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Media Contact:

Jaime Alvarez
Vice President of Marketing & Communications
315.263.5957 mobile
315.275.2251 office direct
jalvarez@gsnypenn.org

Vestal Girl Scouts' Silver Award Project Helps Mom's House in Johnson City

Vestal, N.Y. (August 8, 2023) – Vestal Girl Scouts Ava Ryczak and Ellie Russell, both age 14, have redesigned a room for nursing mothers at Mom's House in Johnson City as part of their Girl Scout Silver Award project. The girls are members of Troop 30524, part of the [Girl Scouts of NYPENN Pathways](https://www.gsnypenn.org) (GSNYPENN) Council.



The Silver Award is the highest honor a Girl Scout Cadette (grades 6-8) can earn. Girls who pursue it look around their neighborhoods and/or schools and develop a project to make their community better in the process.

Mom's House is a non-profit organization that empowers economically disadvantaged single parents to complete their education by providing free, New York State-licensed childcare in an environment that nurtures both parent and child.

Photo ID (L-R): Vestal Girl Scouts Ellie Russell and Ava Ryczak of Troop 30524, part of the Girl Scouts of NYPENN Pathways Council

For their project, Ave and Ellie researched the rights of breastfeeding mothers, interviewed a lactation consultant and received ideas from local mothers to make the room a functional and cozy space for working nursing moms to use.

The pair held fundraisers at yard sales and town events and collected donations from friends. Through their efforts, they handmade a cushion for the rocking chair, created a sign for the door, sewed curtains for the window, and equipped the nursing room with a shelf they painted themselves that includes a tiny fridge, sound machine, snacks, bottled water, phone chargers, hand sanitizer and even homemade bibs donated by a friend. They also added a nursing pillow and step stool for comfort.

"I learned so much about Mom's House and all they do for our community," says Ava. While Ellie shared that she's hopeful that this Girl Scout Silver Award project will "create a useful and relaxing space for moms."

To learn more about the project or get in touch with these local Girl Scouts, contact Troop 30524 Co-Leader Molly Russell at 607.341.1239.

GSNYPENN serves girls in K-12 across 26 counties: Allegany, Broome, Cayuga, Chemung, Chenango, Cortland, Delaware, Herkimer, Jefferson, Lewis, Madison, Oneida, Onondaga, Ontario, Oswego, Otsego, St. Lawrence, Schuyler, Seneca, Steuben, Tioga, Tompkins, Wayne and Yates in New York and Bradford and Tioga in Pennsylvania. Annual membership is just \$25; financial assistance is available. To start her adventure, visit [gsnypenn.org/join](https://www.gsnypenn.org/join). To become a



volunteer, learn more at gsnypenn.org/volunteer. To help make Girl Scouting possible for girls in your community, visit gsnypenn.org/donate.

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About Girl Scouts of NYPENN Pathways, Inc.

Girl Scouts is the preeminent leadership development organization for girls in grades K-12. Our extraordinary journey began in 1912 when our Movement was founded by Juliette Gordon "Daisy" Low. Today, we continue the Girl Scout mission of building girls of courage, confidence, and character, who make the world a better place. We offer every girl the chance to practice a lifetime of leadership, adventure and success. GSNYPENN is chartered by Girl Scouts of the USA to administer the Girl Scout program in 24 counties of New York and two in Pennsylvania. Learn more at gsnypenn.org.