*



## Orian Martinez

### **An Oasis in our Community**

When Orian saw that an abandoned playground she once enjoyed as a child needed a new life, she took action. With support from her troop, neighbors, and other volunteers, she transformed it into a haven for low-income working families. The team cleared brush and built garden beds, among other efforts. Children and adults now have a safe place to play and enjoy planting, harvesting, and sharing fruits and vegetables. Nonprofit organization Casa Familiar will maintain the site going forward.

Orian learned that she could achieve anything she set her mind to do. As her mother says, "Querer es poder," which means, "If you really want it, you can do it."

*I am forever grateful for my leader Irene Barajas; my parents, Orian Valencia and Alonso Martinez; and my brother, Jonathan Martinez, for making this possible and not giving up on me. I love you all and thank you for the support!*



## Karina Martos

### Teen Mental Health Awareness Program

After discovering that 25 percent of teenagers have been diagnosed with anxiety disorders, Karina led an educational campaign for the students, administrators, counselors, and teachers of her charter school. Her interactive presentations and educational videos helped raise awareness about the different forms of anxiety and how they can be diagnosed and

treated. Her successful efforts were evident from pre- and post-program surveys. Karina's school plans to incorporate her curriculum within its campuses in San Diego, Riverside, and Orange County.

For Karina, who has social and generalized anxiety herself, public speaking was a huge challenge. She is now more confident in her speaking abilities and interactions.

*Thank you to everyone at Dehesa Charter School who helped me design and present my project. Thank you, Jennipher Harris and Miss Juin for supporting and guiding me through this whole experience. And thank you so much, mom, for your help and supporting me in everything I do.*



## Elle McCue

### Astronomy Initiative

Inspired by her love of space science, Elle created a short course at local libraries introducing astronomy to younger students. She organized a stargazing event where participants used telescopes to explore the various constellations. Elle also collected donations to purchase a telescope—which she dedicated in memory of the late Astronaut Dr. Sally Ride—for her school to use for similar events.

She found that she enjoys creating lesson plans and teaching children about the field that she is most passionate about. Elle feels strongly about giving back to her community and encouraging girls to pursue a career in STEM fields.

*Thank you to my parents; troop leader, Noreen Nepomuceno; my best friend and troopmate, Gia Nepomuceno; Gold Award advisor, Ms. Judy Pritchett; school mentor, Mr. Ariel Hass; and my San Diego Astronomy Mentor Mr. William Oliver; and the Carmel Valley and La Jolla library staff.*



## Molly McHargue

FingerPrint Theatre



## Alexa Mendes

### Stress is a Mess: Breathe to Relieve

To address the lack of awareness about healthy stress management, Alexa compiled eight stress-relieving techniques into a website, videos, and multilingual booklets. She worked with ASB and Peer Assisted Listener students to present the resources to the 1,800 teens attending San Dieguito Academy. The booklets remain available at schools in the San Dieguito Union High School

District, as well as internationally at [www.breathetorelieve.weebly.com](http://www.breathetorelieve.weebly.com).

For Alexa, this was an invaluable opportunity to grow as a leader. She learned to appreciate the power of collaborating with others, while also realizing that it is essential to strive for excellence rather than perfection.

*Thank you to my Gold Award Committee mentor, Jennipher Harris; project advisor, Dr. Avid Khorram; community partner, Leslie Saldana; team members Angela, Melissa, Taylor, and Grace; ASB advisor, Mr. Keillor; Ms. Nebolong, PALS head counselor; the ASB and PALS students; my extended family, troop, friends, brother and parents.*



## Julia Mendoza

Make a Difference—Vote!



## Sanjana Mody

### Human Trafficking Awareness

Sanjana raised awareness about human trafficking and methods for people to avoid falling victim to it. She led multiple presentations for middle and high school students and their parents at schools, places of worship, extracurricular venues, and human trafficking conferences. Sanjana contributed to solving this local and global issue by addressing

a root cause: overly informative social media content and other online dangers. Her project is now part of the curriculum for the Healthy Relationships class that began this year at St. Columba Elementary School.

Sanjana has grown as a leader, gained confidence, and become more comfortable with presenting to various audiences.

*Thank you to Bianca, Megan, and Janet of Project Concern International and Marisa Ugarte from Bilateral Safety Corridor Coalition for helping me gain insights and speak out against human trafficking. I would also like to thank my parents for their tireless support.*



## Emily Mowry

### **Food for Friends Blessing Box**

To combat food insecurity in an El Cajon neighborhood, Emily built a food pantry modeled after the Little Free Library concept to provide a food-sharing program for the working poor. She designed, built, and installed her Blessing Box at the Good Shepherd Ministry Center; created multi-lingual flyers for the neighborhood; and held food drives to initiate the project.

