

# GS EXPRESS

JULY 10, 2025



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## GS Express Schedule



This summer, GS Express is here to add a splash of sunshine to your days every two weeks!

Join us in celebrating what our Girl Scouts have been up to all year—send us your photos, videos, and stories!

Share [HERE](#)

We hope these bi-weekly updates let you relish every moment of summer while staying connected with all the exciting events at GSNENY. Thank you for being part of our community, and here's to a summer filled with joy and happiness!



# Troop Finance Reports

All troops are required to submit an annual Troop Financial Report using the Volunteer Toolkit (VTK) by July 20th of each year.

It requires a submission of the June bank statement. The troop funds belong to all the Girl Scouts in the troop. As stewards of these funds, accountability is a mandatory function of those volunteers responsible for the troop. Any troop member, parent, service unit team member or council staff can ask to review the troop financials at any point and ask questions.

Full reporting instructions can be found [HERE](#).



# Encampment Director Training

In this training, you will learn how to coordinate a multi-level troop overnight camping trip or Service Unit encampment. We will share things you should plan for and how to plan this type of event. This class is offered 6 times per year.

During this class you will:

- Discuss the value of the outdoor experience
- Review progression as related to Girl Scout experiences
- Discuss how to create a team to plan & carry out the overnight
- Review policies and safety guidelines related to an encampment
- Discuss the importance of evaluating the process & experience

Register [HERE](#)







# *You're Invited...* *Growing Futures*

*Join your Girl Scout sisters for a festive summer gathering filled with meaningful connection and an exclusive opportunity to learn about ways to use our resources wisely—a core Girl Scout value. Our special host, who has spent 30 years helping women plan for their futures, will share smart insights for charitable giving that can also provide valuable tax advantages.*

Thursday, August 28

5:30 - 7:30 p.m.

797 Route 9W, Glenmont NY 12077

Hors d'oeuvres   Beer/Wine/Soda   Signature Cocktail

**Seating is limited!**

Click here to reserve your  
spot now!

Or contact Fund Development  
at (518) 489-8110 or  
[Give2GirlScouts@girlscoutsneny.org](mailto:Give2GirlScouts@girlscoutsneny.org)

*GSNENY is grateful to  
Girl Scout alum Kathleen Godfrey for  
generously underwriting this event.*



girl scouts  
of northeastern  
new york



# Meet your National Council Delegates and Alternates



## Meet your National Council Delegates and Alternates

Left to right:

Isabelle Savage, Cayden Williams, Marylou Hedge (bottom row), Schuyler R., Ari L., Brenda Episcopo (bottom row), Natalie P., Liz Black (Delegate Liaison - back row), Jeanne-Rose R.

These courageous Girl Scouts will represent you, a member of our council, Girl Scouts of Northeastern New York, at the National Council Session (NCS).

They met together in early June to learn more about their role and hear advice from the previous delegates and alternates. This was their first meeting since they were elected by your Service Unit Delegates, board members, and Nominating and Board Development Committee members at the 2025 Annual Meeting.

Lots more to come - stay connected in GS Express, Rallyhood, and with your local Service Unit Delegates and Alternates!



# Girl Scouts Love the Outdoors

## Be Your Most Out There Self!



You don't need access to a national park or the woods to enjoy the outdoors! So put yourself out there with us and participate in our Girl Scouts Love the Outdoors Challenge.

Spending at least 120 minutes a week in nature is associated with improved mood, focus, and confidence—whether you spend that time becoming a rockstar at rock climbing, making a splash in the puddles around your neighborhood, or watching wandering wildlife at a park.

Download our free activity sheet [HERE](#) with 50+ fun activities to see what's possible right outside your own front door today!

And order your patch [HERE](#)



# Upcoming Girl Scout Programs

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

## Wild Center Weekend!

Family Program

Friday August 29th - Sunday 21st



Prepare for an unforgettable weekend experience at Lake Clear, beginning with a Friday evening campfire that sets the tone for a weekend of camaraderie and adventure. On Saturday, head to the Wild Center in Tupper Lake to observe playful otters, enjoy the indoor exhibits and explore the treetops on the Wild Walk. In the afternoon, return to camp for an array of outdoor activities, including swimming and boating, outdoor skill development, and a chance to express your creativity with woodsy crafts. This weekend offers the perfect blend of relaxation and excitement. Don't miss the opportunity to make lasting memories in the heart of nature, surrounded by fellow outdoor enthusiasts! Space is limited! Register now!

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)

**Financial Assistance if available for year-round programs in our Council.**

**To learn more or apply, click [HERE](#)**

# Resilient. Ready. Strong.

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

## Why You Should Let Your Kids Get Bored This Summer



"I'm bored!" Like clockwork, almost as soon as the final school bell of the year rings, parents across the country start hearing this familiar refrain. And naturally, when it crops up in your home, you'll want to respond with fun activities, trips, and projects to keep your girl happy and her brain humming—or perhaps you've even already over scheduled her with a ton of classes and outings—but did you know that a little boredom thrown in the mix can actually be good for your child?

"Giving your girl some unstructured time and encouraging her to learn to entertain herself is incredibly valuable," says Girl Scouts Developmental Psychologist Andrea Bastiani Archibald, Ph.D. "We live in an all-too stimulating society filled with phones, screens, and other easy distractions to more than fill our time—but filling all our time with those leaves little room for creative thought or imaginative play." [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!

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)

## *GSNENY Summer Service Center Hours* *July 7th - September 1st*

**9 am – 3 pm, Monday – Thursday**

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 [customercare@girlscoutsneny.org](mailto:customercare@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 | [customercare@girlscoutsneny.org](mailto:customercare@girlscoutsneny.org)

**WWW.GIRLSCOUTSNENY.ORG**