

# GS EXPRESS

OCTOBER 24, 2024

girl scouts  
of northeastern  
new york



## IN THIS ISSUE

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

Delegate Nominations  
[Page 02](#)

Fall Sweets and Treats  
[Page 03](#)

Cookie Training Invite  
[Page 03](#)

Ignite Her Flame  
[Page 04](#)

Volunteer Conference  
[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](#)

New Leader Training  
[Page 09](#)

Hannaford Bloomin' 4 Good  
[Page 09](#)



## Special 57th National Council Session

Read the response from Brenda  
Episcopo, CEO of Girl Scouts of  
Northeastern New York, of the  
outcomes of the Special 57th  
National Council Session [HERE](#).



# Delegate Nominations



## National Council Delegate Nominations

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



**Represent your  
Service Unit!**



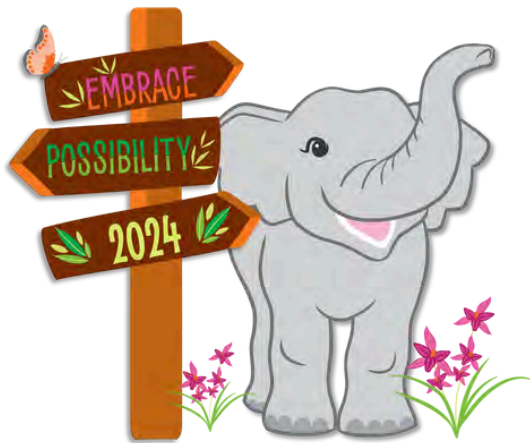
**It's your time to make a difference!**

**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

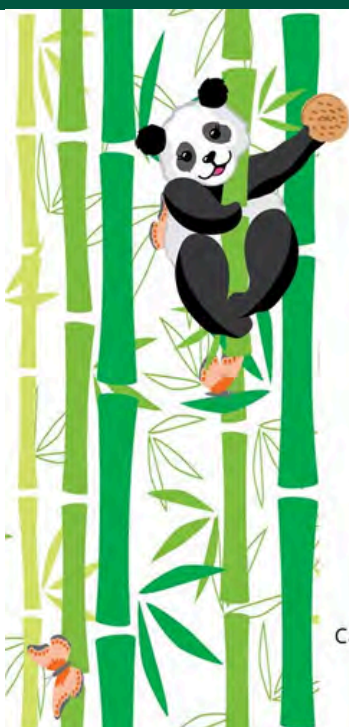


Drumroll please! 315 Girl Scouts met the requirements to be entered into the drawing to win Elsie the Asian Elephant giant plush. And the winner is...Jennie Ann Connors from troop 1735 in Cohoes! Great job and thank you all for your hard work!! We are now ready to introduce you to the Troop Reward for the remainder of the Sweets & Treats Program! Troops who have 100% participation will be entered into a drawing to win an opportunity to take part in one of our

"National Take a Hike Day" guided hikes on November 17, 2024. The Girl Scouts in the winning troop and two of their troop leaders will be able to choose from the hikes at Bennett Hill Preserve, 5 Rivers Environmental Education Center, or at Hidden Lake Camp. Participation is defined as sending 18 or more emails through the M2 system and/or selling one item. The in-person part of the sale ends on November 4th, the online portion ends on November 7th, and we will be drawing the winner on November 8th, so there's still plenty of time to start selling! Please reach out to [customercare@girlscoutsneny.org](mailto:customercare@girlscoutsneny.org) if you have any questions!



## Cookie Training Invite



**You're invited to the  
2024-25 Cookie Season  
SUCM Training**

**Join us to hear all about:**

- What's New for 2025
- eBudde Tips & Tricks
- And More!

Can't attend? Please let us know so we can send the recording.



**Tuesday,  
November 12  
@ 6:30 pm  
(Virtual)**

Invite to be emailed closer to  
training date.

