

GS EXPRESS

OCTOBER 10, 2024



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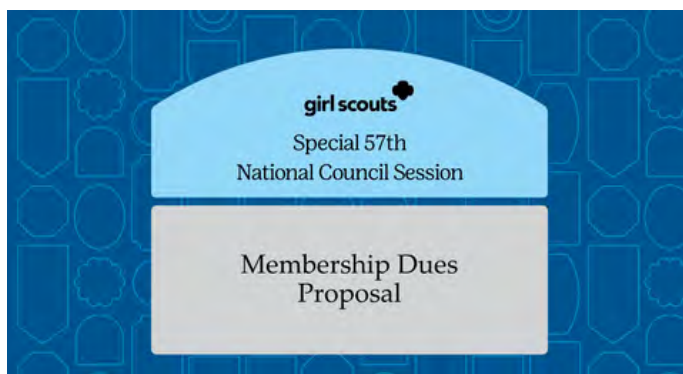
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Special 57th National Council Session



As members of the Girl Scouts of Northeastern New York (GSNENY), you play a vital role in shaping the future of Girl Scouting. We are reaching out to gather your input and feedback as we prepare for the upcoming Special 57th National Council Session. One of the most important topics being discussed during this session is the proposed increase in membership dues to Girl Scouts of the USA (GSUSA).

**Ways to give your feedback to your
National Council Delegates**

Town Hall

Email
governance@girlscoutsneny.org
for the recording

Survey

open 9/24-10/17

[Click here to
take the survey](#)

Upcoming Girl Scout Programs

Have more fun learning, doing, and growing with these events, activities, and opportunities designed just for Girl Scouts, like you!

IT'S SPOOKY SEASON!

Harvest Festival

All Levels 10/25/2024 4:00pm- 8:00pm

Camp Is-Sho-Da, East Greenbush

Get ready for a fall-tastic night at Camp Is-Sho-Da that's fun for the whole family! Join us with your for spooky crafts, a bonfire, and exciting games that'll have everyone feeling the autumn vibes. Let's make unforgettable memories under the starry night sky. See you there, campers! Patch included.



Calling all young adventurers!



Outdoor Skills Spectacular: Knives, Knots & Navigation

Brownies, Juniors & Cadettes 11/2/2024 1:00pm- 4:00pm

Camp Is-Sho-Da, East Greenbush

Get ready for an epic afternoon of outdoors fun where you can unleash your inner wilderness warrior! Put your outdoor skills to the test with exciting challenges like knot-tying, navigation, and jack knife skills. By the end of the adventure, you'll have earned the Outdoor Skills Spectacular patch and charms to show off your progress. So, grab your friends and join us for an unforgettable journey into the wild! Don't miss this chance to show of your outdoor skills and have a blast doing it! Adults required to stay for supervision ratios. All program equipment and materials will be provided.

Find MORE programs here!

[Program Guide](#) or [Calendar of Events](#)

Did you know? You can use your Cookie Dough or S'mores Club to pay for camps and programs! Contact Customer Care to check or apply your balance, or with any other questions 518.489.8110, customercare@girlscoutsneny.org

SageTuition

GSNENY is saddened to share that we are no longer a partner with SageTuition. If you took advantage of this partnership, don't worry - your account will continue to be active and you will still have access to your points! SageTuition will continue to provide support to individuals registered into their program. If you would like to continue to earn points, or if you were not able to take advantage of this program, there are other institutions that could extend your eligibility - including Broadview Credit Union! To see if you have options to still participate review SageTuition's partner page [HERE](#).

Hispanic Heritage Month

Celebrate Hispanic Heritage Month (September 15th - October 15th) and get your patch. You can find the toolkit [HERE](#).



Fundraising Ban Lifted— Hurricane Helene

Per Blue Book requirements, our National CEO Bonnie Barczykowski and National President Noorain Khan have approved a three-month lift of our GSUSA's ban on Girl Scouts fundraising. Girl Scouts may raise funds through December 30, 2024 to benefit those impacted by Hurricane Helene. We recommend that contributions be made to charities that have been identified by [Charity Navigator](#) or [Charity Watch](#).

Volunteer Services Events

Veteran's Day

Flag Retirement CEREMONY

Come and participate in this unique and solemn ceremony.

★★★

- honor this symbol of freedom
- learn some history of the flag
- thank those who served
- make a memory with other Girl Scouts

If you have an American Flag that requires retirement, please bring to any GSNENY Service Center by October 30th.

**5-6pm
november 11
camp meadowbrook**

registration required



Volunteer Services Presents:

Volunteer Conference 2024

**NOVEMBER 9 2024
9:30AM-4:00PM
CAMP MEADOWBROOK**

→ Participate in our annual Volunteer Conference, designed to delve into the resources available to our Volunteers, learn about topics important to your troop and meet your fellow leaders!

