

GS EXPRESS

NOVEMBER 7, 2024

girl scouts
of northeastern
new york



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New Leader Training

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

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.

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

Questions:

customercare@girlscoutsneny.org

518-489-8110

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](#).

Hannaford Bloomin' 4 Good



GET THE
BOUQUET
THAT
Gives Back



During our benefiting month, our organization will receive a \$1 donation for every specially marked Bloomin' 4 Good Bouquet sold at our selected Hannaford.

Thank you for your support!

hannaford.2givelocal.com

Bloomin' 4 Good Program

The Hannaford location in Plattsburgh, NY has selected Girl Scouts of Northeastern New York for their Bloomin' 4 Good program for the month of November!

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

Hannaford can be found at: 7 Pyramid Drive, Plattsburgh NY

National Camp T-Shirt Day

November 15th is National Camp T-Shirt Day! Send us photos in your camp t-shirts and we'll share on our social media pages. Send your photos to

marketing@girlscoutsneny.org

Take The Alumni Survey



If you were ever involved in Girl Scouts we'd love if you could fill out our survey!
Fill out the survey [HERE](#)

By filling out our survey, you have the opportunity to share your unique Girl Scout story and reflect on the moments that have stayed with you through the years. Your feedback will not only help us understand the impact of Girl Scouts on individuals but also inspire the next generation of young girls who are embarking on their own Girl Scout journey.

Girl Scouting isn't something you do—it's a piece of who you are. Your experiences, skills, and memories are all part of what makes you the incredible person you are today. Your memories of camping trips, earning badges, volunteering in your community, and making lifelong friendships are all testaments to the positive impact of Girl Scouting.

Thank you for being a part of the Girl Scout sisterhood and for contributing to the legacy of courage, confidence, and character that defines the Girl Scout experience. Your voice matters, and your story is a valuable piece of the rich tapestry of Girl Scouting history.

Upcoming Girl Scout Programs

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

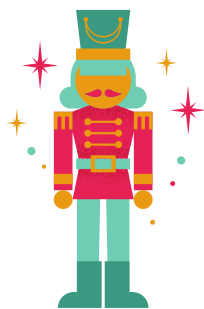
**Join us for
some festive
fun!**

Nutcracker! Magical Christmas Ballet All Levels

12/3/2024 7:00pm -

10:00pm

Palace Theatre, Albany



Outdoor Skills Spectacular: Gobble Quest Geocache B/J

11/16/2024 10:00am -

12:00pm

Lake George



Advanced Outdoor Skills: Turkey Trek Geocache C/S/A

11/16/2024 1:30pm -

3:30pm

Lake George

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

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

Adventure Awaits!



There are several GSUSA Destinations trips; both Domestic and International, that Cadettes, Seniors and Ambassadors can apply for and attend.

**The deadline for Early Bird
registration is November 15th.**

Visit the GSUSA Destinations site by
[clicking 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. 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



Click [HERE](#) for
FREE activities!

Share photos and stories
from your hike [HERE!](#)



Questions? Message the team at
customercare@girlscoutsneny.org



Let us know how your troop is celebrating and participating by
sending a message to marketing@girlscoutsneny.org

Resilient. Ready. Strong.

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

Quick Tips on Raising Thankful Kids

Being grateful goes way beyond polite manners—a study published in the Journal of School Psychology showed school-age children who count their blessings are happier in school, more optimistic, and feel more satisfied with their lives in general. So often, kids focus on the concrete—what don't have, and what they want. But always wanting more, different, or better creates anxiety and stress. Recognizing what we do have, instead of focusing on what we don't, brings peace and calm.



When you express gratitude for the awesome people and things in your life, you're helping your daughter to value similar aspects of hers. It's not just about tangibles. It's those more meaningful gifts like a loving family, good friends, food on the table, and good health that matter. Many girls aren't aware that others don't have those things.

[Follow these tips to spark the conversation](#)

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

December 4th

6:00pm - 7:00 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 naminys.org

Troop 2841 - Democracy for Daisies badge

Troop 2841, led by Stevee Kaye Aldershoff, earned their Democracy for Daisies badge over the last several weeks. Their activities included a mock election and a trip to visit Judge Francine Vero at Saratoga City Court, where they toured the court and learned about the justice system.



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