



Girl Scout Gold Award

Project Proposal - Includes GSUSA and GSHCC paperwork

Girl Scouts Heart of Central California | 6601 Elvas Avenue Sacramento, CA 95819 | www.girlscoutshcc.org

Send in your proposal 6-8 weeks before your expected start date

NAME REVA PEER Date Submitted August 13, 2012

Expected Start Date September, 2012 Expected Completion Date February 28, 2013

Valid for applications received during the 2011-2012 Girl Scout Membership Year

Paperwork Submittal Deadlines under the New Guidelines.

- **March 20th**- The *final report paperwork* is due to the Program Center in Sacramento to be eligible to participate in that May ceremony.
- **September 30th** after graduation from high school- The *final report paperwork* is due to the Program Center in Sacramento to be recognized by GSUSA and GSHCC as earning the Girl Scout Gold Award.

It is mandatory to get your proposal approved *before* you begin your project.

Complete this packet and send it to the Awards Program Specialist at:
Program Center in Sacramento, 6601 Elvas Ave, Sacramento CA 95819

Approval process takes 6 – 8 weeks so plan accordingly.

Please retain a copy for your records. Due to limited storage please do not send in a binder.

QUESTIONS?

Please call the Awards Program Specialist
(800)322-4475 or email GoldAward@girlscoutshcc.org



Girl Scout Gold Award

Project Proposal - Includes GSUSA and GSHCC paperwork

Girl Scouts Heart of Central California | 6601 Elvas Avenue Sacramento, CA 95819 | www.girlscoutshcc.org

Send in your proposal 6-8 weeks before your expected start date

NAME REVA PEER Date Submitted August 13, 2012

Expected Start Date September, 2012 Expected Completion Date February 28, 2013

Valid for applications received during the 2011-2012 Girl Scout Membership Year

Paperwork Submittal Deadlines under the New Guidelines

- **March 20th**- The *final report paperwork* is due to the Program Center in Sacramento to be eligible to participate in that May ceremony.
- **September 30th after graduation from high school**- The *final report paperwork* is due to the Program Center in Sacramento to be recognized by GSUSA and GSHCC as earning the Girl Scout Gold Award.

It is mandatory to get your proposal approved *before* you begin your project.

Complete this packet and send it to the Awards Program Specialist at:
Program Center in Sacramento, 6601 Elvas Ave, Sacramento CA 95819

Approval process takes 6 – 8 weeks so plan accordingly.

Please retain a copy for your records. Due to limited storage please do not send in a binder.

QUESTIONS?

Please call the Awards Program Specialist
(800)322-4475 or email GoldAward@girlscoutshcc.org

Please answer the following questions about the award prerequisites: Two Senior or Ambassador Journeys or one Journey and the Girl Scout Silver Award.

Briefly explain your Journey Take Action projects and reflect on the process. Attach separate pages with your typed response.

Senior/Ambassador Journey	Date Completed	Troop/Group Volunteer's Signature
1. SOW WHAT?	6/22/2012	

Summarize your Journey experience:

- What was the issue in your community that you chose to address?
- How did you Take Action about this issue in your community?
- What did you learn from this experience?

Senior/Ambassador Journey or Girl Scout Silver Award Project	Date Completed	Troop/Group Volunteer's Signature
2. SILVER AWARD PROJECT	10/21/2010	

Summarize your second Journey experience OR your Girl Scout Silver Award.

- What was the issue in your community that you chose to address?
- How did you Take Action about this issue in your community?
- What did you learn from this experience?

In addition to the questions asked on GSUSA's paperwork, we would like you to address the following questions in your project proposal essay:

- What is the goal you would like to achieve with your project? How do you plan to achieve this project goal?
- How are you making a difference to your chosen issue?
- How will your project involve and/or affect the community?
- What aspects of your project show leadership?
- What are the foreseeable obstacles? How can you prepare for some of these situations?
- Aside from your team, troop/group volunteer, and project advisor, do you need any one else to help with your project?
- What supplies will you need? How will you get them?
- If necessary, how will you earn money or fundraise?



Girl Scout Gold Award Project Girl Agreement

Girl Scouts Heart of Central California | 6601 Elvas Avenue Sacramento, CA 95819 | www.girlscoutshcc.org

Please read the following, mark each box and sign, acknowledging your understanding of the agreement.

- ☒ I have read GSUSA's Gold Award Girl Guidelines (available at www.girlscouts.org/highestawards) and understand its recommendations.
- ☒ I understand that the Girl Scout Gold Award is an individual leadership project. Although I may work with my Team to help complete my project, I am in charge of every aspect of my project and I am responsible for its success.
- ☒ My project idea is unique and creative. It was created by *me* and is something that hasn't been done before.
- ☒ My project addresses a valid need that is outside of the Girl Scout community.
- ☒ I have spoken to all members of my Team, and they understand that they have made a commitment to help me with my project.
- ☒ At least part of my project is sustainable and on-going. That is, it will continue to educate the public about my issue once my project is over.
- ☒ My project will take approximately 80 hours, including researching the issue, working on the proposal packet, and the project itself.
- ☒ The timeline for my project is realistic and includes a *minimum* of a two-month span of time for project implementation and a *minimum* of 6 weeks for the application approval process prior to my project start date.
- ☒ My project budget is zero based and shows descriptions and costs of all items, *including donations*.
- ☒ I have consulted *Volunteer Essentials and Safety Activity Checkpoints (Safety-Wise)* regarding my project.
- ☒ I will only earn funds in ways appropriate for Girl Scouts and following *Money Matters* guidelines. All fundraising activities will be discussed with my service unit and I will submit an *Application for Troop Money Earning* (form # 629).
- ☒ I have completed *Prepare 2B Ready* training or *Risk Management/Event Planning* training and will secure Girl Scout Additional Insurance and an adult First Aider (over 18 years of age), if required.
- ☒ I've attended *Take Action Award Training* and/or have called and reviewed my initial project ideas with the Program Specialist working with the Girl Scout Gold Award. *This step is optional yet highly recommended.*
- ☒ I understand that this application process is necessary for earning the highest award given to a Girl Scout in the USA and that it has been established to uphold the quality and integrity of these standards.
- ☒ I understand that I **may not start** on my project until I have received notification from Girl Scouts Heart of Central California that my proposal has been approved.
- ☒ I understand that in order to earn the Girl Scout Gold Award I must complete and turn in a Girl Scout Gold Award final report, including a final budget.
- ☒ I understand the following deadlines:
 - **March 20th** – Deadline to submit your final project report (after approval of application) to receive your Girl Scout Gold Award at the awards ceremony the following May.
 - **September 30th after high school graduation** - This the last day of 'girl' membership for a Girl Scout member, and thus the last chance to submit a final project report (after approval of application) to be recognized as earning the Girl Scout Gold Award by GSUSA and Girl Scouts Heart of Central California.