# 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](#)

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:**

 <b>CHRISTINE DODD</b> Rallyhood	 <b>TESS MCCAFFREY</b> Higher Awards	 <b>BRANDI HAMILTON</b> Talk Saves Lives	 <b>JILL RAFFERTY-WEINISCH</b> The Campfire
--	---	---	--

**OTHER TOPICS:**

 GS TECHNOLOGY	 TROOP FINANCES	 SELF CARE	 WORLD THINKING DAY 2025
---	---	--	--

**AND MORE!**

girls scouts of northeastern new york | 518-489-8110 | [customercare@girlscoutsneny.org](mailto:customercare@girlscoutsneny.org) | [www.girlscoutsneny.org](http://www.girlscoutsneny.org)

**\$30**  
lunch and supplies included

## 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:  
[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 Skill building:



### Space Science Explorer with World

#### Above Astronomy Club D

11/17/2024 10:00am - 12:00pm

Camp Is-Sho-Da, East Greenbush

### Bronze Award Workshop J

11/7/2024 6:00pm - 7:00pm

Zoom, Virtual

### Brownie My Own Budget Badge B

11/13/2024 6:30pm - 8:00pm

Albany Service Center, Albany

### Silver and Gold Workshop C/S/A

11/19/2024 6:00pm - 7:00pm

Zoom, Virtual

### GS Engineering Day with Society of

#### Women Engineers - B/J

11/16/2024 9:00am - 12:00pm

RPI campus, Troy

### Engine Nation S

11/7/2024 7:00pm - 9:00pm

Jiffy Lube, Colonie

## Take your skills outside:



### Take a Hike Day at Hidden Lake D/B/J

11/17/2024 1:00pm - 3:30pm

Hidden Lake Camp, Lake George

### OSS: Knives, Knots & Navigation B/J/C

11/2/2024 1:00pm - 4:00pm

Camp Is-Sho-Da, East Greenbush

### Take a Hike Day at Hidden Lake C/S/A

11/17/2024 9:00am - 12:30pm

Hidden Lake Camp, Lake George

### Take a Hike Day at Bennett Hill All

#### Levels

11/17/2024 1:00pm - 3:00pm

Bennett Hill Nature Preserve, Feura Bush

### Take a Hike Day at 5 Rivers

#### Environmental Education Center D/B

11/17/2024 2:00pm - 4:00pm

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.



**Take a Hike Day**  
**Sunday, November 17th**  
**Join Council Staff on one of  
these hikes or plan your own!**

9am - 12:30pm

@ Hidden Lake Camp C/S/A

1pm - 3:00pm

@ Hidden Lake Camp D/B/J

1pm - 3pm

@ Bennett Hill

All Levels

2pm - 4pm

@ Five Rivers Environmental Center

All Levels



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

Let us know how your troop is celebrating and participating by  
sending a message to [marketing@girlscoutsneny.org](mailto:marketing@girlscoutsneny.org)





# Resilient. Ready. Strong.

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

## **Mental Health Conversation Starters**

Asking someone about their emotional or mental wellness can be awkward. How will they respond? What if they don't want to talk about it? What if they end up getting upset with me? Most people were raised to consider discussions about mental health as intrusive, taboo, or even shameful. As our society continues to recognize that good mental health is part of overall health and wellness, we see more and more people talking openly and honestly about their mental health and well-being. A recent report found that over 80% of teens want more honest conversations about mental health. To help caregivers and other caring adults (like our volunteers) start a conversation about youth emotional wellbeing, the School Mental Health Resource and Training Center at MHANYS has created a Mental Health Conversation Starters toolkit that provides sample prompts for a variety of situations or concerns as well as tips on how to discuss good mental health habits and how to create a safe, caring and age-appropriate atmosphere for ongoing conversation and dialogue with young people. You can find it [HERE](#)

**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)



# New Leader Training

## 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.

girl scouts  
of northeastern  
new york

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

Questions:

customer@girlscoutsny.org

518-489-8110

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

# Hannaford Bloomin' 4 Good

The Hannaford locations in Esperance and Hudson, NY have selected Girl Scouts of Northeastern New York for their Bloomin' 4 Good program for the month of October.

\$1 for each specially marked Bloomin' 4 Good bouquet sold will go to council.

The Hannaford locations can be found at:

11140 Western Turnpike, Esperance  
NY 32 State Route 82, Hudson NY

LET'S  
*Grow*  
TOGETHER



Help your community grow with one small purchase!

Throughout our benefiting month, Hannaford will donate \$1 to our organization for each specially marked Bloomin' 4 Good Bouquet sold.

hannaford.2givealocal.com  
Bloomin' 4 Good Program



## *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**