GS EXPRESS MAY 8, 2025



girl scouts of northeastern new york

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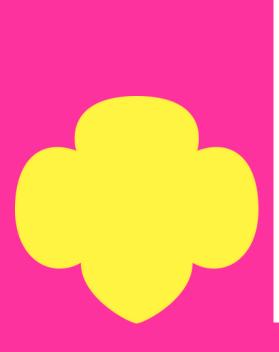
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Property Rentals



Space is still available to rent this summer in Mohawk at Hidden Lake Camp!



Thinking of exploring the Lake George/Lake Luzerne Region this summer? We'd love to welcome you to our Hidden Lake Camp, where the Mohawk building awaits!

Nestled just outside the main camp, Mohawk offers plenty of space and comfort, accommodating up to 16 guests. Enjoy a large kitchen with a peninsula, a cozy living room with a woodstove, and two full bathrooms.

Relax on the back deck with outdoor seating. With three separate sleeping areas, you'll find 3 bunks and spacious closets in the first, 2 bunks, a small couch, and a closet in the second, and 2 bunks, a beanbag chair, and a closet in the third. Please note, Mohawk is available as a standalone rental during summer camp and doesn't include access to other camp facilities. Make your reservation <u>HERE</u>

Renewal Incentives 2025-2026

girl scouts

of northeastern

new york



Service Unit Recognitions

Gold: Renew 100% of adults and girls T-Shirt for SUM, Patch for each leader, Certificate, GS Express recognition

Silver: Renew 80% of adults and 90% of girls Patch for each leader, Certificate, GS Express recognition

Bronze: Renew 75% of adults and 75% of girls Certificate of Accomplishment, GS Express recognition



*renewing current members or signing up new ones by June 30th

Troop Renewal Incentive:

Troops who reach or exceed 90% of their MY 2025 girl number (by renewing current members or signing up new ones) by June 30th.

To be eligible for the troop renewal incentive, troop must contain two registered adults (with background checks) plus 5 registered girls, exceptions can be made for Senior/Ambassador Troops.

Renew <u>HERE</u>

GSNENY Council will count memberships on April 1, this is the number used to calculate percentage for renew on July 1. Percentages calculated include renewing members and new members after April 1.

2026 Renewal Rewards

Troop Renewal Incentive

Receive a curated GSNENY Experience Box designed for your troop level and region

> girl scouts of northeastern new york

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.

This is a Blended Course and the prerequisites will be provided to you. The in-person portion will take place at our Albany Service Center at 8 Mountainview Avenue, Albany, NY, on May 31.



Register <u>HERE</u>

Juliette Gordon Low Quarter

The U.S. Mint has launched a four-year initiative (2022-2025) to honor incredible women and their contributions to American history!

One of the highlights is a special quarter celebrating Juliette Gordon Low, the visionary founder of the Girl Scouts in 1912. Her mission to empower girls created a legacy that continues to inspire courage, confidence, and character today.

As we continue to advocate for girls' rights and empowerment, Juliette's vision remains as vital as ever! Let's celebrate her legacy!

Thank you to <u>NBT Bank</u> for helping us celebrate and honor our beloved JGL! Celebrate the US Mint's release of the Juliette Gordon Low Quarter



with our toolkit **HERE**!

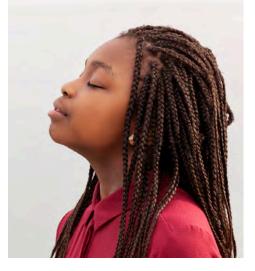


Resilient. Ready. Strong.

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

Quick & Simple Stress Relief: Breath-Body-Mind

Calm your mind and body! Breath-Body-Mind[™] is a set of gentle exercises that are based on science and designed to help with stress. They can improve your mental health and wellness. And the best part? All sessions, workshops, and trainings are free for New Yorkers through the NYS Trauma-Informed Resource Network & Resource Center! Learn simple yet effective techniques that can help you feel better fast! Breath-Body-Mind[™] teaches easy practices that calm your mind and body. Developed by doctors Richard P. Brown, MD, and Patricia Gerbarg, MD, these methods can help you feel more resilient to stress over time. Learn more and participate in free sessions online <u>HERE</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

Troop Camping

TROOP CAMPING

Hidden Lake Camp

<u>July 27th – 29th</u>

Lake Clear Camp

<u>August 17th – 19th</u>

All the fun with none of the planning! A great opportunity for troops new to camping!

Gather your troop for a 3-day, 2-night camp adventure like no other! Explore all that camp has to offer with our camp staff guiding you through a variety of engaging activities. Troops will be assigned to units together, and communal meals will be provided in the dining hall. Each unit will have the chance to cook a meal over a fire and everyone is invited to the closing night campfire for a sing-along. The camp team will work with each troop to customize their camp experience to their Girl Scouts' levels and interests including swimming, boating, arts & crafts, rope course, archery, nature activities and more. Come join us for an exceptional Troop Camp experience, where adventure and bonding harmonize to create unforgettable memories!

all levels **\$195** per person

includes all meals and activities

Click <u>HERE</u> for a full listing of GSNENY Camps.

Troops must register with sufficient number of adults to meet ratio for the number of campers registered. All adults in attendance must be registered members with current background checks. Adults do not need to have completed any camping training to attend, as activities will be led by camp staff.

Summer Camp Reminders

Don't miss these important dates as you get ready for your Best Summer...Ever!

Payments and Paperwork

- May 15th: Deadline to purchase Trading Post apparel to be delivered at camp (other items may be purchased until 7 days prior to your camper's session). <u>ORDER HERE</u>
- June 17th: all camper paperwork and camp balances due.
- Camps remain open for additional enrollment (subject to availability) until Friday afternoon, two weeks prior to their start date.

Camp Is-Sho-Da Buses, Overnights and Campfires

- Bus routes with insufficient registration may be cancelled or modified based on enrollment by June 1st. If your camper needs bus transportation, please register soon.
- Buses remain open for additional enrollment until 10am the Wednesday before each camp session begins. <u>Register on our website</u>.
- Participation in the optional overnight or campfire (late pickup at 8:30pm) requires additional registrations. Overnight/Campfire registration closes 10am on the Tuesday of each session. Please note that this is a firm deadline and no additional registrations can be accepted after this time. <u>Register on our website.</u>

Open Houses

Join us at an open house to tour the camp, ask questions, and meet our staff!

- <u>Camp Is-Sho-Da</u>: Thursday, June 26 from 6-8 p.m.
- <u>Hidden Lake Camp</u>: Thursday, June 12 from 5:30-7:30 p.m.
- Lake Clear Camp: Saturday, June 14 from 1- 3 p.m.

Space is still available! Click <u>HERE</u> full list of summer day and overnight camp opportunities Questions?: <u>customercare@girlscoutsneny.org</u> - 518.480.8110

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.







Girl Scouting builds girls of courage, confidence, and character, who make the world a better place.

@GirlScoutsNENY | 518-489-8110 | customercare@girlscoutsneny.org

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