I have clarified any questions I have with the Gold Award program specialist for Girl Scouts Heart of Central California (goldaward@girlscoutshcc.org).

Girl's Signature

Date





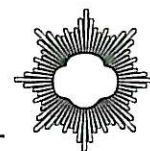
Girl Scout Gold Award Project Adult Advisor Agreement

Girl Scouts Heart of Central California | 6601 Elvas Avenue Sacramento, CA 95819 | www.girlscoutshcc.org

Please have your adult advisor read the following, mark each box and sign, acknowledging her understanding of this agreement.

- I have read GSUSA's Gold Award Adult Guide (available at www.girlscouts.org/highestawards) and understand its recommendations.
- I understand that the Girl Scout Gold Award is the Girl Scout's individual leadership project. Although she may work with her Team to help complete her project, she is in charge of every aspect of the project, and she is responsible for its success.
- The project was created and will be implemented by the *Girl Scout*. I will provide guidance and help her with problem solving.
- The project addresses a **valid** need that is outside of the Girl Scout community.
- She has spoken to all members of her team, and they understand that they have made a commitment to help *her* with the project.
- The project will take approximately 80 hours, including researching the issue and the project itself.
- The project timeline is realistic and includes a *minimum* of a two-month span of time for project implementation and a *minimum* of 6 weeks for the application approval process prior to the project start date.
- The budget is zero based and shows descriptions and costs of all items, *including donations*.
- I have consulted *Volunteer Essentials* and *Safety Activity Checkpoints* regarding the girl's project, including developing a risk management plan.
- Funds will be earned in ways appropriate for Girl Scouts and following guidelines in *Volunteer Essentials*. All fundraising activities will be discussed with our Service Unit Manager and all proper event planning and money earning forms will be turned in to the Service Unit Manager and Awards Program Specialist.
- The Girl Scout has completed *Prepare 2B Ready* training or *Risk Management/Event Planning* training and will secure Girl Scout supplemental insurance and an adult First Aider (over 18 years of age), if required.
- I have attended an *Award Take Action Training* class. *This step is optional yet highly recommended.
- I understand that the girl **may not start** on her project until she has received notification from Girl Scouts Heart of Central California that her proposal has been approved.
- I understand that in order to earn the Girl Scout Gold Award the girl must complete and turn in a Girl Scout Gold Award final report, including a final budget and timeline.
- I understand the following deadlines:
- **March 20th** – Deadline to submit the final report paperwork (after approval of application) to receive the Girl Scout Gold Award at the awards ceremony that May.
- **September 30th after high school graduation** – The last chance to submit the final report paperwork to be recognized as earning the Girl Scout Gold Award by GSUSA and Girl Scouts Heart of Central California.

☐ I have clarified any questions with the Awards Program Specialist for Girl Scouts Heart of Central California Council (goldaward@girlscoutshcc.org)



Adult's Signature

Date



Girl Scout Awards Proposed Timeline

Girl Scouts Heart of Central California | 6601 Elvas Avenue Sacramento, CA 95819 | www.girlscoutshcc.org

Use this as a tool to brainstorm the steps of your project. You might want to make some copies of this worksheet, you can use as many as needed.

Month: **SEPTEMBER/OCTOBER 2012**

	Tasks to Complete	Due	Done?
1	Correspondence with Partners in Nepal	October	
2	Obtain Travel Visa	Mid to Late October	
3	Obtain Addtnl. GS Insurance and Clearances	Mid to Late October	
4	Book Flights and Buy Tickets	Late October	
5	Research Additional Resources/Potential -	October	
6	Partners to Assist Disabled in Nepal		
7			
8			
9			
10			

Month: **NOVEMBER/ DECEMBER 2012**

	Tasks to Complete	Due	Done?
1	Language Immersion Classes	November, December	
2	Prepare Curriculum/Information/Education -	November, December	
3	Tools for Presentation in Village Camps		
4	Seek Alliances with New Partners who will -	November, December	
5	Assist in Providing Relief to Disabled		
6	Final Travel Prep and Travel to Nepal	Mid December	
7	Execute Project	December 26-31	
8			
9			
10			

Month: **JANUARY/FEBRUARY 2013**

	Tasks to Complete	Due	Done?
1	Execute and Complete Project	January 1-4	
2	Travel back to Roseville	January 7	
3	Set-up Web Site	January, February	
4	Follow-up with Partners in Nepal	January, February	
5	Start on Project Report	February 28	
6			
7			
8			
9			
10			



Girl Scout Awards Proposed Budget

Girl Scouts Heart of Central California | 6601 Elvas Avenue Sacramento, CA 95819 | www.girlscoutshcc.org

Please list all income and expenses. If you receive donated items, include the approximate cost of the donated goods in your income and expenses. Your total budget should equal zero when subtracting income from expenses. Attach a separate sheet if needed.

Projected Expenses (money you are spending)

Amount (\$)

Additional Details/Donations

Transportation (gas, parking, etc.)	\$ _____
Copying/Laminating	_____
Postage/Stamps	_____
Office Supplies (paper, pens, etc.)	\$100 _____
Site (rental/fees-event)	_____
Equipment Rental/Purchase	_____
First Aid Supplies	\$50 _____
Badges/Patches/T-shirts	_____
Food and Beverages	_____
Housekeeping/cleanup supplies (events)	_____
Honoraria (lifeguards, performers, etc.-event)	_____
Girl Scout Insurance (event)	_____
Thank you's	\$150 (1) _____
Other (please list):	_____
Camp/Clinic Supplies	\$300 (2) _____
Web Site Set-up	\$200 (3) _____
Miscellaneous Expenses	\$50 _____
_____	_____

(1) Gifts for my host family in Nepal and Thank you's to volunteers.

