

# GS EXPRESS

OCTOBER 3, 2024

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girl scouts  
of northeastern  
new york



## 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

9 NOVEMBER 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
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**OTHER TOPICS:**

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

girl scouts of northeastern new york

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

**\$30**  
lunch and supplies included

# 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- 8pm

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 She & Me

10/19 & 20

East Greenbush

Calling all Daisies, Brownies, and Juniors! Join us at Camp Is-Sho-Da for the fall She and Me! You and your caregiver will attend a campfire with songs and smores on Saturday. Then you'll camp out in one units, enjoy breakfast and lunch at camp while making crafts, hiking and playing games all day! An adult must accompany all Girl Scouts. She & ME patch included.

**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)**

## Hispanic Heritage Month

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

**[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.

Oct. 11th is International Day of the Girl

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

How will you be celebrating?

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



Join GSNENY and representatives of Girl Scouts of the USA and the League of Women Voters to learn more about the history of voting, how Girl Scouts can use their voices this election season and what Girl Scout badges you can earn. This program is free to all GSNENY Girl Scouts, volunteers and caregivers. Content is recommended for Juniors and up.

**FREE!**  
registration  
required



**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)



# 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](mailto: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.



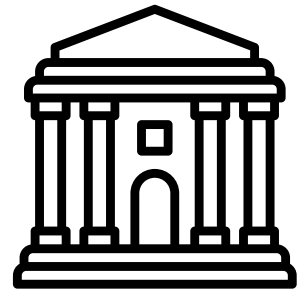
# Resilient. Ready. Strong.

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

## **The Most Important Thing She Might Not Be Learning in School?**

When it comes to civics education, you may be surprised to learn that the classroom alone is unlikely to close the gap in understanding. The numbers confirm it. Only half of U.S. adults could name all three branches of government. While all 50 states require some civics coursework in schools, less than a dozen states require a full year of civics education before high school graduation and only 25% of students reach the “proficient” standard of civics knowledge by the time of high school graduation.

Everyone deserves an equal chance to participate in the democratic process and create the country they want to see—and in order to get there, all people need to understand their rights and responsibilities and how our system of government works. What can you do to make sure your girl is prepared to help make her community, her country, and her world a better place? [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)



# 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](#)

## Outdoor Education Weekend

### SAVE THE DATE

### ADULT OUTDOOR EDUCATION WEEKEND

COME SPEND TIME AT HIDDEN LAKE CAMP AND LEARN  
THE SKILLS NEEDED TO BRING YOUR TROOP OUTDOORS!

**MAY 16, 17, & 18, 2025**

- BLENDED OUTDOOR SKILLS
- LODGE ONLY CAMPING TRAINING
- KNIFE AND COMPASS SKILLS
- ENCAMPMENT DIRECTOR TRAINING
- FISHING, LAWS AND REGULATIONS
- BEYOND HOT DOGS AND MARSHMALLOWS
- AND MUCH MORE!



Outdoor Education Weekend is  
back! Keep a look out for more  
information coming soon!

# Youth Mental Health First Aid

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!](#)



# Special 57th National Council Session



Special 57th  
National Council Session

Membership Dues  
Proposal

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**

Wednesday, October 9  
6 - 7 p.m.  
Zoom

[Click here to register](#)



**Survey**

open 9/24-10/17

[Click here to  
take the survey](#)



# National Council Delegate Nominations



## National Council Delegate Nominations

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

## Service Unit Delegate Nominations



**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.

## *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.**

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