

## Girl Scouts benefit from outdoor experiences

by Karyn L Martin, PhD

Why do we go outside? Relaxation, restorative time, and physical challenge come to mind. For many Girl Scout alumnae, Girl Scouting is the place where we first had time in nature; learned to build a fire; first paddled out into the wilderness, and where we first prepared ourselves to face life's challenges. Most of us have a great camping story - of when the tent collapsed; or that "bear" outside that was really a skunk; or when the spaghetti caught fire instead of boiling.

Girl Scout research confirms what we already know - for most Girl Scout alumnae, Girl Scouting was our first opportunity to try something new in the outdoors, where we took our first steps as leaders and decision makers, and the place we first envisioned our futures. What was true for us is true for our girls now, and is ever more important to our girls who are facing overuse of electronics, nature deficit, and fear of violence.

Girl Scouts is proven to get girls outdoors; 97 percent of Girl Scouts said that they had done at least one outdoor activity in Girl Scouts during the last year; and camping and volunteering for causes related to the environment top their list. Half these girls said that Girl Scouts provided them with opportunities to experience the outdoors in ways they could not have otherwise, and 75 percent said that Girl Scouts gave them the chance to build their outdoor skills or try new outdoor activities.

Girl Scouts offers girls-only outdoor



Girls at Camp Farnsworth play a game of GaGa Ball. (GSGWM)

experiences in open spaces where they are able to be messy, make noise, and move in more physically intense ways, which creates foundations for physically active lifestyles and general health. Time outdoors provides novelty and challenge, which enhance leadership skills. Outdoor experiences place girls in new physical, psychological, and social situations that motivate curiosity and foster a sense of discovery. Authentic challenges in nature require girls to become more self-aware and to cooperate, communicate, and solve problems more effectively.

As Girl Scout supporters and alumnae, one of our responsibilities is to share the story of girls' outdoor experiences. Enjoyment is typically thought to involve three components—engaging in an activity, experiencing positive emotions such as contentment or satisfaction, and feeling fulfilled. Girls often

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### CAMP 2018 BY THE NUMBERS:

- 1526 unique campers enjoyed 2425 camper weeks at a GSGWM summer camp.
- 53 girls attended both a GSGWM day camp and a GSGWM resident camp.

#### **Among day campers this summer:**

- 91% reported feeling welcomed and comfortable all the time at camp
- 85% explored nature and the outdoors every day at camp
- 81% improved their outdoor skills in whittling, fire building, orienteering, and outdoor cooking.

#### **Among resident campers this summer:**

- 87% reported feeling supported by other girls at camp
- 80% made a new friend at camp
- 78% made a choice or decision for herself every day at camp

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### **For More Information**

To donate to Girl Scouts of the Green and White Mountains, visit:

[girlscoutsgwm.org/Donate](http://girlscoutsgwm.org/Donate).

To learn more, contact the Advancement office by emailing

[advancement@girlscoutsgwm.org](mailto:advancement@girlscoutsgwm.org).

or calling 888-474-9686.

## **Girl Scouts benefit from outdoor experiences**

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describe this complex blend of activity and emotion in simpler terms - as being “fun.”

However, when girls elaborate past “fun,” we hear them describe authentic problem-solving while starting a fire in the rain, or negotiating a set of whitewater rapids; or true challenge-seeking while contemplating a zip line or backpacking for a weekend. Taking a healthy risk like dealing with spiders, or taking the chance that others will judge you when you try a physically awkward activity, like rock climbing, cultivates challenge-seeking skills and leadership growth. These authentic challenges in the outdoors tell a much deeper story; they are physical and cognitive challenges that require our Girl Scouts to become more self-aware and to cooperate, communicate, and solve problems.

We are responsible to counter the increased technology use, structured activities, and parental protectiveness that prevents our girls from spending time outdoors. We must take up leadership so that our girls, through Girl Scouting, have

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***“Camp is her chance to engage with other girls and to have some independent, outdoor activities.”***

Day camp parent, 2018

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opportunities to experience authentic challenges. Girl Scouts needs adults, alumni, volunteers, and supporters, who encourage and promote outdoor experiences, and who share their stories of authentic challenge-seeking to others.