ROUND TABLE DISCUSSIONS: K-5 Troops, Older Girl Troops, Troop Trips, Recognitions & Awards

GUEST SPEAKERS:

 CHRISTINE DODD Rallyhood	 TESS MCCAFFREY Higher Awards	 BRANDI HAMILTON Talk Saves Lives	 JILL RAFFERTY-WEINISCH The Campfire
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OTHER TOPICS:

 GS TECHNOLOGY	 TROOP FINANCES	 SELF CARE	 WORLD THINKING DAY 2025
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AND MORE!

 518-489-8110
customer@girlscoutsneny.org
www.girlscoutsneny.org

\$30
lunch and supplies included

Come and participate in this unique and solemn ceremony. Register [HERE](#)

This year's Volunteer Conference is more exciting than ever! We have a day full of classes and would love to have you join us! Register [HERE](#)

GSNENY Trainings New Leader Training

Four classes offered monthly*

- Virtual via zoom
- in-person at the Albany Service Center
- in-person at the Queensbury Service Center
- in-person at the Plattsburg Service Center

This free training provides a general overview of Girl Scouting. Covering specific policies, standards and guidelines GSNENY holds to each troop.

This training is required for all new Troop Leaders but any and all volunteers are welcome. Leaders can take this training as often as they choose and it does not expire.



***More Training dates available as needed.**

Questions:
customer@girlscoutsneny.org

518-489-8110

Check out the events calendar for dates and locations and register [HERE](#) for **FREE**

October S'mores Learning

Welcome to our October 2024 S'mores Learning:
Back to Troop - Happy New Girl Scout Year!

Learn some helpful tips and tricks to start your Girl Scout Year successfully.
Watch [HERE](#).

Girl Scout Program Spotlight

Each month in Girl Scout Membership Year 2025, the Girl Scout Experience team will highlight a few Girl Scout programs or celebrations we think will be of interest to members. The month before, we'll share information, and activity ideas to help volunteers and Girl Scouts plan at the troop level.

Happy International Day of the Girl

How will you be celebrating?

Email marketing@girlscoutsneny.org if you would like us to invite media to your celebration or share your story afterwards by clicking [here](#)

[Get the activity guide by clicking here](#)



Promote the Vote!

A historic election is right around the corner!

Use [this guide](#) from GSUSA to plan your troop's involvement and check out [election year guidance](#) here!



Questions?

Message the team at

customercare@girlscoutsneny.org



If you have completed this patch, or others in the Multi-cultural Celebrations series and would be interested in speaking to the media about it, please message marketing@girlscoutsneny.org



Fall Sweets and Treats

The Fall Sweets & Treats Program has begun!

If your Girl Scout hasn't received the welcome email, they can log into <http://www.gsnutsandmags.com/gsneny> to begin creating their avatar and their storefront, enter their emails, and get started! Please note, all Girl Scouts must be registered for the 2024-25 membership year to participate!



Are you a Juliette or a registered Girl Scout waiting for a troop?

You can still participate in the Fall Sweets & Treats Program! Your sale will be handled by your Service Unit Sweets & Treats Manager and your proceeds will be deposited into the Service Unit account. You will then be able to request those funds from the Service Unit Manager to use towards Girl Scout related programs, trips, membership fees, and more! AND you will earn the rewards! To get started, just log into

<http://www.gsnutsandmags.com/gsneny> and reach out to customercare@girlscoutsny.org to be put in contact with your Service Unit Sweets & Treats Manager!



Extra Large Asian Elephant Plush Contest!

Send 25 or more emails AND have five or more online sales in the Fall Sweets & Treats program by 11:59pm Tuesday, October 15th to be entered into the drawing to win the extra large Asian Elephant Plush! Drawing will be held Friday, October 18th.



Resilient. Ready. Strong.

GSNENY's Commitment to Mental Health for all our members.

Six Ways to Encourage Good Mental Health Habits

GSNENY is pleased to partner with the Mental Health Association in New York State (MHANYS) which provides free Mental Wellness resources to families and community members. Check out this [one-page resource](#) about how you can encourage and support mental wellness!

1. Talk openly about mental health.
2. Model your own healthy habits.
3. Spend time together as a family.
4. Participate in community and volunteer activities.
5. Encourage regular exercise.
6. Praise your child's efforts and behavior.



The flyer is available in [English](#), [Spanish](#) and [Chinese](#)

GSNENY's Mental Wellness Page [CLICK HERE](#)

Upcoming Trainings for Volunteers, Caregivers and older Girl Scouts

Talk Saves Lives is a mental health education program of the American Foundation for Suicide Prevention that provides participants with a clear understanding and the most up-to-date research on suicide prevention, and what they can do in their communities to save lives. Participants will learn common risk factors and warning signs associated with suicide, and how to keep themselves and others safe.

FREE for Seniors, Ambassadors and Adults via Zoom

[October 23rd](#)

6:30pm - 7:30 pm

Register Now



Please join us in thanking our Mental Wellness partners.



