

GIRLFRIENDS

GirlFriends is a publication of Girl Scouts of Nassau County, Inc.

Fall



2008

For the first time, The Long Island Mozart Festival included youth ensembles in its program. We were delighted when the Girl Scouts of Nassau County Chorus was invited to perform. The Festival was held on Saturday, August 30, at the Old Westbury Gardens, a glorious setting for beautiful music.



what's
inside



Bravo, Bravo!

Girl Scouts of Nassau County Chorus Performs!



"We were surprised and honored to be invited to perform at this very prestigious event" said Catherine Azzara, Chorus Director. "I have always known that our girls had beautiful voices but now they have polished their performance and created a new "classical choral" sound.

In preparation for their performance the girls attended eight 2-hour rehearsals, and learned 12 news songs including Mozart's "Kyrie Canon," and "Dona Nobis Pacem," "Simple Gifts," "Colors of the Wind," "Shenandoah" and "Edelweiss." A particular favorite of the audience was "America, the Beautiful," sung by a group of older girls. Catherine Azzara, a dedicated, talented Girl Scout volunteer, was certain the girls had the ability to perform these more difficult pieces and do so with brilliance. She was right and she was proud!

Thank you to the 30 girls who performed and to their parents who took time out of their busy summer and Labor Day weekend to bring their daughters to rehearsals and the performance. Applause to everyone!



This patch was designed for those girls who participated in the Long Island Mozart Festival at Old Westbury Gardens as a token of appreciation for all their hard work.

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A Message From Sandra & Donna...

This year at Girl Scouts of Nassau County the anticipation is building even more than usual with the advent of the new materials to support the Girl Scout Leadership Experience! The new Journey books are in stock and are rolling out to girls and Troop Leaders. The books are visually compelling and are chockablock with ideas and activities that will allow every girl the opportunity to Discover, Connect and Take Action. For the first time, girls in each age level of Girl Scouts will be on the same journey and will have the opportunity to experience the learning, sharing and adventures. But, while we may all be aiming for the end of the trip, the excitement comes in how we travel the journeys, where we make stops, who joins us along the way and what side trips we take. In this way, each Journey will bear the unique marks of the girls who travel together.

Girl Scouts has always been about the business of leadership through strong values and shared experiences. Reports from the Girl Scout Research Institute tell us that today's girls no longer see leadership in the "control and command" model where a person in a position of authority tells others what to do. For today's girls, leadership is about taking responsibility and includes recognition and acceptance, teamwork, fairness, trust and open communication. The new Journeys are specifically suited for girls' leadership in the 21st Century.

We also encourage each girl and her family to be part of our Fall Products Program. Participation in Fall Products allows each Troop and each girl to learn and earn. There are so many things that Girl Scouts do for little or no cost, but we know that when Troops have financial resources they have more opportunities to explore. They are able to undertake greater service projects and give back to their communities. The "Go Green" messages that are part of this year's Fall Products Program are essential to insuring that we teach girls, and learn from them, how to better protect our planet.

We look forward to joining you on the Journey ahead and we remain available to assist you in anyway that we can. Please call on us.

Sandra Echols Williams
President and Chief Volunteer Officer

Donna Ceravolo
Executive Director/CEO



NEW YEAR, NEW COOKIE, NEW WORLD!

Get ready for our Cookie Program, which starts on January 10, 2009. This year's theme, "Imagine If..." encourages a girl to dream big, and plan for success, both for her Cookie sales goals and for her vision of a better world. Girl Scouting helps girls build the skills needed for success in life.

Of course, no Girl Scout Cookie® Program would be complete without our old favorites, Thin Mints, Samoas, Trefoils, Tagalongs, and Do-Si-dos. Also returning are Lemon Chalet Crème and Sugar Free Chocolate Chip cookies that were so popular last year. This year, we are introducing a new Girl Scout Cookie®, the Dulce de Leche. Inspired by the classic confections of Latin America, these sweet, indulgent cookies are rich with milk caramel chips and stripes. Your Troop's Cookie Manager will receive a box of these cookies to share with your Troop.

Fall Products Program

IS ROLLING ALONG

By Marie Rauch



Is your Troop “Going Green” with your Fall Products program? This year, you can eliminate the paper by sending emails to family and friends. Visit the Fall Products section of the gsnc.org website and click on “QSP Online Program” to create your email list. When your friends click on the link in your email, they reach the Girl Scouts of Nassau County shop for QSP Reader’s Digest, where they have a choice of hundreds of the most popular magazines, books, and music. They place their order online and it is IMMEDIATELY processed. You and your Troop get your rebate, your customers get their magazines MUCH SOONER, and no paper is used!

Using our online email program is a quick and easy way to ensure that every girl in the Troop participates. We are shooting for 100% of our Troops participating in the Fall Products Program this year. Participation can mean a magazine order, selling some nuts or candy, filling out a Step 2 address booklet, or doing our online program.

As a special incentive, every Troop that has 100% girl participation will be entered into a

drawing for one of our Ice Cream Balls! Kick-the-can ice cream has moved into the 21st century! As a special “THANK YOU” for ensuring that all of their girls participate, Troop Fall Products Managers with 100% participation will receive a unique theme patch for volunteers.



What “Funding the Fun” is All About—In this issue you will see examples of programs and activities that Girl Scouts have enjoyed this year. Endless programs and possibilities can be incorporated into the Girl Scout year by looking ahead, planning with the girls and subsidizing Troop dues by participating in the Fall Products and Girl Scout Cookie® Programs!



Girl Scouts from Five Towns Cadette Troops 704 and 728,

3



and Junior Troop 751 shown at their Fall Products Program booth last year. Along with the girls, and shown with Hempstead Town Supervisor, Kate Murray, at center, are, left to right, Roz Leventhal, Maryanne Risolo, Tammy Maddaloni, and Larry Leventhal.



For children, friendships are the bridges that help them move from childhood into adulthood. A child's friends will help them discover who they are and what they think, feel and believe about themselves and the world around them. Social success boils down to who their friends are and how strong that connection really is, when it's tested.

Critical Issues

By Carole Aksak, Critical Issues Coordinator



GREENTREE FOUNDATION Helps Fund



*"Got me hopin' you page me right now
Your kisses' got me hopin' you save me right now
Lookin' so crazy your love's got me lookin'
Got me lookin' so crazy your love"*
by Beyonce • Live at Wembley

H

you're a parent in the Town of North Hempstead seeking to understand the romantic life of your teen or 'tween daughter, help is on the way. The Greentree Foundation and Manhasset Community Fund have granted Girl Scouts of Nassau County funding to deliver the Affection Connection program to resident girls in grades 4 through 12. The Affection Connection, written by parenting expert Margaret Sagarese for Girl Scouts of Nassau County, is a series of four workshops that help girls to identify their feelings, expectations and roles in healthy romantic relationships.