((2) Provide basic medical supplies and medication to the disabled at village camp/clinic

(3) Develop a web site to ensure sustainability of clinic and continuing education through local volunteers and organizations in Nepal.

PROJECTED EXPENSES

\$ _____

Projected Income (money you are receiving)

Amount (\$)

Additional Details/Donations

Allocated Troop Funds	_____
Service Unit Money Available	_____
Registration Fees (event only)	_____
Donations/Events:	_____
Personal Resources	\$850 (1) _____
_____	_____
Money Earning Projects:	_____
_____	_____
_____	_____

(1) Personal Savings of approximately \$600; Family Gifts of approximately \$250.

PROJECTED INCOME

\$ _____

TOTAL Projected Income \$ 850
 TOTAL Projected Expenses \$850
The above two numbers should be equal.

NOTE: Donations of goods are obtained for the beneficiaries of your award project, not for use by Girl Scouts. As such, GSHCC's Tax ID number cannot be used for reporting purposes to the donor. You may be able to obtain a Tax ID number and donation letter from the organization that is the beneficiary of your award project if your donors request recognition for tax purposes.

Girl Scout Gold Award Project Proposal

Prior to starting your project submit this proposal to:

Council Name: GIRL SCOUTS HEART OF CENTRAL CALIFORNIA

Council Address: 6601 Elvas Avenue, Sacramento, CA 95819

Council Telephone: (916) 452-9181; (800) 322-4475

Council Email: goldaward@girlscoutshcc.org

***** Submit this proposal by the date(s) established by the local council.**

Name: REVA PEER

Address: 1501 VISTA RIDGE WAY

City: ROSEVILLE State: CA Zip code: 95661

E-mail: revapeer@yahoo.com Phone: (916) 797-7249

Age: 15 Grade: 11 School: OAKMONT HIGH

Troop/Group Number: 1279 Troop/Group Volunteer: Mrs. Renu Peer

Troop/Group Volunteer's Phone: (916) 756-5252 E-mail: r.peer@comcast.net

Girl Scout Gold Award Project Advisor: Mrs. Yolanda Stepka

Project Advisor's Organization: HCC Service Unit Manager

Project Advisor's Phone: (916) 783-9527 E-mail: ystepka4gs@comcast.net

Girl Scout Gold Award Project Proposal

Prior to starting your project submit this proposal to:

Council Name: GIRL SCOUTS HEART OF CENTRAL CALIFORNIA

Council Address: 6601 Elvas Avenue, Sacramento, CA 95819

Council Telephone: (916) 452-9181; (800) 322-4475

Council Email: goldaward@girlscoutshcc.org

***** Submit this proposal by the date(s) established by the local council.**

Name: REVA PEER

Address: 1

City: _____ State: _____ Zip code: _____

E-mail: _____ Phone: _____

Age: _____ Grade: _____ School: _____

Troop/Group Number: 1279 Troop/Group Volunteer: Mrs. Renu Peer

Troop/Group Volunteer's Phone: _____ E-mail: _____

Girl Scout Gold Award Project Advisor: Mrs. Yolanda Stepka

Project Advisor's Organization: HCC Service Unit Manager

Project Advisor's Phone: _____ E-mail: _____

Prerequisites: Two Senior or Ambassador journeys or one journey and the Girl Scout Silver Award. List two journeys that you have completed along with your troop/group volunteer's signature.

Senior/Ambassador Journey Books	Date Completed	Troop/Group Volunteer's Signature
1. SOW WHAT?	6/22/2012	
2.		

Girl Scout Silver Award Completion Date	October 21, 2010
Council Where You Earned the Award	GIRL SCOUTS HEART OF CENTRAL CALIFORNIA

Your Team

List the names of individuals and organizations that you plan to work with on your Take Action project. This is a preliminary list that may grow through the course of your project.

More Team Members	Affiliation	Role
Dr. Vijay Raj Kaul	Doctor in Nepal	Host and Local Contact/Partner in Nepal
Mr. Vikram Malla	Physician's Assistant in Nepal	Liason with Village Heads in Nepal
Mr. Rohit Kaul	Family Friend	Local Contact and Coordinator with Nepal
Mrs. or Mr. Rakesh Peer	Parents	Travel Chaperone
Mrs. Yolanda Stepka	Gold Award Advisor	Critical Review and Advise
KOSHISH, NMHF	NGO's in Nepal	Use of success stories and name on web site

Take Action Project

Project Title: Global Health Ventures **Proposed Start Date:** September, 2012

Proposed Completion Date: February 28, 2013

Describe the issue your project will address and who is your target audience. Remember your 15-second pitch.

See Attached Document

Discuss your reasons for selecting this project.

See Attached Document

Outline the strengths, talents, and skills that you plan to put into action. What skills do you hope to develop?

See Attached Document

Describe the steps involved in putting your plan into action, including resources, facilities, equipment, and approvals needed. (Attach a detailed project plan.)

See Attached Document

Enter the names of people or organizations you plan to inform and involve.

See Attached Document

Estimate overall project expenses and how you plan to meet these costs.

See Attached Document

What methods or tools will you use to evaluate the impact of your project?

See Attached Document

How will your project be sustained beyond your involvement?

See Attached Document

Describe how you plan to tell others about your project, the project's impact, and what you have learned (Web site, blog, presentations, posters, videos, articles, and so on).

See Attached Document

Your Signature: _____ **Date:** 6/11/2012

Project Advisor's Signature: _____ **Date:** 6/12/2012

Council Representative Approved: _____ **Date:** _____

Impact Planning

Using the Impact Planning Chart, describe the impact you hope your project will have on your community, your target audience, and you.

