

# GS EXPRESS

OCTOBER 17, 2024



## IN THIS ISSUE

Special 57th  
National Council Session  
[Page 01](#)

Delegate Nominations  
[Page 02](#)

Fall Sweets and Treats  
[Page 03](#)

Hannaford Community Bag  
Program  
[Page 03](#)

Ignite Her Flame  
[Page 04](#)

Volunteer Conference  
[Page 05](#)

Tips for Troop Leaders  
[Page 05](#)

Juliette Gordon Low  
Birthday Happy Hour  
[Page 05](#)

Upcoming Girl Scout Programs  
[Page 06](#)

Girl Scout Program Spotlight  
[Page 07](#)

Resilient. Ready. Strong.  
[Page 08](#)

Troop 4007 & 4269 Trip  
[Page 09](#)

## 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).

## Win this basket!

[Click here to take the](#)

[survey](#)

open 9/24-10/17

Take the survey by 10/17 at 11:45 p.m. and enter your name and email on the survey to qualify. All prior entries with a name and email are also qualified to win. Basket must be picked up from one of our Service Centers (Albany, Queensbury, or Plattsburgh).



# Delegate Nominations

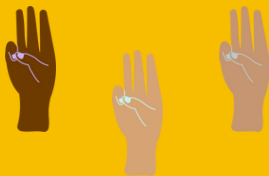


## National Council Delegate Nominations

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.

# Fall Sweets and Treats



The Fall Sweets & Treats Program started on October 1st, but there's still plenty of time to join! It's a great way for Girl Scouts to learn the five valuable life skills (Goal Setting, Decision Making, Money Management, People Skills, and Business Ethics) and to raise funds for troop activities at the same time! Girl Scouts can participate in person with the paper order card, online by sending emails and sharing their link with friends and family, or both!

Customers can choose between delicious nut and candy items, magazines, tumblers, and/or Bark Boxes! There's something for everyone! Girl Scouts can log into [www.gsnutsandmags.com/gsneny](http://www.gsnutsandmags.com/gsneny) to get started!

## Reward Spotlight

350+ Total Sales - Earn the Small Elephant Plush! She's so soft and the perfect size to take everywhere you go!



# Hannaford Community Bag Program

The Hannaford location in South Glens Falls has selected Girl Scouts of Northeastern New York for their community bag program for the month of October. \$1 of every bag purchase will go to council.

The Hannaford location can be found at:  
27-41 Gansevoort Road South Glens Falls, NY





# 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](mailto: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



# Volunteer Conference

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](#)

A poster for the Volunteer Conference 2024. At the top, it says "Volunteer Services Presents: Volunteer Conference 2024" with a date of "NOVEMBER 9 2024" and time "9:30AM-4:00PM" at "CAMP MEADOWBROOK". There is a green Girl Scout trefoil logo. Below this, a paragraph says "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!". A section titled "ROUND TABLE DISCUSSIONS:" lists "K-5 Troops", "Older Girl Troops", "Troop Trips", and "Recognitions & Awards". Another section titled "GUEST SPEAKERS:" features four speakers with photos: Christine Dodd (Girlhood), Tess McCaffrey (Higher Awards), Brandi Hamilton (Ten Girls Lives), and Jill Rafferty-Weinich (Flag Campfire). Below that, "OTHER TOPICS:" includes "GS TECHNOLOGY", "TROOP FINANCES", "SELF CARE", and "WORLD THINKING DAY 2025". At the bottom, it says "AND MORE!" and provides contact information: "518-489-8110", "customer@girlsoutsneny.org", and "www.girlscoutsneny.org". A yellow badge in the bottom right corner says "\$30" and "lunch and supplies included". The Girl Scouts of Northeastern New York logo is in the bottom left.

## Tips for Troop Leaders

Welcome back to your new Girl Scout Year! There are a lot of things that you need to do to make sure your troop has a great Girl Scout Year! Let's go through some of the tools and resources you can use to make your year a success. [CLICK HERE](#) to download this resource.

## 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](#)

# Upcoming Girl Scout Programs

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

## Fall into Fun!

### 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.

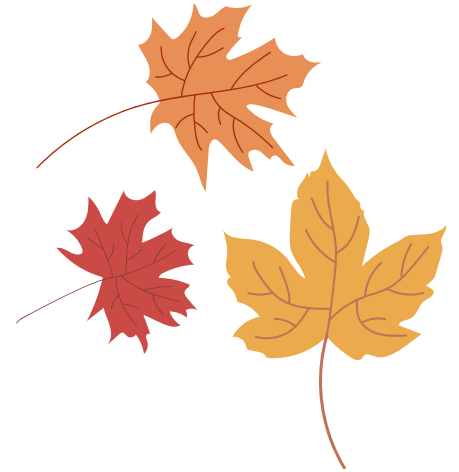
### Fall Family Fun STEAM Day

All Levels

11/2/2024 10:00am - 12:30pm

Camp Woodhaven, Galway

Let's pull out the old cauldron from Halloween to see if we can experiment to make a frosty brew to enjoy. Then enjoy a few more fun experiments and activities while at camp. It's sure to be a messy event! Patch included.



### Space Science Adventurer with World Above Astronomy Club

11/2/2024 7:00pm - 8:30pm

Camp Is-Sho-Da, East Greenbush

Ever gazed up and wondered if there is more to looking at the nighttime sky than you can see? Maybe you've seen shooting stars, planets or the moon during it's different stages. Through interactive hands on stations led by the GSNENY World Above Astronomy Club you will earn the Space Science Adventurer Badge.