Donna Ceravolo, CEO of Girl Scouts of Nassau County summed up relationships this way, "It is so much fun to be a girl, and a teenager. It can also be a little scary and overwhelming. A big part of being a teenager is getting ready for what it is like to be an adult and school is a big part of that, and so are relationships. Sometimes school can take a back seat when you are excited about the big party on Saturday night or when you are worried about whether one of your friends is mad at you. For many people relationships are the biggest part of being a teen or 'tween, they are the MOST fun and the MOST anxiety producing. Whether it is your BFF, being part of the in-crowd, being with your own group, hanging out with just the girls or in a mixed group of boys and girls, or with a boyfriend, part of what you do as kids is practice relationships. You try new things, you change. And, just like you have to practice math and French until you get them right, you have to practice relationships with your closest girlfriends, or with a new group of friends. Sometimes girls and boys are just friends, and sometimes boys turn into boyfriends, and sometimes those relationships don't turn out the way you imagined ..."

To schedule a parent workshop for your Town of North Hempstead group, or to bring the Affection Connection to your school or troop, please call Carole Aksak at 516.741.2550 ext. 254.

The beginning of a new school year is filled with anticipation for students and families alike. What will the new year bring? Will I like my teacher and will she like me? Will I be able to do the work? WHO WILL SIT WITH ME AT LUNCH? Time spent on the bus and in extra-curricular activities and even the time that kids spend online, texting or on the phone all contribute to a child's sense of self. For kids, school is primarily a social function and those social implications follow a child into the classroom, out the door and into the home. When social situations negatively impact a child, they disrupt family life, and take their toll in absenteeism from both school and work. Strained relationships at home lead to the extreme of acting out, health problems arise and sometimes eating disorders and other self-destructive behaviors begin. Girl Scouts of Nassau County is continuing to provide girls and adults the tools, tactics and language to address the critical issues in their lives; and our staff and volunteers are ready to meet with parent groups and provide programs to Troops to address social- and cyber-bullying.

For more information please visit contact Carole Aksak at 516.741.2550, ext. 254 or aksakc@gsnc.org, or visit www.gsnc.org.

OMG, help!

M Y B F F I S S O . . .

T

here they go again; that flock of butterflies living in your stomach just became airborne. Your best friend has just smiled at you and given you that little jab about:

- The outfit you chose to wear today
- The girl she saw you giggling and talking to in the hallway this morning
- Your “crush” in math class
- The way your mother always laughs; big and loud and with her whole body when you tell her about something funny that happened that day in school

Nothing seems to be off limits to your best friend. She is always critical; telling you it's because she's your best friend that she can tell you these things. She only wants to help you. Cutting words, hurtful words, words which cause you to really question yourself about everything and anything you say or do. She says them with a tilt of her head, the toss of her hair, and ends with a smile. If she's so good for me, why do I feel so bad?

So what do you do when you've finally had enough? The loss of a friend, a “BFF”, can be even more painful than the loss of a romantic interest. After all, this is middle school and no one really expects her boyfriend to be her boyfriend forever. But a best friend? That's different. She's the one with whom you've shared your secrets since kindergarten. You've gone through birthday parties and training bras together. She sat next to you at your grandmother's funeral, and cried with you when your cat Floyd died. We never think the friendship with our best friend will come to an end. So, what do you do when it's time to end the friendship? Here are some simple steps to help guide you.

Step One: *Appreciate the history you've had together and focus on all the good things.* This is not about the bad things your friend is doing to you, this is about the person you have become or aspire to be. Be respectful. Attacking your friend for all the things she did to you or the things you don't like about her will only escalate the drama. Before you decide to talk to your friend make sure you are in control of your emotions and speak to her with maturity and respect.

Step Two: *When we appreciate the good which was part of a friendship, we honor each other.* Accept that in ending (or pausing) this friendship, you will feel a loss. Minimize the bad, emphasize the positive you had with this friend and then grieve.

Step Three: *Maintain the dignity of the friendship and highlight it with a small token of appreciation.* Did you share a favorite pastime, favorite band, or favorite hobby? Find something that reflects the fun you shared together and give it to your friend. A small token of remembrance with many happy memories behind it will help you put closure to the friendship.

Step Four: *This is the most difficult part; ending the friendship.* Present your friend with the remembrance and tell her with every bit of kindness and respect you possibly can how much she has meant to you and how much you have enjoyed her friendship. You must tell her firmly, tactfully, and in as few words as possible that the close friendship you had has changed and you will not be hanging out with her anymore. Do not try to support your decision with a recount of all the things she has done that hurt you or made you angry. This is not about “her”, this is about “you” and what you want in your life. Providing a laundry list of reasons will just give her reasons to argue.

Step Five: *Move On!* Don't change your mind or doubt your decision. Don't answer her phone calls, her text messages, or give her hope. If she wants to make plans with you or tries to include you in activities, don't tell her “maybe.” And never hash things out online! If you are upset or angry, talk to an adult you can trust but never someone who knows your former friend. How you treat someone after a friendship ends says a great deal about you. When we treat everyone with dignity and respect, we become the person people will both trust and admire. And when we become that person, we are making the world a better place.

What's Eating You?

By Bonnie Witler, Certified Nutritionist,
Weigh to Health Inc.

Research reports that adolescents spend more time talking to their friends than any other activity and high school students spend twice as much time with their peers as with adults.

William Corsaro coined the phrase “peer culture” in response to this phenomenon. “Peer Culture” is characterized by following a specific set of social rules and behaviors, a mutual understanding of accepted actions and norms, and a focus on themes that are repeated and that other members of the group recognize.

There is a correlation between “peer culture,” relational aggression, and eating disorders. In fact two of the risk factors for eating disorders as suggested by a panel at the 2004 International Conference on Eating Disorders are “peers' diet and concern about appearance” and “teasing about weight, shape and appearance.”

If the child or adolescent is in a “peer culture” where thinness, dieting, bingeing, or purging are the norm; there will be relational aggression i.e., teasing or the isolating of a child. In combination with any of the other established risk factors, or even on its own, relational aggression can trigger an eating disorder.

Other risk factors for eating disorders are:

- Genetic predisposition
- The mother diets and is overly concerned about appearance

...continued on page 19





FUND DEVELOPMENT



Oyster Bay, NY. Cadette Troop 1065, WARM Association held their first booth sale this year as well as selling Cookies on their own. The girls also participated in the Fall Products Program. They decided they would spend some of their funds to go on the boat "Christeen."

What a great day! The girls all took the train into Oyster Bay. They got to raise the sail, learn all about the history of the boat and enjoy hands-on nature activities.

They even had a chance to learn the H.E.L.P position by jumping into the icy cold water.

At the end of the trip they had pizza and a chance just to hang out on the beach before taking the train home. Most of these girls have been together since they were Daisies. Now they



are Cadettes and, thanks to Girl Scouts they are still connected and have added new friends too.