Girl Scouts gives girls a chance to explore new challenges in the outdoors without fear that others will judge them, and is thus uniquely positioned to provide girls the benefits of outdoor experiences—especially those less than perfect experiences that lead to greater challenge seeking of their own.

For more information about Girl Scouts and the out-of-doors, check out “More than S’mores: Successes and Surprises in Girl Scouts’ Outdoor Experiences” at <https://www.girlscouts.org/en/about-girl-scouts/research.html>.



Girls at Camp Farnsworth had fun using paddleboards at the waterfront. Girl Scouting gives girls the chance to take healthy risks and challenge themselves. (GSGWM)



# Welcome to The Trailblazer



Dear friends,

I remember my first time at Girl Scout camp. We hiked along the muddy water's edge looking for animal tracks. It was very exciting

to identify deer, raccoon, otter and squirrel tracks and try to guess what they were doing from the trails that they made. Each girl chose their favorite track and we made plaster molds that we could bring home to share. Decades later, mine still sits in a prime location in my mother's cabinet - right next to the duck I later carved and the pinch pot I proudly made!

For me, Girl Scout camp has always been a place of friendships, trying new experiences and honoring traditions, and connecting with the natural world around us. Our camps are treasured places where thousands of girls have made new friends and reconnected with old; where they shot their first arrow or paddled their first canoe; and where they found strength and support to overcome challenges such as homesickness.

Whether a girl's first night away from family and home or yet another summer of adventure for a seasoned camper, Girl Scout camp provides a unique and powerful experience where girls leave stronger, more courageous, and more in touch with the natural world. Girl Scout camp is a safe place for girls to take on appropriate challenges and where they foster team-building and delight in mischief.

This issue of The Trailblazer is an homage to our tremendously successful camps and outdoor programs, to the volunteers and alumnae who keep coming back, and to our supporters who made it possible for so many girls to go to camp this summer, girls who would not have been able to go otherwise. Thank you. We are so grateful for your support and friendship. I hope to see you at the 110th anniversary celebration of Camp Farnsworth in August 2019!

Yours in Girl Scouting,

Tricia Mellor  
Chief Executive Officer, GSGWM  
Gold Award Girl Scout

## Save the Date

### G.I.R.L. Expo

October 13, 2018

NH Sportsplex, Bedford, NH

The G.I.R.L. Expo focuses on "everything exciting for girls" including hands-on activities, STEM, Outdoors, and Take Action interactive zones, exhibitors, fun workshops, live stage shows, raffles and more! Tickets are now on sale and the event is open to the public. If you, your company, or someone you know would like to be a part of G.I.R.L. Expo, contact us to learn about all the ways you can participate! Learn more by visiting [girlscoutsgwm.org/GirlExpo](http://girlscoutsgwm.org/GirlExpo).

### Young Women of Distinction

November 11, 2018

Grappone Conference Center,  
Concord, NH

The Young Women of Distinction event honors girls who have earned our highest awards, including the Girl Scout Gold Award. We honor the Go-Getters, Innovators, Risk-Takers, and Leaders who stand out and show how Girl Scouts changes the world! Alumnae who are highest award recipients are invited to join us and be honored as well.

### Camp Farnsworth 110<sup>th</sup> Anniversary Celebration

August 3, 2019

Camp Farnsworth, Thetford, VT

Come and enjoy Camp Farnsworth's rich history with Girl Scouts and camp alums. Tour the camp, partake in the flag ceremony, paddle a canoe across the lake, swim in the pool, and try out the new Camp Farnsworth history patch program. There will be activities for all ages, ceremonies to celebrate the history of camp, and a decade's worth of camp photos.