Impact On . . .	Goals	Potential Impact
Community My project will improve awareness about mental health and mental disorders. My efforts will educate the community on the preventative aspects of mental retardation and make people in society conscious of their roles and responsibilities related to people with mental retardation. My project will promote the notion of mentally healthy lifestyles in a community by involving community leaders and health care workers.	What community issue do you plan to address? The community issue I want to address through my project is the challenges faced by the mentally handicapped in our society. I want to minimize challenges such as persistent stigma, discrimination and social exclusion that these folks face. My goal is to contribute towards creating a healthier society and world through a sustainable awareness program and free medical camps for mentally handicapped.	What examples of the project impact might you see in future? I hope that my take action plan makes people realized that those with disabilities can lead productive lives; and I see more and more people volunteering their time and supporting the organizations that work with the disabled.
Target Audience (workshop participants, other youth, community members, and so on) See Attached document	What skills, knowledge, or attitudes will your target audience gain? My goal is to connect with my target audience; help them understand the importance of regular check-ups; and communicate to them the benefits that modern medicine will have towards improving their quality of life. I aim to educate the audience about the preventative aspects of mental disabilities. My hope is for my target audience to transform into a better and inclusive community that is respectful of the disabled and their families.	How will you know that the target audience gained skills or knowledge? After my departure from Nepal, I intend to follow up with Dr. Kaul and Mr. Malla regarding any spike in the number of patients that visits their outpatient clinics in and around Nepalgunj. Finally, the traffic that my website and Facebook page will generate will be a good indicator of the knowledge gained.

The following is a list of the 15 Girl Scout Leadership Outcomes.* Which do think you will develop through this project?

Discover:

- ☒ I will develop a stronger sense of self.
- ☒ I will develop positive values.
- ☒ I will gain practical life skills.
- ☒ I will seek challenges in the world.
- ☒ I will develop critical thinking.

Connect:

- ☒ I will develop healthy relationships.
- ☒ I will promote cooperation and team building.
- ☒ I will resolve conflicts.
- ☒ I will advance diversity in a multicultural world.
- ☒ I will feel more connected to my community, locally and globally.

Take Action:

- ☒ I will identify community issues.
- ☒ I will be a resourceful problem solver.
- ☒ I will advocate for myself and others, locally and globally.
- ☒ I will educate and inspire others to act.
- ☒ I will feel empowered to make a difference in the world.

*Want more information on the Girl Scout Leadership Outcomes? Visit www.girlscouts.org/research/publications/outcomes/transforming_leadership.asp.

Summary of Girl Scout Silver Award

Issue in community I chose to address? How I took action about this issue? What I learned from this experience?

The “community issue” that I addressed as part of my Silver Award project was my concern regarding adults in my community who have disabilities. When I used to go grocery shopping and running errands with my mom, I often saw these adults. They usually were with their parents or caretakers and generally had trouble communicating with others and adapting to the surrounding environment. When I researched programs that help adults with disabilities, I was disappointed to find that there were not many day care programs or educational opportunities for such people in our area. The only program that stood far and above others was Aim Higher. It was the only program in my community that not only catered to the needs of adults with disabilities, but also helped them gain motor and athletic skills. After visiting Aim Higher, I found out that they even had an athletics program for their consumers. Aim Higher and their staff of volunteer coaches trained and coached teams of adults with disabilities. These teams of special athletes compete with similar teams from surrounding communities in various sports tournaments.

Since Aim Higher provided such a critical service to a group I care for, I decided to work with them for my Girl Scout Silver Award project. My primary goal was to create or build something for Aim Higher that would directly benefit their consumers; and my secondary goal was to build awareness about the services that Aim Higher offered so that others may want to get involved and help. I addressed the first part of my goal by asking Aim Higher about their immediate needs, and their Athletics Department expressed the need for shelving and storage accessories for a shed they use for their sports equipment. As part of my action item, I planned, organized and executed the construction of shelving units and storage accessories in the shed to their specifications. I built two units of shelving: a large waist high shelf that went all the way around the interior of the shed; and a smaller shelf above it that went around two sides of the shed. I also installed peg board from the top of the big shelf to the ceiling. For the second part of my project and to further address my community issue, I created a power point about my project and about Aim Higher, with the purpose of building awareness about Aim Higher and the services they offered to adults with disabilities. I presented my power point at one of my troop’s meetings and also at my service units’ leaders meeting so that more and more people would become aware of my concern, and maybe others could get involved in this community issue.

As a result of working on this project I learned that I should have more confidence in myself. When I first started thinking about the Silver Award I was a little scared and nervous. I was intimidated by all the prerequisites for the Silver Award and I was unsure if I would ever be able to complete all of them on time. After having completed the project, I knew I could accomplish anything if I put my mind to it. I also learned that I was a leader and did not have to be a follower. Directing a group of people to accomplish a task for my Silver Award project made me realize that I had the traits of a leader. Through my project I was able to realize my leadership potential and “embrace” it. I also learnt that I can lead not only by directing others, but also by setting an example and getting involved. But most importantly I learned

that I am really very compassionate and it reaffirmed my desire to work in health care when I grow up so I can help people when they are suffering or in pain. Looking back at my project, the one aspect that I believe was the most successful was that I was able to build awareness about Aim Higher and the services they provide to disabled adults in my community through my Silver Award project.

“Sow What?” Journey Experience

Issue in community I chose to address? How I took action about this issue? What I learned from this experience?

One of the main issues I have always been concerned with and am passionate about is promoting health and general well being. Therefore, for my “Sow What?” Journey I decided to analyze the benefits of good nutrition and how that promoted good physical and mental well being. Poor nutrition and a sedentary lifestyle have resulted in debilitating diseases like heart attacks, strokes, diabetes etc., which can all lead to severe disabilities and even premature death. My “Sow What?” Journey focused on the food industry in general; and on the produce, grains and foods grown by local farmers and indigenous to our community. I analyzed different options and means of bringing together the focus of my Journey and my desire to promote general well being. Therefore, I decided to create a take action plan that would educate the people in my community about maintaining good health by following a healthy lifestyle including eating balanced and nutritional meals.