FAMILY CAMPAIGN

Every year GSNC asks families to make a contribution to help finance the amazing programs that Council brings to girls, volunteers, and Associations. This contribution helps to finance:

- Free Council Patch Programs
- Possibilities
- GirlFriends
- Financial Assistance Programs
- Specialized programs such as "Way to Art" and "LEGO Robotics League"
- Council Trips
- Leader Trainings
- And much, much more

Money raised from Family Campaign is the only family contribution that goes to support Council Programs. So when registering your daughter for the year, make sure to fill out the box that says "I would like to contribute." This contribution will benefit your daughter, her leader, and all the Girl Scouts across Nassau County.

Thank you for all your Family Campaign donations. They assure that the programs you and your Troop enjoy will continue.



Howe Caverns, NY. Cadette Troop 3227, Island Trees Memorial Middle School, worked on a Caving Interest Patch designed by Virginia Skyline Council. As you can see, the girls had a great weekend at Howe and Secret Caverns! They used funds raised from Fall Products and Cookie Programs to pay for their trip.





GIRL SCOUTS OF NASSAU COUNTY & THE Hispanic/Latino Task Force

Fire Island Park-Community Service

Twenty Girl Scouts and their guests (mothers/grandmothers/aunts) enjoyed a trip to Fire Island sponsored by the Girl Scouts of Nassau County's Hispanic Latino Task Force and the Fire Island National Seashore and Fire Island Park Rangers.



At the left are photos of the girls and their guests enjoying the Sunken Forest Tour and learning about the wonders of this maritime forest; fishing with nets and learning about marine life in the Great South Bay. They also learned how to read a map, and use a compass and they discovered wildlife such as turtles, deer, rabbits, and birds.



On the surface it may appear that the trip was prompted by the Girl Scouts' interest in nature, but nurture played a large part of what was satisfying about the outing. Mothers were excited and happy to have time with their daughters, and daughters felt closer to their "guest" in many ways, not the least of which was the time spent together.

What some girls had to say about the trip:

"Going to Fire Island was such a fun trip with my grandmother ... Since I don't get much time with her, today made me realize how much she means to me. We talked more and even when we were getting bitten by bugs, we laughed about it. I really loved spending a day in Fire Island with her.

"I had a really great experience with my mom today. I never knew we can get along as if we were best friends ... I appreciate this trip more than anything. We learned many things today. I hope now we can take more trips like this".

"I felt appreciated because no one has done something like this for me. I would love to do this again with my mom and all the Girl Scouts. Thank you with lots of love."

"This trip was a great and educational experience. I loved the part where we caught fish with the net. Now I think that nature really does bond a mother and daughter. I loved this trip."

For more information on how you can help to build girls of courage, confidence, and character, who make the world a better place, please contact Yvonne Maria Mowatt, Community Services Manager at 516.741.2550 ext. 272.

GIRL SCOUTS LEADING THE WAY



Honors Dr. Adrienne O'Brien-Salten with the
"Juliette Low Award of Distinction"

and DHL with the
"Making A Difference for the Youth of Long Island"
Award at the 26th Annual Luncheon

Tuesday, October 28,
The Garden City Hotel
11:30 am - 2:00 pm



In Memory of:

Jennie Dance ~ (Grandmother of Paige Charles) The Staff & Board of GSNC, Donna Ceravolo, Dr. Pam Lennox

Bruce Garber ~ (Husband of Chris & Father of Ali) The Staff & Board of GSNC

Marion Newman ~ (Mother of Joan Monastero) The Staff & Board of GSNC

Blanche Oakes ~ Diane Marks

Congratulations on your graduation:

Erica & Jennifer Lopez ~ (On achieving your degrees!) ~ Donna Ceravolo

Thanking you:

Marie Rauch & Denise Betts, for all your guidance during my Gold Award journey! ~ Cassandra Foley

Get Well Wishes & Prayers:

Cynthia Friedman ~ (FP/B/SM Service Team) ~ Senior Troop 1179

In Memory of:

Blanche Oakes who was a member of the Service Team in Hardscrabble Association of Girl Scouts for over 55 years, died in June 2008. Named by Girl Scouts of Nassau County as one of 90 Women for 90 Years, and honored with the Thanks II Badge, Mrs. Oakes was known for her devotion to Girl Scouting, for her sense of fun and her trademark high heels, which she always wore when marching with the Girl Scouts in parades – and camping! One of Nassau County's most senior members, Girl Scouts are thankful for the privilege of Mrs. Oakes' years of service, enthusiasm and friendship. Our condolences go out to her family.

SHOP EARLY FOR YOUR HOLIDAY GIFTS



Girl Scout Embroidered Pins Holiday pins are great holiday gifts. Plastic clutch back.
 #113506 Snowman Pin \$1.00
 #113513 Polar Bear Pin \$1.00
 #113520 Penguin Pin \$1.00



Snowflake Hanging Ornament Reads Happy Holiday and Girl Scouts. Double sided in white and blue, outlined in silver lurex thread. #114589 \$3.50



1943 Girl Scout Intermediate Ornament **New!** In the Vintage Ornament Series, hand blown glass ornament, is inspired by the original Girl Scout Intermediate uniform circa 1943. Great collectable item. Individually boxed. #114930 \$30.00



Brownie Tin Ornament Official Girl Scout Brownie uniform design, glitter treatment on star, belt and outline of vest and shoe. Silver string to hang. Individually boxed. #114978 \$15.00

Gold Ornament Stand (not shown) This stand can display your ornament. #11490 \$2.50



Girl Scout Brownie Elf Doll The new Girl Scout Brownie Elf from the Brownie Quest Journey comes to life in this 11" soft fabric doll. Made exclusively for Girl Scouts of the USA by Manhattan Toy. #118778 \$20.00



Polar Bear "Snowball" New! Plush polar bear named "Snowball." Embroidered paw pad with Girl Scouts. Individually poly bagged. #118112 \$22.00



Girl Scout Cookie Jar Ceramic Cookie Jar with a Vacuum sealed lid. Features a Black & White Stripe design, with favorite cookies 3D design embossed on jar. Domed cover with embossed 3D cookie designs and "I love Girl Scout Cookies" with a top knob handle. Individually boxed. Dishwasher and microwave safe. #247607 \$38.00



New National Standard Adult-to-Girl Ratios, Effective October 1, 2008

Diane Seekamp, Program Resources Coordinator

The New Girl Scout Grade levels have New National Standard Adult-to-Girl Ratios for troop meetings, events, trips, and camping. Below is a chart with the Adult-to-Girl Ratios for Trips, Events, and Camping.

This information replaces the Adult Coverage listed on page 69 in your Safety-Wise book. For more Safety-Wise updates including Adult-to-Girl Ratios for troop meetings visit our website www.gsnc.org or GSUSA www.girlscouts.org.