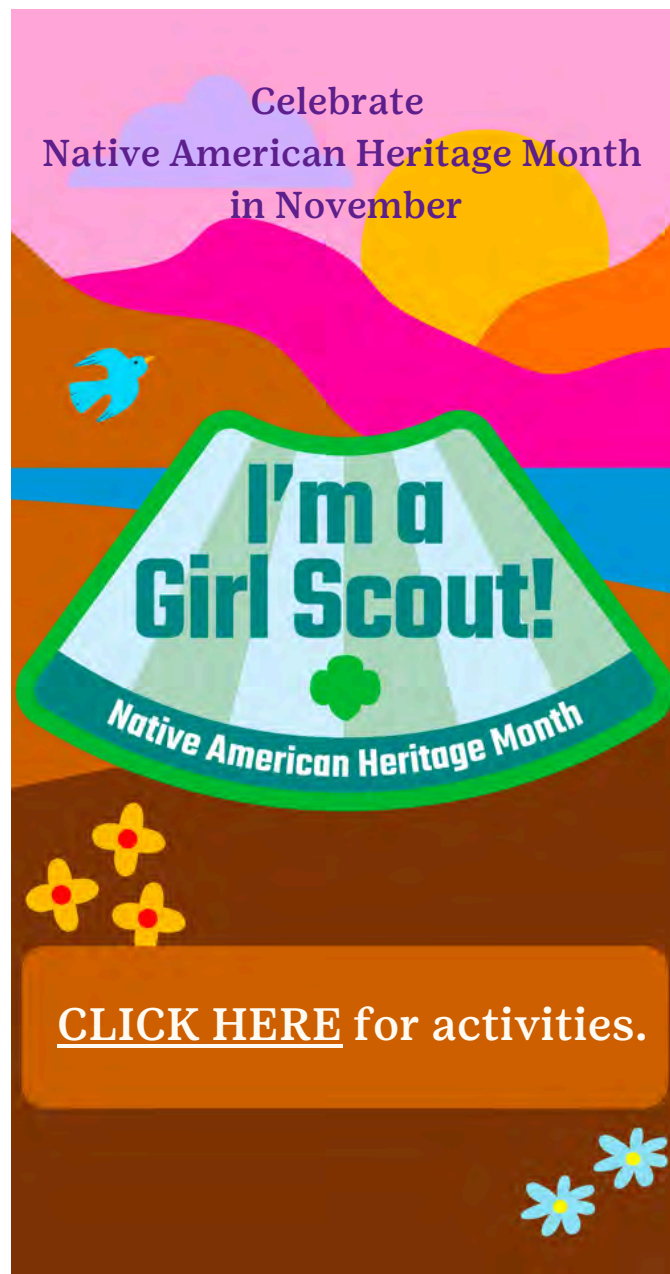
**Find MORE programs here!**  
**[Program Guide](#) or [Calendar of Events](#)**

**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](mailto:customercare@girlscoutsneny.org)**



# 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.



**Questions?**  
Message the team at  
[customercare@girlscoutsneny.org](mailto: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](mailto:marketing@girlscoutsneny.org)



# Resilient. Ready. Strong.

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

## **7 Ways to Deal When the World Is Just So Overwhelming**



Life can be stressful. Add in the news of the world and it can feel downright overwhelming. And it's not just grownups who are feeling on edge. According to reports, up to one in five children and teens experiences anxiety, panic, or another closely related feeling. Part of it undoubtedly has to do with the fact that the world is an uncertain place, and as much as we may try to guard our children, it's both impossible and impractical to protect them entirely from difficult, confusing, and upsetting events happening around us.

While we can't snap our fingers and bring perfect harmony to the world, we can offer up some solid strategies for finding calm amidst what can feel like chaos. These tips work for both kids and adults, so consider modeling them for children and practicing them as a family too! [READ MORE](#)

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

### **Resilient, Ready, Strong Patch Giveaway!**



Thanks to GSUSA and a generous donor, GSNENY is excited to offer the Resilient Ready Strong patch to Girl Scouts in our Council who complete the requirements for FREE! Life isn't always easy, but dealing with tricky emotions doesn't have to be so hard. Try activities from the Girl Scouts: Resilient. Ready. Strong. program to unlock a patch and strengthen your mental wellness. Nobody can snap their fingers and make the world all sunshine and lollipops, but you can take steps to be ready when things get tough. Go get 'em, Girl Scout!

To get your patch, complete the requirements for your Girl Scout level (you can find those [HERE](#)) then fill out the form [HERE](#) to claim your patch.

Patches can be picked up at the GSNENY service center of your choice. Available while supplies last.

Patch recipients must be current GSNENY members.

**Please join us in thanking our Mental Wellness partners.**



Contact the NAMI-NYS Helpline: (518) 245 – 9160 (M-F 8-3) or visit [naminys.org](http://naminys.org)



# Troop 4007 & 4269 Trip

Troops 4007 & 4269 experienced the great outdoors as part of their troop cookie award and end of the year trip. This trip served as a reunion before school kick-started. These Girl Scouts bravely stretched their boundaries. While some conquered the entire course, others wisely acknowledged their limits and paused when required.





## *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](mailto: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](mailto:customer care@girlscoutsneny.org)

**WWW.GIRLSCOUTSNENY.ORG**