After much deliberation with my advisor, I finally decided upon the idea of making displays complete with flyers, references, and interactive elements that would explain how one could benefit by maintaining a healthy diet and lifestyle using locally grown and prepared foods. In order to reach a large target audience, I contacted several public agencies about my idea, and was eventually able to convince two public libraries about the value of my project. I obtained permission from them to post my display in their facilities. I also joint ventured with the Martha Riley Library and created a joint exhibit which included my display and several nutrition and health related books from the library. The various elements of my project included a threefold large display board with a food pyramid including portion sizes, graphics and illustrations about various health statistics, the pros and cons of several common foods and grains, healthy shopping guides and ways to exercise even while maintain a busy schedule. I also prepared a binder that included inexpensive yet nutritious recipes; nutritional guides from various fast food and other popular local restaurants; addresses and contact information for various farmers markets, farms and co-ops in the greater Sacramento area; and other miscellaneous but useful health related guides. For my younger audience, I also prepared and made an interactive game where one could assemble a healthy and nutritional meal for breakfast, lunch and dinner using the sample entrees that I had taken pictures of with portion sizes and nutritional contents. The purpose of the game was to bring together these various foods onto a plate to illustrate what a meal with all the essential food groups should visually look like. The game allowed my younger audience to practice the different skills they had read about on my display. Finally, I also included a take-home packet that contained contact information for local dieticians, nutritionists, gyms, and other handy tips on maintaining a healthy lifestyle. I was able to keep my displays in the libraries for over 6 weeks each. I was pleased to see that each week when I visited the displays most of the take home packets were taken and needed to be restocked. The food pictures were in disarray from repeated use and it made me realize that I was indeed able to tap into my younger audience.

My visits to the supermarkets, farmers markets, co-ops, bakeries, butcher shops, farms and dairies made me realize that the food industry is a very vibrant and active part of our community and if their resources are used correctly, it can promote good nutrition and well being. I also learned about the negative and severely harmful impact of poor nutrition on health and the burden that an unhealthy lifestyle can be on our society both socially and economically. Through my research I gained immense knowledge about nutrition and healthy living. I was also able to disprove a common myth that eating healthy is too expensive. I found several recipes that were both very delicious and nutritious and did not cost a bunch. Finally, through my Journey I also learned how to collect and effectively communicate information to a large audience. I compiled a mass of information through extensive research but ensured the reliability of the sources prior to including it in my display. Narrowing down the plethora of information to the important and main facts that I wanted to get across to my audience is a skill that I can use in my day to day life and at school. Learning how to present the information in an interesting and effective manner in order to reach out to a large audience was a skill I learned during this take action project. I was not only able to educate myself about my community issue, but I was also able to learn how to effectively pass on information to a target audience. This journey experience will be invaluable to me as I start on my path to earning my Gold Award Project, where I will be sharing some of my knowledge and passion with the people of Nepal.

Project Proposal Essay

What is the goal you would like to achieve with your project? How do you plan to achieve this project goal?

My project goal is to raise awareness about and improve the plight of the mentally handicapped. I also want to provide assistance/relief to the mentally handicapped in remote and impoverished areas that have limited resources. Throughout history the causes of mental disability have been misunderstood. These misunderstandings have led to discrimination and mistreatment of the mentally handicapped. Even the ancient Greeks and Romans felt that those with intellectual disabilities were born because the gods had been angered. During the colonial period, the mentally disabled here in the United States were among those accused of witchcraft. Even after the witch scare of the 1600's, the mentally retarded were still regarded as evil or innately inferior. However, since the 1960's, the social attitude towards people with mental disabilities in the U.S. and most of the western nations has changed towards tolerance and compassion. The trend in the U.S. for the past several decades has been for the mentally disabled to live in inclusive community settings with support systems to facilitate that experience.

My research of World Health Organization (WHO) publications regarding the mentally handicapped in third world countries, however, revealed that because of poverty and illiteracy, the disabled people in these countries lead miserable lives. Children and adults with mental disabilities are segregated and often exiled from their communities. Those with these disabilities are regarded by society as a blemish on family status, a punishment for misdeeds in a previous life, an omen of bad luck and generally an object of shame for their families. Such attitudes make the disabled susceptible to exploitation, neglect and abuse.

I am therefore planning on achieving my goal by travelling to one of these countries to learn firsthand about the plight of the disabled and provide some relief and help to this segment of our society. Review of the WHO documents led me to Nepal, which is a small and impoverished country in the Himalayas; and according to WHO's estimates about 20 to 30 percent of the population in Nepal has some form of disability, and of that percentage mental disability is the most prominent. Mental disabilities in Nepal are termed "Susta Manasthiti" which translates to "Mental Retardation". Mental Health has been and still continues to be a neglected and marginalized issue in Nepal. It is neglected by the society and by the government.

The prevailing view about mental illness in Nepalese culture is extremely negative. Families often fail to recognize a mental disorder when signs of illness first appear. Most individuals with mental disorders and their families are targets for stigma and discrimination; they hesitate to come forward for appropriate treatment. Even folks with minor neurotic disorders do not like to consult Psychiatrists because of the stigma of mental disease. Majority of the people in Nepal consider mental disability not as an illness but as a moral weakness caused by supernatural forces like ghosts, witches or sins committed during their previous lives. Even in this day and age, faith healers attend to the mentally ill in remote areas of Nepal. These traditional faith healers often treat patients with rituals some of which can

be quite brutal like beating the patient with a hot iron rod with the aim of eradicating the so called evil spirits.

There is a general lack of knowledge in Nepal regarding the need to see a mental health professional when one is suffering from a mental disability. Some people who may be aware that mental disability is an illness, however, do not believe that there is a cure for this disease and believe that mental illness is not treatable. Most people think that suffering from mental illness means that one is unfit to remain in society and family due to the loss of control over self, or even being possessed by a Holy Spirit or black magic.

Disability management is a huge problem in Nepal. In contrast to the western world and the US where treatment facilities were built several centuries ago, the history of psychiatric services in Nepal is only 40 to 50 years old. The service was also available only in the capital city of Katmandu. Only recently within the past decade have a couple of privately funded hospitals started to provide psychiatric services in other cities. There is inadequate awareness among decision makers, social workers and the general population about mental disorders and their consequences. Because of neglect and lack of motivation to seek medical mental help, the probability of these people developing secondary disabilities is higher than it would be in Western countries.