ADULT COVERAGE REQUIRED FOR TRIPS, EVENTS, AND CAMPING			
GRADE	GIRL SCOUT GRADE LEVEL	TWO (2) ADULTS FOR THE FIRST	ONE ADULT FOR EACH ADDITIONAL
K-Grade 1	Girl Scout Daisy	6 Girl Scouts	4 Girl Scouts or part thereof
Grades 2-3	Girl Scout Brownie	12 Girl Scouts	6 Girl Scouts or part thereof
Grades 4-5	Girl Scout Junior	16 Girl Scouts	8 Girl Scouts or part thereof
Grades 6-8	Girl Scout Cadette	20 Girl Scouts	10 Girl Scouts or part thereof
Grades 9-10	Girl Scout Senior	24 Girl Scouts	12 Girl Scouts or part thereof
Grades 11-12	Girl Scout Ambassador	24 Girl Scouts	12 Girl Scouts or part thereof



Holiday Barrel Pens
Assorted Full Color Barrel Pens: Happy Holidays Penguin; Winter Fun Snow-person, and Happy Holiday directional signs all with a "Girl Scouts" imprint.
#351250 \$2.00



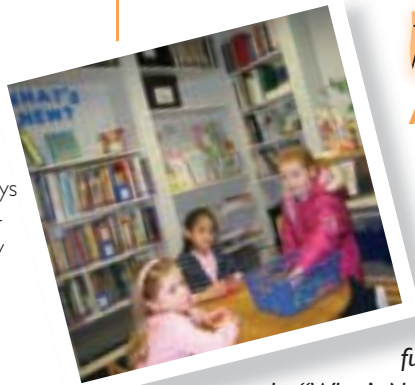
Embossed Notes & Envelopes
10 Ivory embossed Classic Frame Note Cards & 10 Ivory Matching Envelopes. Size 5" x 4" Triple blind embossed border & center blind embossed with Girl Scouts and Service Mark. (Blind Embossed is a raised process using no ink). Perfect for thank you notes, gift cards, or personal correspondence all year long.
#353735 \$15.00



4 - Seasons Note Cards Stationary
Full Color Vintage Design, Side Fold Note Cards depicting Girl Scouts in the 4 seasons. Eight cards with matching white envelopes size 4½x6½ – 2 of each season in the pack— Full color reproductions of illustrations created by Edith Ballinger Price in the 1920's.
#353742 \$20.00



New Holiday Sew-on-Fun Patches
#18870 Stocking Patch \$2.00
#18869 Joy Novelty Patch \$2.00
#18873 Mitten shaped "Seasons Greetings" Patch \$1.25
#18871 Gingerbread House Patch \$1.25



INSIDE the RESOURCE ROOM

A New Girl Scout Year! ROOM

Diane Seekamp, Program Resources Coordinator

It's the start of a new Girl Scout year! Why not begin with a visit to the Resource Room? It has a significant collection of books, music, hands-on and ceremonial materials, and browsing files full of ideas to share with your Troop. Take a look in the "What's New?" area for the new Leadership Journeys "It's Your

World – Change It!" The GSUSA Journey books have brand new activities and awards for Girl Scout Daisies through Girl Scout Ambassadors. Browse through the Resource Room copies (for library use only) and then purchase the books in our Girl Scout Shop. The girls in your Troop will have fun as they Discover, Connect and Take Action to develop their leadership skills.

Is your Troop planning ...

... an investiture or rededication ceremony? When you visit the Resource Room, look through the browsing files and the books Let's Celebrate! and Ceremonies in Girl Scouting for some ideas to share with your girls. Then contact the Resource Room to reserve a candle log, flags, flag stands, white gloves, and some music to make your celebration special.

... a trip? Browse through the Program Board and "Help Yourself" area or use the new Resource Room computer to visit "Program Spotlight" and Possibilities on our website www.gsnc.org for more ideas. Remember, if you want the latest information from GSNC, go to our website and sign up for our eNewsletters.

Don't forget, October 31 is Juliette Low's birthday. It's a great time to learn about Juliette Low and start the Juliette Low World Friendship Patch Program "Countdown to Thinking Day." Celebrate with a birthday cake or iced cupcakes (yellow and white) and arrange them as a daisy. Borrow The Story of Juliette Low for your Girl Scout Daisy Troop, the Juliette Low Flannelgraph for Brownie level or the Living History Box for Junior level and up. Give your Troop a special treat and step back in time with the silent film, The Golden Eaglet (VHS or DVD). Originally produced by GSUSA in 1918, it is believed to be the first successful promotional film made by a public service organization.

Need to access the internet? A computer is now available in the Resource Room at no charge!

Remember, if you don't have time to visit the Resource Room at the Service Center, the Resource Room is available 24/7 on our website. You'll find ceremonies, games, activities, crafts, SWAPS, patch programs, recommended books and a list of materials for loan. You can reserve materials online and download our Patch Program activities, including Tastebuds, Curiosity Box, and Growing Strong, Staying Healthy. If you have any questions, please contact Diane Seekamp, Program Resources Coordinator at 516.741.2550 ext. 244 or seekampd@gsnc.org.

GIRL SCOUTS OF NASSAU COUNTY

ADULT RECOGNITIONS

C E R E M O N Y

April 2, 2008

Honoring the volunteers who make Girl Scouts of Nassau County

OUTSTANDING

Thanks Badge

Recognizes volunteers actively giving service impacting the council or the entire Girl Scout movement, who have taken a leadership role at the Council level in one or more of the following areas during the previous four years: Increasing membership growth and retention, increasing the percentage of adult generated funding in the total Council income, increasing innovative program opportunities Council-wide, developing broad participation in policy-influencing through the democratic process and ensuring that inclusive behavior is recognized, understood, and practiced at all levels.



Honor Pin

Recognizes volunteers actively giving outstanding service by significantly contributing to one or more Council goals in membership growth and retention, fund development, or increased community visibility in two or more geographic areas. The volunteer actively recognizes, understands, and practices the values of inclusive behavior.



Appreciation Pin

Recognizes volunteers actively giving outstanding service meeting one or more of the Council goals in membership growth and retention, fund development, or increased community visibility in at least one geographic area. The volunteer actively recognizes, understands and practices the values of inclusive behavior.