Contact the NAMI-NYS Helpline: (518) 245 – 9160 (M-F 8-3) or visit naminy.org

Youth Mental Health First Aid



**Mental Health
FIRST AID**

from NATIONAL COUNCIL FOR
MENTAL WELLBEING

GSNENY recognizes that mental health crises in our communities are at record levels. We also know that caring adults who spend time around young people are in a unique position to identify challenges and get them help when needed. The in person portion takes place at our Albany Service Center at 8 Mountain View Avenue, Albany, NY on October 26th.

Youth Mental Health First Aid is designed to teach parents, family members, caregivers, teachers, school staff, peers, neighbors, health and human services workers, and other caring citizens how to help an adolescent (age 12-18) who is experiencing a mental health or addictions challenge or is in crisis. Youth Mental Health First Aid is primarily designed for adults who regularly interact with young people. The course introduces common mental health challenges for youth, reviews typical adolescent development, and teaches a 5-step action plan for how to help young people in both crisis and non-crisis situations. Topics covered include anxiety, depression, substance use, disorders in which psychosis may occur, disruptive behavior disorders (including AD/HD), and eating disorders.

This is a Blended Course and the prerequisites will be provided to you. They must be completed before you attend the course. The prerequisite is available online and has about 2 hours of prework.

This is your last chance to register! Registration ends on October 14. We need at least five people to run the class. Register [HERE!](#)



Juliette Gordon Low Birthday Happy Hour

Join us to celebrate the
birthday of Girl Scouts
Founder, Juliette Gordon Low!

While her birthday falls on
the 31st, we celebrate it at
different times so people can
enjoy their Halloween night

4:30-6:30pm*

10/24/24: Saratoga Winery
10/30/24: Perkins, Plattsburgh
10/30/24: Albany Marriott

This is an adult event, alcohol will be present
*pop in for a drink any time or stay longer



Open to any adult who would like to
attend. Come mingle with current and
former Girl Scouts, learn about the
Organization and celebrate the birth of
our Founder! Free event, Registration
recommended.

Register here:

[Saratoga](#)
[Plattsburgh](#)
[Albany](#)

Delegate Nominations



**National
Council Delegate
Nominations**

[Read about this exciting opportunity and
find the application here!](#)



**Represent your
Service Unit!**



It's your time to make a difference!

Between 10/1/24 and 11/30/24, Service Units are
voting on delegates and alternates to represent
the members of the Service Unit.

Contact your Service Unit Manager for more
information.

Women Of Distinction Recap

Congratulations, Geri Kaplan-Downs! 2024 Distinguished Personal Achievement Award



Former Honorees
Women of Distinction



Geri receiving the Women of
Distinction pin from Brenda
Episcopo, GSNEWY CEO



Geri receiving a proclamation
from Assemblyman Billy Jones



Girl Scout Emcees
Grace Duley, Senior (l)
Claire Cook, Ambassador (r)
with Geri Kaplan-Downs



Volunteers from Service Unit 425



2023 Medal of Honor Recipient
Girl Scouts of the USA
Ava Currie, Cadette



Women of
Distinction

Thank you to our generous supporters!



Community Bank



Brennan Buick
GMC

Dannemora
Ford

Pearl Society Members

Linda Bourgeois
Renee Isgro Kelly

Joyce Rafferty
Victoria Zinser Duley

An investment in Girl Scouts is an investment in making our community better, stronger, and brighter. Proceeds from the Women of Distinction Award Ceremony will be used to ensure local Girl Scouts gain the skills and confidence needed to accept challenges, overcome obstacles, and become leaders.

Ignite Her Flame

Twice the fun and double the impact!

Adults have TWO chances to “Ignite Her Flame” for the future with an investment in girls by participating in GSNENY’s signature fundraiser for camp & outdoor programming.



Alums, Lifetime Members, caregivers, volunteers, & supporters:
Join us for a grown-up Girl Scout camp adventure!

Connect with other grown-up Girl Scouts who share a love of sisterhood & the outdoors during this 21+ event.

Register now to choose your own adventure:

Evening Experience or Overnight Experience

Evening Experience

Group dinner * Campfire under the stars with s’mores

Overnight Experience

Group dinner * Campfire under the stars with s’mores *

Sleepover in the Winter Lodge * Continental breakfast *

Choice of one morning activity: Hiking * Low Ropes * Art & Nature Craft

Questions?

Contact Fund Development
at 518-489-8110 or
give2girlscouts@girlscoutsneny.org

Ignite Her



Flame

Register Now!

November 8-9
2024

Hidden Lake
Camp

Save the Date!

2025

May 16-17
Hidden Lake
Camp



GSNENY Service Center Hours

9 am – 3 pm, Monday – Friday

All in person meetings should be made by appointment to ensure the person you wish to see will be available at the location you intend to see them.

Appointments are required any time outside of normal business hours.

Email customer care@girlscoutsneny.org to set up appointments with the staff member you need to meet with if you are not sure how to contact that person directly.



**[CLICK HERE](#)
[to shop online!](#)**

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

@GirlScoutsNENY | 518-489-8110 | customer care@girlscoutsneny.org

WWW.GIRLSCOUTSNENY.ORG