I intend to achieve my project goal by planning, organizing and holding educational/medical camps in villages and remote areas of Nepal. My camps will have two components, an educational component wherein I plan to inform and educate the village folks to facilitate a change in their attitudes towards mental health and expose the needs of people with mental disabilities. Secondly, I want to assist people with mental disabilities at these camps by bringing physiotherapy services directly to them from board certified Psychiatrists. To that end, I have established contact with a local doctor (Dr. Vijay Raj Kaul) in Nepal who is the Head of the Neuropsychiatry Department at a medical school in Nepalgunj, a mid size town near the border of Nepal with India. Dr. Kaul volunteers some of his personal time at a neighboring village. However, the lack of resources or a network of volunteers does not allow him to hold/manage such camps frequently and in other remote areas of Nepal. His camps also do not have full participation by the people in the villages because of the preconceived stigma and notions about mental illness.

My project involves me travelling to Nepal, staying with my host, Dr. Kaul's family, and establishing a couple of clinics/camps in the neighboring villages of Sukkad, Mahinder Nagar or Tikapur. I intend to spend 2 to 3 weeks in Nepal and during that time contact the village heads of these neighborhoods through my liaison Mr. Vikram Malla, a Physician's Assistant at the Nepalgunj Medical School. With Mr. Malla's help, I aim to convince the village heads to allow me to conduct these educational/medical camps in their villages. I believe that the problem of ignorance and misconception about mental illness can be handled by educating the village elders and families of the disabled. The fact that most of the mentally ill are first taken to the faith healers is an opportunity that I want to explore. With proper education, these healers can be trained for harm reduction and possible referral of the tougher cases to health professionals. The faith healers may welcome it as they will feel that their role is being accepted by the modern medical system and they may refer cases to mental hospitals. I intend to prepare

brochures, articles, slide shows and video presentations to create awareness about the benefits of medical care and foster positive attitudes and actions towards the disabled.

With Dr. Kaul's assistance, I also intend to solicit the services of other doctors at the Nepalgunj Medical College to help at these camps. My project also involves me supplying the medical supplies and medication that will be administered to the handicapped at these camps. During my stay I intend to create a schedule for future camps, so it is not just one doctor providing this service pro bono but several doctors who can provide assistance. The villagers can have access to this schedule so that they know when the doctors will visit and can benefit from the service by attending the camps.

How are you making a difference to your chosen issue?

The issue I want to address through my project is the challenges faced by the mentally handicapped in our society. I want to minimize challenges such as persistent stigma, discrimination and social exclusion that these folks face. The lack of knowledge, infrastructure and relief organizations has left several of the handicapped in remote villages of Nepal in dire straits and in need of assistance and proper medical care. I am making a difference because my project will help create a healthier society and improve the quality of life of handicapped people by educating them, their families and communities about the benefits of proper medical treatment. By providing them access to health care through free educational/medical camps, I am bringing medical care to their doorsteps and making it easier for them to experience this service provided by volunteer medical professionals. I am hopeful that my efforts will increase awareness in and around Nepalgunj about the opportunities available to help this marginalized segment of their community. I hope that my take action plan makes people realized that those with disabilities can lead productive lives if others volunteer their time, and support organizations and groups that work with the disabled.

How will your project involve and/or affect the community?

Through my liaison in Nepalgunj, I intend to meet the village heads and families of the disabled to earn their confidence. I will convince them and help them understand the importance of regular medical check-ups. I will communicate to them the benefits that modern medicine will have towards improving the quality of life of the handicapped within their community. I intend to contact KOSHISH and NMHF, two of the few volunteer self help groups that work with the disabled in the capital city of Nepal, and ask their permission to allow me to share some of their success stories with the villagers. Seeing that other people with disabilities have been healed by modern medicine will help the villagers realize the importance of seeking professional medical help.

What aspects of your project show leadership?

My project allows me ample opportunities to demonstrate and test my leadership skills. I will demonstrate my leadership skills by sharing my opinions with the village elders, families of the mentally handicapped and faith healers in my efforts to raise awareness about challenges facing the handicapped. Setting up educational/medical camps in remote underprivileged areas of the world will attest to my abilities as a leader and a compassionate and dedicated person. Interacting with people from other parts of the world, who represent cultures and values that are significantly different than mine, will necessitate me to rely on my leadership skills. Coordinating the efforts of the medical doctors, medical supply houses, and the village elders will need meticulous planning that will again call on my skills to manage and lead. Creating beneficial change and promoting the creation of a sustainable solution to the needs of the handicapped in Nepal will test my determination and leadership skills.

What are the foreseeable obstacles? How can you prepare for some of these situations?

As is common with most projects, my project has some foreseeable obstacles. One of them is the travel overseas. Travelling halfway across the globe will have some logistical challenges such as getting visas, additional insurances and obtaining all the necessary clearances. I am blessed to have a great support system around me including my parents and advisors who will ensure that all these logistics are addressed before I travel. My second, though biggest, concern is that I do not speak Nepalese. However, I understand that the language is an offshoot of Hindi, the language spoken in India. Since my Dad speaks Hindi when communicating with his parents, I plan on taking a crash course in Hindi from my Dad so I have a basic understanding of the key words needed to communicate with the locals. I have also recently purchased an English to Nepalese Dictionary on line. Further, Mr. Malla and Dr. Kaul are fluent in both English and the local language and will help me communicate effectively especially when I will need to interact with the village elders, faith healers, the disabled and their families at the camps. A minor concern has to deal with my living arrangements and food. While I will be staying with my host for most of the time I may have to spend some time in the villages. I intend to pack a backpack with my gear and basic needs, and I believe that my experience camping with the Girl Scouts will allow me to rough it out when I have to. Similarly not being familiar with the local cuisine, the lack of running water, the lack of a constant supply of electricity are other minor concerns, but I do understand that these are small sacrifices I can and will make to accomplish my goal.

Aside from your team, troop/group volunteer, and project advisor, do you need anyone else to help you with your project?