Thanks Badge

Bellmore.....Joyce Caggiano
Massapequa.....Kathleen P. Murphy

Honor Pin

Bellmore..... Judith Hughes
Pauline Schlenke
Freeport..... Alison Gilbert
Hicksville.....Mary Madigan
Island Beach.....Laura Dean
Massapequa.....Peggy Caltabiano
Merrick.....Addys Reilly



Appreciation Pin

Bellmore..... Anita Cardillo
Floral Park.....Theresa Creighton
Joyce O'Connor
Linda Proscia
Eileen Tomala
Garden City.....Susan Quigley
Hardscrabble.....Linda Abele
Betty Looney
Hicksville.....Theresa Edelman
Cynthia Johnson
Eileen Sill
Island Beach.....Lori Lovich-Cerullo
Sharon Martinelli
Massapequa.....Ruth Canzoneri
Elise Deegan
Helen Murphy
Sandy Pesce
Barbara Realmuto
Linda Roberts
Laurie Spurrell
Cynthia Summer
Merrick.....Leanna Giaquinto
Randi Meltzer
Susan Roberson
Rita Smith
Rosemarie Tait
Park.....Angela Pellegrino
Plainedge.....Dana Molloy
Aracy Sacks
Port Washington.....Gina Ciorciari
Michael Feldman
Katie Lyons
Rockville Centre.....Christine Aliotta
Kathleen Collins
Anne Gallagher
Seaford/Wantagh.....Jan Collier
Randi D'Ambrosio
Jens Franzen
Ann Korchak
The Plains.....Basia Damsker
Sandra Hackett
Ann Harris
Valley Stream.....Lorraine Pergola
West Hempstead/
Franklin Square.....Vicki Gioia
Sabrina Grisafi
Eleanor Molina
Terry Bodnar
WARM.....Gina Hahn



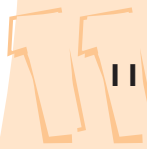
Do you know of a Girl Scout adult serving in a capacity above and beyond all expectations? Why not nominate them for recognition at our annual Adult Recognitions Award Ceremony held each spring?

Nominations Are Now Being Accepted

Carole Aksak, Volunteer Coordinator

Nominees should be currently registered adult members in good standing. They should be inclusive and welcoming to all, providing outstanding service and support to Girl Scouts in at least one of the following areas:

- *Membership growth and retention*
- *Fund Development*
- *Increased community visibility*
- *Increased innovative programming Council-wide*
- *Increased broad participation in policy influencing through the democratic process*
- *Ensure inclusive behavior is recognized, understood and practiced at all levels*



We prefer nominations be made electronically on the volunteer page at www.gsnc.org. Click first on the sidebar link for FORMS and then on NOMINATION FORM FOR ADULT RECOGNITION. Complete the form and submit. Nominations will be accepted through December 1, 2008. Nomination forms may also be picked up in the Resource Room at the Service Center, completed and returned to the Service Center, to the attention of Carole Aksak or fax to 516.741.2207.



It was the spring semester of my junior year at Duke University when I found myself immersed in the craziness of a college internship search and, consequently, one of the most stressful periods of my college career. Upon arriving at school in the fall of 2005, I was assured that most students did not know what career path they would choose, let alone what subject they would major in. "You're only a freshman!" they said. "You have so much time to decide." And just like that 2 ½ years had gone by and it was time to decide. Investment banking, politics, business, law...there was too much to choose from. When I arrived home to New York in May, I still had not decided on a summer internship. I spent those next few weeks frantically going to interviews and researching possibilities until finally arriving at Girl Scouts of Nassau County.



Jessica enjoys fencing in what spare time she has. She is the team captain.

What a perfect match! I walked away from my interview with Donna Ceravolo and Carole Aksak reassured that working at a nonprofit dedicated to girls and their communities would be the ideal place for me. After touring the Council Service Center on my first day of work, I was shocked at how much was going on inside the building. Even though I was a Girl Scout in elementary school, I had no idea that so many dedicated people worked tirelessly to bring Girl Scouts to the girls of Nassau County. So after catching up on my Girl Scout essentials, I began to learn the ropes of the Service Center, meet all of the staff, and immerse myself in advocacy.

My charge for the summer was to do as much research as possible and make recommendations for implementing advocacy at Girl Scouts of Nassau County. I spent most of my days reading research from GSUSA, searching the internet for how other organizations engage in advocacy, speaking with Girl Scouts, and connecting with other Girl Scout councils. However, I was also given the opportunity to attend Board Meetings, fundraising events, summer camp, and Girl Scout programs throughout Nassau County, making my experience truly complete. Although I learned a great deal about Girl Scouts and advocacy, I learned even more about myself and the type of job I would like in the future. I am confident that I can go back to school and face my senior year job search with a better head on my shoulders. I am better able to work with adults, express my opinion, and vocalize my ideas. Unfortunately, I have probably been spoiled by working with the amazing GSNC staff who has offered up their time, resources, and advice to give me the best possible internship!

HOW I SPENT MY Summer Vacation

By Jessica Hancock

The Magic Is Fast Approaching

Winter Wonderland

Long Island's Largest and Brightest Holiday Light Show

Dec. 1 - Dec. 23

Lakeview Ave., Bayport
Visit www.holidaylightshow.org

Are You a Mover and a Shaker?

BE PART OF THE TEAM THAT TAKES GSNC FROM GOOD TO GREAT

2009 Nominating Committee is Now Accepting Referrals

Girl Scouts of Nassau County's Nominating Committee (NomCom) is charged with slating candidates for the elected positions in our Council. The NomCom does its work by soliciting referrals from our membership, as well as from other leaders in the civic and business communities we serve. The NomCom reviews all referrals received, then, based on the needs of the Council, interviews those referrals that appear to best meet the needs of the Council. This year the NomCom will be seeking Members-at-Large and Officers for the Board of Directors, as well as successor members to the NomCom.

Board Members and Officers must agree to accept fiduciary responsibility for the Council, to serve as stewards of the Council's assets and to set policies that will further the work of Girl Scouts in Nassau County. In addition, Board members also agree to make an annual personal financial contribution to the Council, to assist the Council in developing new resources and to serve as advocates for Girl Scouting.

Members of the NomCom review the leadership needs of the Council, solicit referrals and work to match appropriate individuals to vacancies. NomCom members should be committed to the Mission of Girl Scouts, have strong community connections and be prepared to make confidential decisions.

If you or someone you know is interested in serving Girl Scouts of Nassau County in any of these elected offices, please submit referrals to the Council Nominating Committee. Forms are available at the Service Center and at <http://www.gsnc.org/about/governance.asp>. Candidates will be announced in the spring and an election will take place at the May 13, 2009 Girl Scouts of Nassau County Annual Meeting. Terms begin immediately following that meeting. Continuing for the second year of their term on the Council Nominating Committee are Jacqueline Beder, Thomas Lawrence and Linda Ann Wargo. Serving the first year of a two-year term are Christine Bonczyk, Lisa Burke, Denise Hibbert, Sandra Hoffer, Wanda Jackson and Dr. Adrienne O'Brien.

Congratulations to Lisa Burke who was selected by the NomCom to serve as Chair for the coming year. Lisa served a previous term on the NomCom several years back. The NomCom Chair provides organizational leadership at the meetings, coordinates correspondence with those making referrals to the committee and with those persons who have been referred. The NomCom Chair also serves as a spokesperson for the Committee. Girl Scouts of Nassau County thanks Lisa for her leadership and willingness to serve in this key role for the 2008-2009 year.



