

# GS EXPRESS

SEPTEMBER 12, 2024

girl scouts  
of northeastern  
new york



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## Celebrate Hispanic Heritage Month

Hola, Girl Scout! Celebrate Hispanic Heritage Month (September 15th - October 15th) and earn a special patch. Find activities [HERE!](#)



If you are planning on working on this patch or have worked on it in the past, and would be willing to speak to the media about it, please reach out to [marketing@girlscoutsneny.org](mailto:marketing@girlscoutsneny.org)

# Upcoming Girl Scout Programs

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



Girl Scout Love State Parks weekend is this weekend Sept. 14 and 15, 2024. Visit your favorite State Park or Historic Site, go on a tour hike a new trail visit one of our partner locations this year.

For a full list of local opportunities [CLICK HERE](#). Download the free GSUSA activity passport and purchase your patch [HERE](#).

Calling Cadettes, Seniors and Ambassadors who like to travel and have new adventures. GSUSA has announced more Destinations both International and in the USA to apply for and attend. Visit the GSUSA Destinations site [HERE](#).



The year-round programs are available for registering on the Event Calendar found [HERE](#).

There are many Outdoor Programs in October including the Fall Sisterhood She-Nanigans weekend, along with Awards Workshops and STEAM events.

**For a full listing of upcoming camps and programs check out the [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)**

# Flag Collection and Retirement Ceremony



Join Volunteer Services for a respectful Flag Retirement Ceremony this Veteran's Day. Got an American flag in need of retirement? Feel free to drop it off at any GSNENY Service Center before the end of October.

Register for the ceremony [HERE](#)

We have some amazing events planned for the upcoming Girl Scout year! Join us for our investiture and rededication ceremony as you renew your membership for another year. [CLICK HERE](#)

## Investiture Ceremony

Join us as we celebrate and renew our commitments at the Investiture and Rededication Ceremony, happening from 6 to 8 pm on October 3rd at Camp Woodhaven. We can't wait to see you there!

This is a FREE event but registration is required. [CLICK HERE](#) to sign up!





# Resilient. Ready. Strong.

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

## Stop Back-to-School Stress In Its Tracks



For most parents, preparing to send their kids back to school can be pretty stressful. School supplies and back-to-school clothes can get expensive, earlier wake-up times can be hard to get used to, and keeping track of all those orientations and open house nights can be a bit of a bear. While we can't ever promise a Pinterest-perfect back-to-school season (show us a "perfect" family, and we'll show you the Loch Ness Monster), but we can make this annual transition a tiny bit easier on you and the whole family. Borrow these simple tips from Girl Scouts' Developmental Psychologist, Dr. Andrea Bastiani Archibald, and make the start of this school year your family's best yet.

[READ MORE](#)

## 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**

[October 23rd](#)

6:30pm - 7:30 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 [naminy.org](http://naminy.org)

# MY2025 Program Guide



In response to YOUR feedback we have planned an ENTIRE YEAR of programming to make it easier for you to plan your best Girl Scout year ever. Check out programs from now through June 2025 [HERE](#)

## Girl Scout Voices Count Survey Report

You spoke, we listened! Our teams reviewed responses to last year's Girl Scout Voices Count survey. [CLICK HERE](#) to read what we learned and how we're using your feedback to make the Girl Scout experience at GSNENY even better.

### ANNUAL GIRL SCOUT VOICES COUNT SURVEY REPORT - 2023





# Troop 1190 visit World Centre

This was a magical moment in the lives of Troop 1190. Having a lot of troop funds due to world circumstances during their Cadette years, they looked at what they could do for a big trip. Washington DC, Canada, Maine? No, they had their sights set higher. Their leader found a golden opportunity at a World Centre of Girl Scouts. Our world pin is a badge of honor, signifying our place in a global sisterhood. And so, they ventured to Pax Lodge in Great Britain. They made friends with girls from Pennsylvania, Newfoundland Canada, and Girl Guides from Mexico, Sweden, New Zealand, and of course, Great Britain.





# Troop 2037 at the Lake Placid Ironman Triathlon

Girls from Senior Troop 2037 in Clifton Park had a great time volunteering at the Lake Placid Ironman Triathlon in July. Girl Scouts worked at a bike aid station passing out water, sports drinks, gels and bananas. Earlier in the weekend the girls earned the Trail Adventure badge climbing Balanced Rocks and Pitchoff Mt. in Lake Placid.





# Service Unit 165

## Earn Mariner Pins

Service Unit 165 was able to offer the girls the ability to earn their Mariner Award pins on an overnight canoe camping trip at the Saranac Lake Islands in which the campsites were only accessible by boat.

Preparation sessions prior to the trip provided the opportunity for the girls to plan and prepare all supplies needed for canoe camping, as well as first aid and small craft safety and rescue techniques. The Mariner requirements included a swimming test with various swim strokes, learning parts of the boats and proper paddling techniques, as well as water and weather hazards and how to handle those situations including using clothing as a flotation device.





# 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!

- BLENDED OUTDOOR SKILLS
- LODGE ONLY CAMPING TRAINING
- BEYOND HOT DOGS AND MARSHMALLOWS
- KNIFE AND COMPASS SKILLS
- ENCAMPMENT DIRECTOR TRAINING
- FISHING, LAWS AND REGULATIONS
- MORE TO BE ANNOUNCED IN THE FUTURE

## MAY 16, 17 & 18, 2025

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questions? [customercare@girlscoutsneny.org](mailto:customercare@girlscoutsneny.org)

## *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.



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[to shop online!](#)**

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

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**WWW.GIRLSCOUTSNENY.ORG**