In addition to the help provided to me by my advisor, my troop and my council leaders, I will be working closely with five people towards the completion of my project. These five people in the order of their involvement in my project completion are Mr. Rohit Kaul. Rohit is a family friend whose family lives in Nepal. He initially proposed the idea of researching the country of Nepal when I suggested that I was

interested in working with the handicapped in third world countries. He has become my mentor and guide and has helped me establish contacts in Nepal and will support me in obtaining travel visas and clearances from the Nepalese High Commission. Next I will need the help of Mr. Rakesh and Mrs. Renu Peer. They will assist me by providing financial support for my project, and one of them will accompany me on my overseas trip to Nepal. The other 2 people who will ultimately be critical to the immediate and long term success of my project are Dr. Vijay Raj Kaul, and Mr. Vikram Malla. Dr. Kaul and his assistant Mr. Malla will be leading me around Nepalgunj. Mr. Malla will be taking me to the nearby villages to meet with the village elders, provide translation for my information sessions, discuss the needs of the mentally ill and procure medical supplies and medication. Dr. Kaul will introduce me to the medical college and hospital in order to recruit more doctors. Dr. Kaul has agreed to be part of the free educational/medical camps that I will hold. He has also agreed to be named as a contact on my web site. Mr. Malla will be my secondary contact person on the website about Nepal and my project. Finally, I also intend to request the assistance of Nepalese non-profit organizations such as SUNGAVA, KOSHISH and NMHF who are working towards building awareness and are providing vocational training to the mentally handicapped.

What supplies will you need? How will you get them?

In addition to the poster boards, brochures, flyers, slide shows and the video that I intend to include in the informational aspect of my take action plan, I will need medical supplies that I intend to dispense at the camps. These will include basic psychotropic medication such as Antipsychotics, Anxiolytics, Mood stabilizers etc. Additionally, I will need to procure some basic first aid supplies. Because of the favorable Dollar to Rupiah (Nepalese Currency) conversion rate, the extremely high buying power of the Dollar and the inexpensive medication available in Nepal, it is more cost feasible for me to purchase these supplies in Nepalgunj once prescribed by Dr. Kaul. Mr. Malla will help me contact the local medical supply houses to obtain the medication.

If necessary, how will you earn money or fundraise?

Due to the inability to transport medical supplies and medication from the U.S. to Nepal, I do not want to fundraise for, nor accept any 'in-kind' donations of medical supplies. It is therefore practical and feasible that I use my personal funds to buy the medical supplies and medication in Nepal because the Dollar will stretch far in Nepal. As shown on my budget, my project expenses are approximately \$850. I intend to use approximately \$600 of my personal savings that I have collected over the last 2 years doing various chores and providing childcare services at various events. My family has agreed to support me by offering me a gift of \$250 to meet the rest of the expenses.

Project Proposal Booklet

Describe the issue your project will address and who is your target audience?

My project addresses the challenges faced by the mentally handicapped in our society. I intend to raise awareness about the plight of the mentally handicapped and provide assistance and relief to improve the general quality of life of this segment of our society. My target audience is the mentally disabled, their families and communities, and other stakeholders in mental health promotion, prevention, care and rehabilitation.

Discuss your reason for selecting this project.

Working on my Silver Award exposed me to the physical and emotional needs of the physically and mentally handicapped in my immediate community and the limited resources they have access to. For my Gold Award I want to pursue my passion for helping this segment of our society, but I want to do so by reaching out to those who live outside my immediate community in third world countries and receive no assistance.

Outline the strengths, talents and skills that you plan to put into action. What skills do you hope to develop?

Not only am I passionate about the handicapped, but I also have the energy, experience, dedication and determination to execute a project that will benefit my targeted audience. Being an energetic and ebullient person, who is always ready to take on new challenges, will help me to contribute to making my project a success and productive for the villages in Nepal. Community service has been a core value of mine and I have had numerous opportunities to serve my community through my involvement with Interact Club. Learning about the needs and hardships of others who have been marginalized has humbled me. Confronting injustices within our society has made me vocal and loud. Being loud and vocal will allow me to express my opinions and create discussion. In sharing my opinions with the villagers, I intend to raise awareness about challenges facing the handicapped that can cause beneficial change and can promote the creation of a sustainable solution. Participating in Mock Trial at my school for the past two years has built up my confidence in being within a professional environment and interacting with adults. Taking on the role of a 37-year old school counselor or the 52-year old doctor exposes me to the world of these professionals. I intend to rely on these skills when interacting with the Doctors and Physician's Assistants at the camps. I hope to develop skills at interacting with others, and sharing my opinions while being respectful of their customs, traditions and practices.

Describe the steps involved in putting your plan into action, including resources, facilities, equipment and approvals needed. (Attach a Detailed Project Plan.)

Listed below is a summary of the major steps involved in putting my plan into action.

Step One- Pre Travel Preparation: Notify partners in Nepal about my intent to proceed with the action plan, and submit to them a tentative itinerary. Contact Nepal High Commission and determine visa requirements. Research travel options through on-line brokerages. Obtain visa and airline tickets. Obtain approval for international travel by completing all forms and paperwork such as Troop Adventure Emergency Information, Intent to Travel, Troop Adventure Request for Approval, and Travel Insurance Requests.

Step Two- Pre Project Preparation: Continuing education regarding native language and review of English to Nepalese Translation book. Research non-government, non-profit organizations in Nepal who are stakeholders in trying to improve the plight of the disabled. Contact Nepal's Social Welfare Council to obtain information on organizations that are providing vocational or any other training to the mentally disabled. Locate any voluntary national social organizations that have been established to provide services directed towards the welfare of people with mental disabilities and their families. Correspond with such organizations and groups in an attempt to seek alliances and get permission to use their contact information on educational flyers/brochures or for use on a web site. Prepare presentations and handouts intended for distribution at village meetings

Step Three- Travel: Contact host and liaison in Nepal to finalize travel logistics. Get all medical immunizations. Travel via India to Nepalgunj.

Step Four- Project Execution: Meeting with host and liaison. Travel with liaison to neighboring villages of Mahindernagar/Surkhet/Sukkad/Tikapur and meet with village elders. Meeting with Doctors at Nepalgunj Medical School. Coordinate with medical team and local villages and set up a schedule for educational/medical camps. Translate all informational materials into Nepalese. Present information at town hall style meeting with village elders, faith healers, the disabled and their families. Organize, plan and hold medical clinics/camps. Generate list of medicines and medical supplies and purchase as required. Maintain a log and audio/video journal of events.