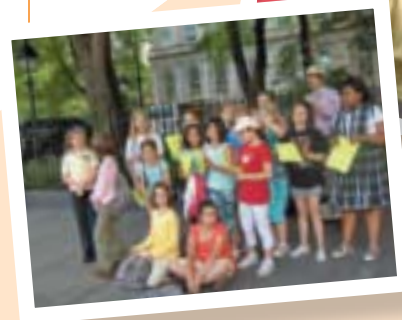
Brooklyn Bridge Bridging Ceremony

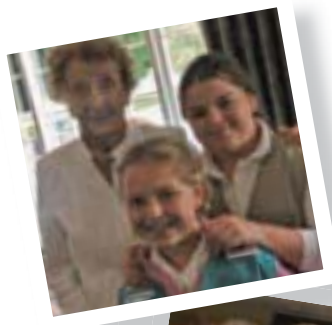
By: Lindsay Haley, Grade 6

When I was first a Daisy Girl Scout, I was looking forward to growing up to be a Cadette Girl Scout. So I was very happy when I found out that I had the opportunity to bridge to Cadettes while walking across the Brooklyn Bridge. This amazing experience made me even more excited to be a Cadette.

While on the Brooklyn Bridge, I discovered how the bridge was made and the different people who helped in the process of building it from my tour guide, Jared. We had a "Silver Key Ceremony" and each new Cadette received a silver key which symbolizes our choice to earn the Girl Scout Silver Award. I am especially looking forward to earning my Silver Award which will bring me a step closer to my Gold Award.

I can't wait to explore, inspect, and grow with my Troop! I am so excited for next year!





MANHASSET

ASSOCIATION

CELEBRATES

80 YEARS!



WE HAD A BALL AT THE MALL

GIRLFEST 2008!

Nearly 1200 Girl Scouts had an afternoon of fun and friendship at Broadway Mall in Hicksville on Sunday, September 21. With dozens of activities to try, a SWAPS area, and a food collection for Island Harvest, our girls were truly able to “Discover, Connect, and Take Action.”

Thanks to all the troops and organizations that provided activities for the girls, and a special “THANKS” to our volunteer committee:

- Cynthia Friedman, Floral Park/Bellerose/Stewart Manor
- Denise Voda, West Hempstead/Franklin Square
- Joanne Meyer-Jendras, Garden City
- Laura Dean, Island Beach
- Linda Melaccio, East Meadow
- Linda Wargo, Plainedge
- Susan Cannatella, Manhasset
- Yasmin Young-Wells, Baldwin
- Jo-Lynn Tripp, West Hempstead/Franklin Square
- Pat Hickey, ELLM

We're also extending a big “THANK YOU” to our Program Intern, Cassie Rowan, and to our host, Broadway Mall in Hicksville, and their Marketing Director, Trish Ketelsen.



LEARN ABOUT RELIGIOUS AWARDS AND

Assemble a Puzzle Patch

Learn about religious awards through the TO SERVE GOD PUZZLE PATCH program. The requirements for the Puzzle Patch are simple: girls and adults must learn about religious awards (by making or attending a presentation) and make a commitment to continued learning. Details, sample scripts and other presentation materials are available at www.praypub.org. If you are earning the Puzzle Patch for the first time, you can purchase the anchor patch (which has a picture of a kneeling Girl Scout). If you already have the anchor patch, then the current segment for this year is the eagle soaring high.



If you have questions, visit the P.R.A.Y. website or call 1-800-933-7729. Girls may subsequently decide to complete the requirements for one of the Religious Awards of their own faith.

To learn more about all Religious Awards available for girls and adults, visit the P.R.A.Y. website at www.praypub.org/recognitions/girlscout.htm. We have local contact information for:

Catholic awards...Austin Cannon at 516.678.5800 ext. 245

Jewish Awards... Amanda Lev at 516.542.1330

If you would like to become a local contact for/or representative of one of the many other faiths represented in Nassau County, please contact Joyce Wagner: 516.741.2550 ext. 225 or email wagnerj@gsnc.org.

Leader note: While GSUSA approves the religious awards for display on the front of Girl Scout uniforms, they are faith-specific and should be worked on separately from your regular Girl Scout Troop meetings.

IT'S YOUR WORLD — CHANGE IT!

NOW AVAILABLE: The new books for girls that are part of the “It’s Your World-Change It!” series. This Leadership Journey features one new book for each grade level in Girl Scouting and new official awards. The JOURNEY books contain stories and inspirational material; Girl Scout history, traditions, and values; and facts and games. Each book invites girls to Take Action on an issue they care about. Note to Adults: The “how to” books that correspond to each level offer plenty of support, including sample sessions tailored to the girls’ needs in carrying out this Leadership Experience.



What about girls who aren’t in a Girl Scout Troop this year? Girl Scouts who are on their own and the adults who guide them, can complete many components of the JOURNEYS on their own. However, they are encouraged to network with other Girl Scouts in their communities to ensure their Leadership Experience incorporates the process of cooperative learning. Having discussion and sharing experiences with others enriches the JOURNEYS and provides opportunities to increase team-building and networking skills. Arrange to meet with other Girl Scouts before or after games/practices/activities, (or recruit some of your teammates or friends who would enjoy participating in the JOURNEY).

What about the Girl Scout Bronze, Silver and Gold Awards? Girl Scouts of the USA anticipates making new requirements for these awards available online in spring 2009. In the 2008-2009 Membership Year, girls may earn the Girl Scout Bronze, Silver or Gold Awards following existing guidelines (recommended for girls who will be moving to a new level in fall, 2009) OR they may complete the It’s Your World-Change It! journey and, upon release of the new guidelines in spring 2009, begin work toward the Girl Scout Bronze, Silver, or Gold Award (recommended for girls who are in their first year of the level).

The new JOURNEY has been intentionally designed to engage girls in critical thinking processes related to identifying and researching issues they care about, developing community networks and creating/implementing plans to take action. In the future, GSUSA anticipates that laying this groundwork will satisfy the prerequisites for each corresponding grade level award, and that girls who chose to do so will then complete the awards.

What about Bridging? Daisy to Brownie: If you have girls who are in first grade that have already completed the Bridge to Brownies process, they can still work on the JOURNEY appropriate for their age (Welcome to the Daisy Garden). The story, the characters and the Take Action project are more appropriate for their age than the Brownie Quest. Transition for other levels: if girls were unable to complete the Bridging, they can do so as they learn about the new level in the first few meetings. For Girl Scout Ambassadors the Bridging Award will be available in spring 2009, and girls who begin the Ambassador level in fall 2008 may earn this award retroactively.

What about all the other Badges, Interest Projects, Daisy Petals, Try-Its, Studio 2B Awards and Council Patches? Earning badges is an important tradition in Girl Scouting and it is here to stay! Girls can continue choosing and earning recognitions that represent their varied interests. As girls and adults gain experience with the elements of the Girl Scout Leadership Experience, they will become better able to integrate the Discover, Connect and Take Action leadership keys into all activities. Over the next few years, GSUSA will evaluate and update badges. As new/refreshed badges become available and “old” badges are phased out, girls will have time to transition so as not to “lose out” on activities they have begun or planned.

Will there be other JOURNEYS? GSUSA plans to have three LEADERSHIP JOURNEYS for every grade level by 2010, releasing the second JOURNEY in 2009 and the third in 2010.