Emily learned to be persistent as many organizations she approached with her idea did not respond for fear of attracting the homeless population. Knowing food insecurity is a huge problem, she hoped that more people will create their own Blessing Boxes to help others.

*I would like to thank the Coronado Optimists, Coronado Hardware, Rev. Lori Doyle, Rev. Robb Fuesler, San Diego Plastics, Mark Stangl, St. Paul's United Methodist Church, Boy Scout Troop 601, Girl Scout Troop 5148, and the Cervantes family for their support. Thank you Mom, Dad, and Ben for all your help!*



## Kaley Mudd

**Thurgood Marshall Middle School FIRST LEGO League Club**



## Brianna Olszewski

### **Planning for Expansion of Grand Caribe Shoreline Park**

Brianna collaborated with the San Diego Port Authority to beautify the communities of Coronado and the neighboring Green Shoreline Park by planting vegetation that is native to the California coastline. Her efforts led to two other groups helping restore shoreline plant life to what it once was. She knows her project will grow, as

community leaders are advocating for her program to continue and expand.

By leading presentations and encouraging groups to focus on achieving a shared goal, Brianna has gained confidence and built leadership, communication, and organizational skills. She also learned from trial and error to continue pushing forward until she gets the answer.

*I would like to thank Mary Berube and Marilyn Fullen; no words can express how grateful I am for the help and guidance you provided. I also thank my family and friends for all their incredible support each stage of the beautification project. I couldn't have done it without you all!*



## Sofia Perez Valles

### **Utopia Mural**

Sofia's "Utopia Mural" showcases how everyday household items otherwise destined for landfills can be repurposed as art. She transformed plastic materials of various colors—including laundry detergent bottles, beverage containers, hoses, and food trays—into "butterflies" and "trees" she placed on a chain link fence at the San Ysidro Community Center, adding quotes

about protecting the planet. The exhibit inspires passersby to help care for the environment and consider "upcycling" discardables.

Seeing the success of her project made Sofia realize how the little things really do make a difference. She also discovered that art is a powerful way to express positive messages.

*Thank you to my troop leader, Irene Barajas; project advisor, David Flores; Gold Award Committee mentor, Judy Pritchett; Hermanitas Program Director Elizabeth Escobar; my Hermanitas mentor, Maribel Gallo; my mom, dad, and sister for being there every step of the way; and everyone at Casa Familiar, including CEO Lisa Cuestas.*



## Nicole Pairier

### **Project Kindness: Building Empathy**

Nicole created a workshop series to help first- and second-graders understand the need for compassion and empathy. Through her sessions, participants learned the importance of being kind and considerate towards others, including classmates. The lessons will be continued through teaching plans Nicole provided to elementary school teachers in her community.

She developed and launched an effective curriculum to teach the youth of her community about a cause she holds dear to her heart. Nicole furthered her skills of communication and organization during development of the program and learned how to assemble a team of volunteers to assist with the rollout of the program.

*I am beyond grateful for my friends—Georgina Madok, Luke Bosworth, Hannah Johnson, and Jessica Keiser—who volunteered with me on this project; my project advisor, Tiffany Tucker, who helped me manage such a large project. Thank you all so much for being there during the good, the bad, the stressful, and successful moments.*



## Aleena Record

### **90 Days**

To address the fear and loneliness that homeless children often feel, Aleena wrote a book called *Hope in 90 Days* to encourage kids to dream about the future, foster hope for their lives, and release bottled-up emotions. Every single child that enters the doors of Operation Hope-Vista will now receive their very own copy of the book along with a stuffed animal.

Aleena learned that despite the occasional setback, she was able to be flexible and move her project forward. She also realized that it does not take an organization to make positive change, it only takes one individual.

*Thank you to my mom and dad, Elissa and Bill Record; my Gold Award Committee mentor, Tiffany Chatham Smith; and my advisor at Operation Hope-Vista, Lizeth Ma for your encouragement and support throughout this journey. Thank you to my sister, Kylie, my friends, and Mrs. Chris for all of your advice and input about book content.*



## Camryn Riccitelli

### **Carlsbad High School Society for the Prevention of Cruelty to Animals Club**

Camryn created the Society for the Prevention of Cruelty to Animals Club at her school to address issues related to pet shops and private breeders and teach people about the benefits of pet adoption. She also collected supplies for the San Diego Humane Society. Camryn's project empowered her peers to help stop animal

cruelty, and place more pets in permanent homes. To ensure the club will continue after she graduates, Camryn held elections for officers for the next school year.

