

E-4 Service Unit

# "Your Best Defense" Interest Project Event

For Cadette and Senior Girl Scouts in (Grade 6 - 12)



**Saturday, November 15, 2008**

**1:00 – 4:00 PM**

**West Shore Academy of Martial Arts  
3548 Old Gettysburg Road, Camp Hill, PA**

**Cost is \$8 per girl.**

Each girl also needs to bring an item for donation to the Cumberland County Domestic Violence Shelter. We will be in contact with registered troops as soon as we know the specific needs of the shelter. This activity is one of the Interest Project requirements, so it is important that everyone does remember to bring something!

Activities will include exploring techniques and practices that young women may use for the avoidance and prevention of violent situations, how to get away from a violent encounter, and physical techniques to employ in the worst case scenario that you are faced with an attack. Come dressed in comfort for movement.

**Activities will be based on the following requirements:**

**"Your Best Defense" INTEREST PROJECT**

Skill Builders #2,3,4,5

Technology #3

Service Projects #3

Careers #1

**Attention Troops working toward Silver Award Pre-Requisites:**

This would be a great "Courageous and Strong" Interest Project to apply to the Silver Leadership Award requirements.

Please return the response form by October 5<sup>th</sup> SU meeting to Sara Schmehl

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Troop # \_\_\_\_\_ Leader Name \_\_\_\_\_

# of Girls Attending \_\_\_\_\_

# of Adults Attending \_\_\_\_\_

Total Cost Enclosed:

\$8 x \_\_\_\_\_ girls = \$ \_\_\_\_\_

**Due to Sara Schmehl by October 5<sup>th</sup>.**

We need at least 25 girls to run this event, and have a maximum of 40  
After 10/5/08 spots will be made available to troops outside our SU – so please be prompt!

**Please make all checks payable to:**

**E-4 Service Unit 154, GSHPA**

**Please Attach your Service Unit Event Roster**