What weighs 9221 pounds?

Answer: The amount of food collected last year by 100 Girl Scouts Troops on “Make A Difference Day.”

This year we want to surpass that amount. Help us do it by holding a “KIDS-4-KIDS” FOOD COLLECTION as one of your Troop or Association activities during the month of October. Bring the food your Troop collected to the Service Center on Saturday, October 25, 2008, “MAKE A DIFFERENCE DAY” from 10:00 am to 3:00 pm.

Need some ideas on how to plan a food drive? Visit the Community Service page on our website, www.gsnc.org to see the Kids-4-Kids food drive tool kit.

We made a difference in 2007. We can make a bigger difference in 2008.



YES I CAN!

East Norwich/Oyster Bay, NY. As part of its Girl Scout Silver Award community project entitled, YES I CAN, Girl Scout Cadette Troop 203 raised money to support their community service project for children with cancer who stay at Schneider Children's Hospital. The girls collected redeemable cans/bottles and turned them in for the 5 cent deposit.

They raised enough money to help purchase items on the hospital's wish list, which was compiled by children undergoing cancer treatment. The girls solicited local restaurants and businesses for their "empties," which the girls picked up weekly. By redeeming 8,000 empty cans/bottles the girls collected over \$400.

On June 12, 2008, in a push to collect even more, the Troop held a small YES I CAN Carnival. At the event there was a large

Disney "Cars" inflatable slide, a huge Wacky World obstacle course, free popcorn, cotton candy, and music. The admission fee was only an empty redeemable soda can or bottle. The two hour event raised \$100 more.

Troop 203 completed their Silver Award project in June, but they hope to pass on the YES I CAN project to another Cadette Troop so that the children at Schneider Children's Hospital will continue to reap the benefits of the YES I CAN project.



Just for Girls

My name is Mackenzie Lowry and I am 13 years old. I wrote an essay regarding diversity for a Girl Scout Global Citizen contest and I was one of the 12 winners selected out of over 100 entries. The prize was an all expense paid trip to Washington DC, and it was a great experience.

I met so many other girls from all different states and I learned how different things are outside of New York, where I live. I learned about these different girls who were all linked together by one thing: Girl Scouts. They were all great people. I made friendships that will last a lifetime and I really enjoyed our chaperones, too. Even our bus driver was great!

When in DC, I saw a lot of historical places and museums. Most were very interesting. All were very memorable. We also saw a bunch of memorials and they were beautiful, but very sad. It gave me an idea of how many people really were hurt or killed in the wars we fought. Other experiences, like the Spy Museum, were not as depressing. In fact, they were fun and educational.

Overall, my Washington, DC experience was an excellent one and I will always keep the memories and experiences close to my heart.



Mackenzie is pictured in the floral dress to the left of the life ring.

16

Have you dreamed of

LIVING IN LONDON, TOKYO, PARIS OR BUENOS AIRES?

You can! The Rotary Youth Exchange Program offers several ways for you to live in another country. Girl Scouts of Nassau County and Rotary District 7250 have partnered to bring you this unique program.

Find out how you can become an unofficial ambassador for Rotary, Girl Scouts, and your country and bring the world closer together while making lifelong friends.

- Who:** Individual Girls, Age 14-17
- When:** Tuesday, November 25, 2008
7:00 pm to 8:30 pm
- Where:** Girl Scouts of Nassau County
Service Center, 110 Ring Road West,
Garden City, NY 11530



For questions and to register for this information night, contact Donna Rivera-Downey at 516.741.2550 ext. 260 or Email riverad@gsnc.org

Important: Parents/Guardians are encouraged to attend with their daughters.



Summer 2008 was a time of fun, friends, and sunshine for our Girl Scout summer campers. Whether our campers were with us for a week or stayed all summer, everyone had the opportunity to make new friends, build independence and self-reliance, learn new skills, and gain confidence. Many of our campers have very hectic schedules during the school year, and Summer Camps give them time to make friends, relax, and even daydream.



One of our Blue Bay campers said it best "... (Camp Blue Bay) made me realize that you can be friends with anybody. I felt free; I broke out of my shell."

Summer Camp 2008!



Our Summer Fun Day Campers at Wantagh and Cantiague Parks played games, sang songs, and explored their creative sides with a variety of arts and crafts projects. Afternoons were reserved for pool time, with lots of opportunities to keep cool. Miss Kathy at Cantiague and Miss Terry at Wantagh made sure that all of our campers had fun in a safe, well-supervised environment.



At our Camp Blue Bay Resident Camp, girls got to spend time living outdoors at our beautiful wooded camp in East Hampton. They developed their creative abilities, learned about nature, (and learned about themselves) as they developed their leadership abilities and gained important life skills. Camp Director Catherine Mottola and her staff once again provided our Blue Bay campers with a summer to remember.

Do you want your daughter to experience our summer camps? Watch for our 2009 summer camp brochure (to be mailed in January), or check our website www.gsnc.org.





Girl Scout Leadership Experience

EXPERIENCE

Even at the youngest ages in Girl Scouting, girls can gain leadership skills they will carry with them throughout their lives. The Girl Scout focus on leadership shows girls that they are leaders right now, and can continue to be at every stage of life. We believe that when women are leaders in our world, positive results are achieved.

In the new Girl Scout Leadership Experience, activities are organized around three Leadership Keys—**DISCOVER, CONNECT, and TAKE ACTION**. Every Girl Scout program delivered to girls of each age group, will have action components based on these three Leadership Keys. The focus on leadership development will start to build a consistent experience for girls across the country.

Do the terms Journeys, Pathways, New Girl Scout Leadership Experience, and Transforming Leadership have your head spinning? Let us help you sort everything out and get ready for the new Girl Scout year. Training has changed for the upcoming year. Age Level courses have all been rolled into one class! To be consistent with other councils around the United States, Girl Scouts of Nassau County is replacing our current Basics and age level training with the following GSUSA learning modules:

GSUSA Volunteer Online Orientation (New Leaders should do this first. This class was previously called “Basics.”) You will need to pick up a Volunteer Orientation Packet from our Service Center prior to taking this online session.

Leadership Essentials Course. This new course will be offered at Girl Scouts of Nassau County beginning in November. The focus of this training is what a volunteer needs to effectively facilitate the Girl Scout Leadership Experience. Participants will learn the three Leadership Keys, and how to use girl and adult Journey resources to support the delivery of the new leadership model. Adults will explore ways to facilitate activities that are Girl-Led and that incorporate Learning-by-Doing, and Cooperative Learning, and the value of inner leadership practices for themselves and the girls.

What are the Leadership Keys and how can you apply them in your work with the girls?

DISCOVER: Girls understand themselves and their values and use their knowledge and skills to explore the world.

CONNECT: Girls care about, inspire, and “team” with others locally and globally.

TAKE ACTION: Girls act to make the world a better place.

Take a look at the Girl Scout Leadership Model from **RIGHT TO LEFT**.