She learned that with the right set of skills and a strong support system, she can set difficult goals and take the necessary steps to achieve them.

*I would like to thank my parents, my mentor Tiffany, my troop leaders, and my friends for supporting me and helping me reach this goal. I wouldn't have been able to do it without your love and support.*



## Emma Richards-Smith

### **Sports Injury Prevention for Young Athletes**

During her freshman year of high school, Emma had to take off a year from sports due to a severe, but preventable, injury she incurred. That experience inspired her to educate athletes ages 11 and up how to prevent sports-related injuries like muscle pulls, strains, and tears. Through workshops and a pamphlet, she shared techniques like stretching, foam rolling, nutrition,

body-weight strengthening, and overall body care. Her schools' rugby, lacrosse, and badminton teams incorporated the practices, resulting in athletes feeling less sore and having fewer injuries.

Emma built public speaking skills, and discovered that preparation is essential to helping her feel confident when presenting on a particular topic.

*Thank you to my parents, especially my mom for encouraging me to stick with Girl Scouts for 12 years (even when it wasn't the "cool" thing to do); my brother for editing my website; Riaan for guiding my project; Kim and Kendra Kleber of my wonderful three-girl troop; and my first troop leaders, JoLynn Dykstra and Melissa Hastings.*



## Jolie Riedell

### **Grow the Game**



## Eliana Rodriguez Herrera

### **Eco-Art: Recycling Art Class**

Eliana led a nine-day camp in collaboration with Casa Familiar to teach San Ysidro kids from low-resource families to create art using only recyclable materials from home. Her goals were to inspire young minds to be creative, show them to look at "trash" as something more than something useless—and prepare them to care for the Earth.

At first she was shy, but after the first few days, Eliana began to feel acclimated to being in the spotlight and taking responsibility for leading a large group. She learned to step up and lead.

*Thank you to my mom for her support; my sister and all the volunteers who lent me a hand every day of the camp to help look after the energetic kids and help guide their little hands; Casa Familiar for providing space and helping me get the kids together; and my leader for giving me guidance when I most needed it.*



## Emily Sandoval

### **Friendship Club-Lunch Gatherings**

Emily created a lunch gatherings program to help teens on the autism spectrum make friends. As someone on the spectrum herself, she wanted to empower others who have social issues to know they have a place in their school and are not alone. Elements included games, themed parties, and opportunities to hang out during lunch. Emily's project helped others make friends and connect with students from differing social groups.

By helping other students overcome struggles to navigate social interactions, Emily built leadership and reciprocal conversation skills. These aptitudes led to the launch of her own business, Emily Rose Sews.

*Thank you to mother, Rene Capp-Sandoval, for helping me get through all parts of my Gold Award; and to Mrs. Vallette and Jennifer Harris for helping and supervising me through the Gold Award process.*



## Amiet Scheidegger

### **Theatre for Tots**

Amiet led a theatre workshop series for elementary and middle school students at the Rancho Peñasquitos Library and at Community HousingWorks in Poway. She focused on helping participants develop different skills such as public speaking, reading, improvisation, and team work. In addition, she led an eight-week musical theatre session over the summer, where students performed a rendition of Willy Wonka and the Chocolate Factory.

By leading these workshops, Amiet improved her skills of working with young students and effectively teaching and leading a group. She learned how rewarding it could be to share one of her passions in a way that was beneficial to others.

*I would like to give a huge thank you to my project advisor, Mary Genovese; my mentor, Alison Lizarga; my former troop leader, Alyssa Navapanich; volunteer, Ashley Thai, and my parents, Kathryn and Hannes Scheidegger. This project would not have been possible without all your support!*



## Moriah Seymann

### **Senior Tech Solutions**

Moriah taught technology classes to senior citizens after discovering that many needed help learning to use their mobile devices. She held her series of free classes at the Balboa Park Senior Center. Seeing the value in this project, the center decided to hire a group to continue the classes.

Moriah learned that she was capable of doing anything. Even if something seems like too big of a task or too intimidating, she would take it on anyways. She found that she was good at communicating with people—even though it was scary at first, and outside of her comfort zone.

*I would like to thank my Gold Award mentor, Tiffany, for her patience and help with my project; and my project advisor Sinthya for allowing me to do this project at the senior center.*



## Teia Shannon

### **Consenteens: Educating High Schoolers about Sexual Assault and Consent**

While writing an article for her school magazine, Teia learned that in the majority of reported sexual assaults, the victim knew their attacker. She took action by creating Consenteens—a consent education club for high school students. She led workshops featuring playful videos and role-playing conversations through which teens practiced asking for, and learned to recognize, positive consent. Teia also created a website and other resources in English, Spanish, and German.

