# **GS EXPRESS**

APRIL 24, 2025

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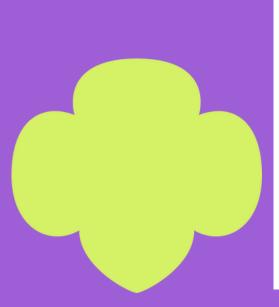
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### Outdoor Education Weekend

girl scouts

of northeastern new york

Join us for our Adult Outdoor Education Weekend at Hidden Lake! You are invited to stay at camp or just come for the day. We are hosting many classes such as Blended Outdoor Skills, Encampment Director, Fishing, Lodge Only Camping, CPR/First Aid, Self Defense, Archery, Outdoor Skills Workshops, SWAPS and much more! Child programming will be offered through the Girl Experience team on Saturday for those who need it for an additional fee.

#### Register <u>HERE</u>



### **Early Renewals**





Renewals Start April 1st Council wide eligibility, not divided by region. girl scouts of northeastern new york Early Renewal Incentives 2025-2026

Girls and Adults who renew for MY 26 are eligible for renewal awards! Renewals started April 1st!

\*Council wide eligibility, not divided by region.

Renew <u>HERE</u>

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Renewals Start April 1st Pickup Available at the Volunteer Appreciation Dinner, 4/25/25.

girl scouts of northeastern new york

Patches and folios available for pickup at the Volunteer Appreciation Dinner, 4/25/25. Parties and Experience rewards must be used by 4/1/26.

### Presidential Volunteer Service Award



The President's Volunteer Service Award is a prestigious national honor recognizing individuals and groups for their commitment to community service. This year, GSNENY is proud to honor 31 volunteers in 2025 who have met the requirements to earn this award at the three different levels and lifetime achievement.

Alicia DeSleno Amber Lloyd Anne Orgren Barbara Rote **Blair Notaro Brad Currie** Cynthia Tucker **Danielle Martin** Desiree Lasalle Geri Kaplan-Downs **Gina Brightwell** Heidi Hamburger Jeff Bachman Kara Kelm **Kimberely Austin** Kristen Palmer-Kilmer

Latwauna Nowak Lauren Colver-Currie Madeline DeLorenzo Mandi Laport Marci Reardon Marlene Michels Melody Morales-Bonilla Paula Bachman Robin Phillistin Ryan Doyle Shauna Smith Shella Kemble Stephanie Ingersoll Stevie Greenwood Tiffany Stone



### **Upcoming Girl Scout Programs**

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

#### Last Chance

<u>Silver & Gold Workshop</u> May 13, 6:00- 7:00PM Virtual Upcoming Programs

<u>Spring Sisterhood</u> <u>She-nanigns</u> May 24, 1:00 PM - May 25, 3:00PM Galway

Exploration Day at Hidden Lake Camp May 17, 9:00 - 3:00PM Lake George

<u>Art of Relaxation</u> May 17, 10:00 - 2:00PM East Greenbush Bronze Award Workshop May 29, 6:00 - 7:00PM Virtual

<u>Intro to Backpacking</u> May 30, 5:00 PM - Jun 01, 2:00 PM Lake George

#### Looking Ahead

<u>I Tried Camp (D/B/J)</u> Jun 07, 9:00AM - 11:00AM East Greenbush

I Tried Camp (C/S/A)

Jun 07, 11:30 AM - 1:30 PM East Greenbush

<u>Silver and Gold Workshop</u> Jun 18, 6:00 - 7:00 PM Virtual

Find MORE programs here! <u>Program Guide or Calendar of Events</u>

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, <u>customercare@girlscoutsneny.org</u>

Financial Assistance if available for year-round programs in our Council. To learn more or apply, click <u>HERE</u>

### **Resilient. Ready. Strong.**

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



### Gratitude is Good for you!

Scientific studies have shown that regularly practicing gratitude is linked to better mental and physical health. Recent research reveals that people who consistently express gratitude report fewer physical symptoms, experience less stress and depression, enjoy better sleep, and feel a greater sense of overall well-being. Gratitude has even been associated with reduced inflammation and improved heart health. As we celebrate Volunteer Appreciation Month and honor the incredible volunteers who make the Girl Scout Leadership Experience possible, it's a perfect time to reflect on how practicing gratitude can truly make the world a better place.

Check out this resource from Girl Scouts of Western Ohio <u>Saying</u> <u>Thank You: Anyone, Anywhere, All Year Long</u>

#### **GSNENY's Mental Wellness Page <u>CLICK HERE</u>**

### 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! To get your patch, complete the requirements for your Girl Scout level (you can find those <u>HERE</u>) then fill out the form <u>HERE</u> 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

### **Summer Programs**

Explore three exciting one-day Girl Scout summer programs! Bring your sense of adventure, your curiosity, and your courage to try new things. Fun, friendship, and the great outdoors are waiting for you!

#### Visit our website for a <u>full list of programs</u>



For more information, contact <u>customercare@girlscoutsneny.org</u>

### Summer Camp 2025

Camp Registration is OPEN! Click <u>HERE</u> to dive into a full list of Summer Camp 2025 Day and Overnight programs for Girl Scouts of every level and get ready for your BEST SUMMER EVER!

#### **Summer Camp is for Creativity!**

Welcome to a playful and creative summer camp program for Girl Scouts with a flair for the dramatic! Bring your talents and your big dreams to these fun weeks at Camp Ish-sho-da and Hidden Lake Camp!





Use your Cookie Dough or S'mores Club to pay for Camp! Girl Scouts who participate in Cookie and Sweets & Treats sales can earn Cookie Dough or S'mores Club vouchers which can be used to pay for camp balances (they may not be used for the initial deposit). Set your goal now and think about all the fun the awaits you this summer! Contact Customer Care to check or redeem your balance.

For more information, contact <u>customercare@girlscoutsneny.org</u>

### **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.

### **Tell your story!**



How did your troop celebrate Earth Day?

Have you taken the Girl Scout Tree Promise?





Did you find a Juliette Gordon Low quarter?

We want to hear from YOU! Share your photos and stories <u>HERE</u>

Questions? Message the team at <u>customercare@girlscoutsneny.org</u>

### **Girl Scout Voices Count**

## We want to hear from you! Girl Scout Voices Count survey coming in April.



You spoke. We listened.

Last year, over 60,000 Girl Scouts completed our annual Girl Scout Voices Count national survey to tell us about their Girl Scout experiences. Feedback is used to make national programs more engaging, inclusive, and hands-on.

Your voice matters and makes Girl Scouting better for everyone—so we want to hear from you!

In April, we'll be conducting our Girl Scout Voices Count national survey of Girl Scouts. The feedback you provide is so important as it helps us improve Girl Scout programs and services.

The GSVC Girl Scout Survey launches on April 7! Watch your email for your invitation, plus reminders by email—and by text if you've opted in. As a thank you, everyone who completes the survey will have a chance to win 1 of 20 \$50 gift cards. We're looking forward to hearing from you!

If you have any questions, please email <u>GSVoicesCount@girlscouts.org</u>.

#### **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 <u>customercare@girlscoutsneny.org</u> 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 | customercare@girlscoutsneny.org

WWW.GIRLSCOUTSNENY.ORG