Start with the Long Term Outcome. What does the long term outcome remind you of? (Does it sound like the Girl Scout Mission?)

To reach the final Outcome, there are 15 **short term and intermediate outcomes** with indicators that will help us measure the benefits that girls receive from the Girl Scout Leadership Experience.



Just as important as the activities are the Processes: **Girl-Led, Learning-by-Doing** and **Cooperative Learning**. In Girl Scouting, it's not just “what girls do” (activities), but “how” (processes) they do those activities. When used together, these processes—**Girl-Led, Cooperative Learning, and Learning-by-Doing**—ensure the quality and promote the fun and friendship so integral to Girl Scouting.

What does Girl-Led mean to you?

Girl-led is just what it sounds like—girls play an active part in figuring out the what, where, when, how, and why of their activities. They lead the planning and decision-making.

What is Learning-by-Doing? A hands-on learning process that engages girls in continuous cycles of action and reflection that result in a deeper understanding of concepts and mastery of practical skills.

What about Cooperative Learning? Through cooperative learning, girls work together toward shared goals in an atmosphere of respect and collaboration that encourages the sharing of skills, knowledge, and learning. Working together in all-girl environments also encourages girls to feel powerful, and emotionally and physically safe, and it allows them to experience a sense of belonging, even in the most diverse groups.

Are you ready to take the Journey? Stay tuned to our website, visit our Resource Room, and speak with Staff and YOU WILL BE READY! We are here to help!”



Outdoor Education



Trip Training What is a Girl Scout Trip and how do you get ready for it? The Trip Training course will prepare leaders and trip coordinators to bring their Troops/Groups on any Girl Scout trip or activity. Participants will become familiar with GSUSA Safety-Wise, GSNC Policies, Guidelines and Standards, budgeting, timing, transportation and other topics, so that the event is fun and safe for all. Please Note: Trip Training is a pre-require for Outdoor Camp Training

- 08-534 September 15, 2008, 7:15-10 p.m.
- 08-535 October 28, 2008, 7:15-10 p.m.
- 09-530 January 14, 2009, 7:15-10 p.m.
- 09-531 March 11 2009, 7:15-10 p.m.
- 09-532 March 24 2009, 7:15-10 p.m.

Outdoor Education Girl Scouts of Nassau County provides Outdoor Education courses to help Girl Scout volunteers prepare themselves to help girls to enjoy outdoor experiences together. Training will introduce progression in the out-of-doors, review camp facilities and provide basic skills for outdoor program. Under the guidance of trained and enthusiastic adults, girls may take their first hike, build their first campfire and sleep under the stars for the first time.

TWO WAYS TO PARTICIPATE:

Option 1 — (Two evening sessions and one overnight at camp)
Would need to register for: Trip Training, Overnight Pre-plan & Mandatory Overnight
Individual classes must be taken in sequence

Daycare for your school-age children will be available during the Mandatory Overnight. All children attending will take part in a specially designed camp program during the day, while the adults participate in training. Parents and children will enjoy dinner, evening program and overnight accommodations together. Cost per child will be \$15.00, includes lunch and program fees. If you are interested in taking advantage of this new opportunity, be sure to include the children's names, ages and program fees with your registration form. Space for children is limited and will be assigned on a first come first served basis.

- Overnight Pre-plan:**
- 09-510 April 1 2009, 7-10 p.m.
 - 09-511 April 7, 2009, 7-10 p.m.
 - 09-512 April 21, 2009, 7-10 p.m.
- Mandatory Overnight**
- 09-557 May 2-3, 2009, 8 a.m. Sat – 1 p.m. Sun

Option 2 — (All-in-One weekend Friday through Sunday at Camp)
Would need to register for: All-in-One Camp Training

Please note this course will include Trip Training, Overnight Pre-plan and Mandatory Overnight and has a fee of \$20 per person. Daycare is not available during this weekend.

- All-in-One Training**
- 09-560 Spring 2009, TBD, 6 p.m. Fri – 1 p.m. Sun

Camp Update Camp guidelines, procedures and program change. Your camping skills must be updated every three years to enable you to take girls camping. The Camp Update course will review skills, provide up-to-date information on camp materials used, ecology and environmental guidelines. (Required every three years to keep certification current.)

- 08-552 September 23, 2008, 7:30-9 p.m.
- 08-553 December 9, 2008, 7:30-9 p.m.
- 09-550 March 16, 2009, 7:30-9 p.m.
- 08-551 May 5, 2009, 7:30-9 p.m.



East Atlantic Beach, NY. Troop 2208, Island Beach Association, celebrated the end of another great year and its last as a Brownie Troop. We had a wonderful flag ceremony right on the beach (with many smiling spectators), complete with the Girl Scout Promise, Girl Scout Law and "God Bless America." The girls collected shells and swam. We even had a "huge" pizza delivery that was paid for with our "Cookie" rebate.



What's Eating You?

...continued from page 5

- High level of weight concerns before age 14
- High level of perceived stress
- Perfectionism
- History of dieting
- Low self-esteem
- Shy or anxious
- Loss, tragedy or extreme change

An eating disorder is a serious, life-threatening illness requiring professional help.

If you suspect a friend or loved one may have an eating disorder, express your concern and go with them for help. Seek a nutritionist or therapist who specializes in eating disorders. Information, support and treatment referrals can be found on the website:

www.nationaleatingdisorders.org

Bonnie Witley, Certified Nutritionist, President, Weigh to Health Inc. 516.527.6992

Girl Scouts of Nassau County, Inc.

110 Ring Road West
Garden City, NY 11530-3296

*If you receive more than one copy,
please share it with a friend.*

*Postmaster: send address changes
to Girl Scouts of Nassau County at
above address*



DATES to remember

- October 18-20 **Oktoberfest Weekend**
at Camp Blue Bay in East Hampton
- October 25 **Make a Difference Day**
- October 28 **Annual Luncheon**
Garden City Hotel
- October 30-November 2 **Girl Scout National Council
Session/51st Convention**
Indianapolis, IN
- October 31 **Juliette Low's Birthday**
- November 3 **Fall Product Program ends**
- November 4 **Election Day**
- December 1 **Deadline for submission of nominations
for Adult Recognitions (see page 11)**
- December 15 **2007 Cookie Credits EXPIRE**
- January 10 **Cookie Program begins**

WWW's to Visit

www.goodsearch.com

*is a Yahoo-powered
search engine that
donates half its
advertising revenue to
the charities its users
designate, ie: Girl Scouts
of Nassau County!*



Girl Scouts.

GirlFriends is published four times a year in
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Affirmative Action Agency, is a member of Long Island's United Way,
Five Towns Community Chest, United Community Fund of Great Neck
and North New Hyde Park, Manhasset Community Fund, and
The Community Chest of Port Washington.



*Here is a photo of
Daisy Troop 1377 during movie
night at Eisenhower Park.*

troop clicks

We watched "Shrek the Third."

*The girls have turned their
tongues green to show how
much they love Shrek.*