Teia discovered that one conversation can change a life, and plans to continue her work in sexual assault prevention. She learned to overcome obstacles, foster respect, and promote student advocacy, all while practicing speaking other languages.

*Thank you to my friends; volunteers; Gold Award Committee mentor, Sherri Charter; project advisor Ms. Ochoa; Dr. Monica Gillespie; Troop 3289, including leaders Aileen Teague and Shirley Demer; mentors Steph Dawes, Jennifer Harris, and Pam Cosman; Cora Carmody and Tech Goddesses camp staff; my mom and family.*



## *Minami Smalheiser*

### **Healthy Mind and Healthy Body**

Minami led after-school workshops to teach elementary school children about the importance of being healthy and active. She used games and other interactive activities to draw a correlation between self-care and happiness. Minami donated her lesson plans and supplies to the school nutritionist to be used for future sessions, and created informational pamphlets for children not able to participate.

She learned to accomplish long-term goals, positively impact her community, and discover topics that she was passionate about. Minami also grew as a leader and person through improving her public speaking skills, having a growth mindset, and never giving up.

*I would like to thank my parents; my project advisor, Nick Leonardo; Gold Award Committee mentor, Linda Wightman; Sarah Meza, the after-care director at High Tech Elementary; my volunteers; the kids in the after-care program; and everyone who helped my project succeed. I appreciate all of your support!*



## *Veronica Smith*

### **Tucked in with Love**

Veronica, an avid reader, led children's book drives at her school and church and reading classes for youngsters at her church using fun, age-appropriate materials. She donated collected books to MOMS, a military outreach program for low-income service members; Circle of Friends, a school club that pairs students with disabilities with other students; and Goodwill programs for adults with disabilities. Veronica's church plans to build on her efforts.

She found that involving disabled individuals helps teach others to be more accepting of people with disabilities. Veronica also learned to persevere in the face of setbacks and do more research to seek alternatives.

*Thank you to my mom (my troop leader) for encouraging me to go for my Gold Award and supporting me along the way; and to my church; Circle of Friends advisor; and my teachers. I would also like to thank my students and peers for contributing and helping me achieve my Gold Award.*



## *Bryn Spencer*

### **Spanish and English for Paraguayan Orphans**

At Su Refugio, an orphanage in Tobatí, Paraguay, Bryn planned and taught Spanish and English to the local children for six weeks. In this small community built around the brick business, many lack quality education and even basic language skills. The resources she provided them will help secure a professional occupation in the future.

Each day, Bryn was impacted by the smiles of children who were so grateful for the smallest things, who could feel proud of their newly learned vocabulary, and who cherished receiving and understanding their own books. She will always remember this special time in her life.

*Thank you to my Gold Award mentor, Marilyn Fullen helping me hone in my project and guide me through Gold Award process; Charlotte Michler for guiding me through the planning, teaching, and logistics of my project; and my mother, Tiffany Spencer, for all her micromanaging, without which I absolutely would not have accomplished this task.*



## *Catherine Stone*

### **Inspiring Young Engineers**

To introduce girls in grades K-3 to engineering careers, Catherine led an after-school workshop focused on civil, electrical, and aerospace fields. Through fun, interactive experiments, she had participants design, test, and build structurally sound "bridges;" parallel and series circuits; and model planes. Catherine further raised awareness about STEM opportunities for

girls through social media and an interview on the school's news broadcast program.

She developed leadership skills by applying her planner, coordinator, and communicator abilities. Catherine also strengthened her teaching aptitudes by creating lessons that were both entertaining and engaging for her young audience.

*Thank you to my project advisors, Tracy Bracht and Tiffany Farnsworth, for helping me to continue to strive no matter the circumstances; my troop leader, Darlann Mulmat, for guiding me through all these years as a Girl Scout; and my parents who always inspire me to work hard and persevere.*



## Lily Stratton

### Tournament of Champions

Lily held a modified baseball tournament for children with special needs to give them the opportunity to experience playing sports competitively. Her inspiration for the project was discovering that kids with special needs at her school would often hear others talk about their tournaments, but not be able to take part themselves. Lily's competition series was a home run! The youngsters were excited to participate in a championship game and had a great time.

By working with parents, volunteers, field management, insurance companies, and public agencies, Lily learned the importance of being flexible and adjusting "on the fly" to unforeseen events.