Step Five - Project Wrap-up: Research local resources and contact organizations that provide any monetary or in-kind assistance to the handicapped in remote areas of Nepal. Project wrap up with village elders and Doctors/Physician's Assistants. Travel back to United States.

Step Six- Sustainability: Follow up with host doctor, village liaison and other partners in Nepal. Create a web site regarding my efforts and the educational/medical camps. Prepare a comparison of the services available to the disabled here in the United States with those available in Nepal. Post video journals on my Facebook page. Create a flyer and send information to Tour Guides and Travel sponsors in Katmandu for inclusion in their travel packs regarding the plight of the disabled in Nepal and avenues for helping them. Presentations to Troop, Council Leadership; and generate final report.

Enter the names of people or organizations you plan to inform and involve.

The list of people/organization that will get involved includes, but is not limited to, Dr. Vijay Raj Kaul and Mr. Vikram Malla with the Department of Neuropsychiatry at Nepalgunj Medical College; other doctors from Nepalgunj Teaching Hospital; Village elders at Surkhet/Tikapur/Sukkad/Mahindernagar; Physicians without Borders; Lions Club; Interact Club; Placer County Youth Commission; Peer Global Health Initiatives, Inc.; Mrs. Yolanda Stepka; Mrs. and Mr. Rakesh Peer. I also intend to involve local voluntary social organizations that are registered with Nepal's Social Welfare Council. I intend to contact Nepalese non-profits such as SUNGAVA, KOSHISH and NMHF who are working to build awareness and provide vocational training to the mentally handicapped. I also intend to Contact the Nepalese Special Olympics Committee.

Estimate overall project expenses and how you plan to meet those costs.

I estimate my project expenses to be approximately \$850. I intend to use about \$600 of my personal savings that I have collected over the last 2 years doing various chores and providing childcare services at various events. My family has agreed to support me by offering me a gift of \$250.

What methods or tools will you use to evaluate the impact of your project?

I can empirically measure the success of my efforts by the attendance at the information session with the villagers. The number of Doctors who I can recruit to spend their personal time at the free camps will be another gauge of my project impact. The number of people from the villages that my volunteer medical team can treat at the camps will be a gauge of the impact my project will have in the lives of the handicapped. The response that I receive from the local social organizations to my request about sharing their success stories with the villagers will be an indicator of the effectiveness of my approach to addressing my critical issue. Finally, the traffic that my website generates will be a good indicator of the awareness created by my project.

How will your project be sustained beyond your involvement?

Prior to leaving Nepal or soon thereafter, I plan on contacting Nepalese travel groups that sponsor treks and expeditions to the Himalayas and providing them with flyers regarding the state of the mentally handicapped in Nepal and the various avenues available to help those in need. I also plan on creating a website about my Gold Award Project and my efforts in Nepalgunj. Dr. Kaul has agreed to be a secondary contact for me on the website in order to facilitate those who would like to get involved. The goal of the website will be to raise awareness about the lack of adequate medical aid and assistance available to the mentally handicapped in Nepal and other third world countries in general. The website

intends to get people in the global community involved in this cause and ultimately contribute towards a healthier Nepal and the world.

How do you plan on telling others about your project, the project's impact, and what you have learned (web sites, blogs presentations, posters, videos, articles, and so on)

Through audio/video journals posted on my Facebook account page; via presentation to my Girl Scout Troop and Service Unit; via presentations to the youth groups such as Placer County Youth Commission and Interact Club that I am involved with; through my website. I intend to write to the Secretary of the Ministry of Health and Population in Nepal about my efforts and my findings and concerns about the inadequate support system for the mentally handicapped. I also intend to determine the strengths and weaknesses of the limited support systems available to the mentally handicapped in Nepal and then submit my findings to the Nepalese Ministry of Health and Population, and to Nepal's Social Welfare Council.

What impact will your project have on the community?

My project will improve awareness about mental health and mental disorders. My efforts will educate the community on the preventative aspects of mental retardation and make people in society conscious of their roles and responsibilities related to people with mental retardation. My project will promote the notion of mentally healthy lifestyles in a community by involving community leaders and health care workers.

What community issue do you plan to address (community goals)?

The community issue I want to address through my project is the challenges faced by the mentally handicapped in our society. I want to minimize challenges such as persistent stigma, discrimination and social exclusion that these folks face. My goal is to contribute towards creating a healthier society and world through a sustainable awareness program and free medical camps for mentally handicapped.

What examples of project impact (on community) might you see in future?

I hope that my project increases awareness in and around Nepalgunj about the opportunities available to help this marginalized segment of their community. I hope that my take action plan makes people realized that those with disabilities can lead productive lives; and I see more and more people volunteering their time and supporting the organizations that work with the disabled.

What impact will your project have on the target audience?

My primary target audience is the mentally disabled and their families. I believe that once the family members of the mentally disabled are educated about the general nature of the disease and the need for long-term treatment, they will usually cooperate and seek proper medical care rather than feel embarrassed and not address the plight of their loved ones. The impact will be a better quality of life for the disabled who resides in remote and impoverished areas around the world and have limited resources and access to care. My secondary target audience is all the other stakeholders who have an interest in promoting mental health and rehabilitation of the disabled. My project will make them aware of the opportunities available to support their cause.

What skills, knowledge or attitude will your target audience gain (target audience goal)?

My goal is to connect with my target audience; help them understand the importance of regular check-ups; and communicate to them the benefits that modern medicine will have towards improving their quality of life. I aim to educate the audience about the preventative aspects of mental disabilities. My hope is for my target audience to transform into a better and inclusive community that is respectful of the disabled and their families.

How will you know that the target audience gained skills or knowledge?

After my departure from Nepal, I intend to follow up with Dr. Kaul and/or Mr. Malla regarding any spike in the number of patients that visits their outpatient clinics in and around Nepalgunj. Finally, the traffic that my website and Facebook page will generate will be a good indicator of the knowledge gained.