*I would like to thank my family, my friends, fellow Girl Scouts, Therapeutic Recreation Services, Martin Correia, Greg and Cindy Velasquez, April Lockey, Tracey and Skip Stratton, La Jolla Youth Baseball, all the players, and the many volunteers who made this event possible.*



## Sarah Uran

### Wildlife Defender

Sarah developed a program at the Water Conservation Garden to introduce elementary school kids to nearly 60 local endangered species and how to help protect them. Participants learned to protect wildlife habitats by staying on paths when exploring nature, and not leave trash or pick up animals or shells they encounter. She also taught students about native plants they can grow at home; the importance of recycling and conserving water; and how to educate others about what they learned.

Through this project, Sarah learned the importance of following through and the need to be reliable. Overall, this undertaking helped her realize what she was really interested in and how to take responsibility. She also discovered what she was capable of.

*I really want to thank my family; Judy, my project advisor; and the Water Conservation Garden for supporting and believing in me through this lengthy process. I could not have done it without all of you helping me!*



## Manasvi Vora

### Mental Health Awareness in Students Today

Mental health stigma is often perpetuated by misinformation, an issue exasperated by the growing number of serious mental health cases in schools. By leading workshops about how to recognize and treat depression and anxiety, Manasvi sought to change the perceptions of middle school students and their parents. She saw visible changes in understanding of mental health as a result of her efforts. Her website will continue as a resource for those in crisis.

Manasvi learned how to be a true leader. She also discovered her affinity for public speaking and found trust in herself through this project—specifically how to harness her passion in a variety of circumstances.

*Thank you to my family for supporting me; my mentor Vidya Nambi, who taught me countless specifics about psychology; my Girl Scouts San Diego mentor Anne Bader, who remains the most patient person I've ever spoken to; my friends; and those who allowed me to use their stories to educate others.*



## AnnMarie Walker

### Save a Life Saturdays

When earning her CPR certification, AnnMarie learned if someone collapses of cardiac arrest in San Diego, their likelihood of being saved is only eight percent. That startling statistic led her to create Save a Life Saturdays, a program where students can become CPR-certified for free at their high schools. Among outcome examples: Twenty percent of one high school's population is now continuously CPR certified, as they hold multiple trainings each year.

AnnMarie used problem solving and critical thinking skills to keep her project afloat despite hurdles, such as a partner company going out of business. Through this turbulent yet rewarding process, she prevailed through determination and persistence.

*Thank you to my parents, Eric and Kelly Walker, for always pushing me to do my best; my project advisor, Karen Connor, for picking me up at my project's low point; Steph Dawes, who is always an inspiration; and the wonderful students for making Save a Life Saturdays possible and being open to learning a new life skill.*



## Nina Wilk

### **Culinary Garden**

Nina created a community garden at Westview High School to increase sustainability awareness. She constructed three garden beds featuring drip irrigation to prevent wasted water. One garden bed was designated for plants that represent each culture present at school. The produce grown was donated to Feeding San Diego to help those in need. The garden will be maintained by the Advocates for a Better Environment Club, who are continuing to grow produce and educate others.

Nina became a stronger leader and reinforced her belief in the importance of teamwork. She also strengthened her values of inclusion, perseverance, and organization.

*Thank you to my Gold Award Committee mentor, Sherri Charter; my project advisor, Bob Whitney; the members of Advocates for a Better Environment; Steph Dawes; my friends; and everyone else who supported me—especially my family for never giving up on me and supporting me every step of the way.*



## Eleanor Wong

### **Chula Vista Polystyrene and Plastic Awareness**

Concerned about the health of the environment and humanity, Eleanor partnered with Surfrider San Diego to initiate a campaign to terminate the use of carcinogenic polystyrene (styrofoam). By conducting a meeting with City of Chula Vista Councilmember Stephen Padilla, contacting San Diego restaurants, and presenting to high school students, Eleanor raised awareness about the pollutants adverse effects. The PowerPoint presentation she used will be passed on to high school students to continue the spread of knowledge.

Eleanor honed her communication skills. Disseminating her message allowed her to realize the true power words hold and has inspired her to be vocal.

*Thank you to my mother, father, and sister; Gold Award Committee mentor Ms. Marilyn Fullen; Ms. Steph Dawes; Ms. Heather Dierolf; and Ms. Sarafina Scapicchio for their guidance and encouragement. Mr. Michael Torti, I am eternally grateful to have worked with you and Surfrider San Diego; you have inspired me to follow my heart and pursue a career in environmental public policy.*

# *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.**



1231 Upas Street, San Diego, CA 92103  
619-298-8391 • [www.sdgirlscouts.org](http://www.sdgirlscouts.org)