## LinkedIn/Girl Scout Network

We want to stay connected with you! The GSGWM LinkedIn page is a great way to network with other alums, stay on top of council news and reconnect with alums from the past and help new alums expand their reach. LinkedIn promotes women's empowerment, leadership and advancement. Grow your professional network and share your Girl Scout experiences with new alums to support and help them prepare to lead. Join us at [www.linkedin.com/company/girlscoutsgwm/](http://www.linkedin.com/company/girlscoutsgwm/) and click the follow button. Expand your network fur-

ther and follow the Girl Scout Network at [www.linkedin.com/company/girlscoutnetwork/](http://www.linkedin.com/company/girlscoutnetwork/).



# Congresswoman Carol Shea-Porter visits Girl Scouts of the Green and White Mountains

*Shea-Porter encourages Girl Scouts at Star Party to stay involved in STEM*

Girl Scouts of the Green and White Mountains hosted a visit from Congresswoman Carol Shea-Porter during a Star Party advocating for girls in STEM, at the council's office August 16.

"I absolutely love the Girl Scouts," she said, who noted that her own daughter was a Girl Scout. "Girls and STEM go together," she said.

The Star Party brought about two dozen Girl Scouts of all ages together to learn about space science while having fun at the same time. They made paper mobiles of the solar system, rockets that were propelled by a breath of air, flip books that showed the phases of the moon, and more. One demonstration showed how many layers there are in our atmosphere, by layering liquids with different densities in a jar. All activities integrate crucial elements of STEM learning.

Junior Girl Scout Holly Emery said she liked the edible constellations made from pretzel sticks and marshmallows,



Ambassador Isabel Young helps Daisy Sophia Hammond make her UFO from a CD. (GSGWM)



Top photo: U.S. Congresswoman Carol Shea-Porter of New Hampshire joined GSGWM CEO Patricia Mellor at a Star Party on August 16 at the council office. She talked with girls and encouraged their interest in STEM and space exploration. (GSGWM)

and found the astronaut box interesting, where girls manipulated objects in a mock-space laboratory by putting their hands through gloves in the side.

Shea-Porter had just returned from a trip to the Jet Propulsion Laboratory in California, and talked with the girls about how they are working on a mission to Mars, and how women continue to play an integral role in today's astronaut program.

Girl Scouts of the USA recently released 30 new badges and two new Journeys for girls to explore engineering, robotics, space science, environmental stewardship and more.

Girl Scouts of the Green and White Mountains was chosen to pilot the Reaching for the Stars program through a partnership with the SETI Institute and NASA's Space Mission Directorate.

"Girl Scouts continues its tradition of

challenging stereotypes and providing girls of all ages with interactive programming," said Patricia Mellor, GSGWM CEO. "For more than 100 years, our program and badges have provided girls with opportunities to try new things and explore the world, and stars, around them. We are proud that nearly every female who has flown in space was a Girl Scout. By offering Star Parties and the Reaching for the Stars program, we continue our success in developing leaders in STEM."

Whether making gooey slime with her troop or programming her own robot, Girl Scouts is where girls stretch their STEM skills and live the G.I.R.L. (Go-getter, Innovator, Risk-taker, Leader)<sup>TM</sup> philosophy. Girl Scouts of the Green and White Mountains is happy to have the support of Congresswoman Shea-Porter in its efforts to build girls of courage, confidence and character, who strive to make the world a better place.



# Farnsworth Weekend kicks off 110th Anniversary

Farnsworth Weekend is our annual fall training and R&R weekend at Camp Farnsworth in Thetford, VT. This year, nearly 200 volunteers, alumnae, and older girl members came together to learn new skills and activities, get in some training, kick off the 110th anniversary year of the camp, and enjoy each other's company in the outdoors. During the Torchbearer ceremony, volunteer Jesse Pacht was honored for his many contributions to Girl Scouts, and Camp Farnsworth in particular, over the years. Before it was known as Farnsworth, our camp was called Hanoum and we welcomed Marjorie Adams, who first camped at Hanoum some 60 years ago! Welcome back, Marjorie!

2019 will mark Camp Farnsworth's 110th year in operation as a camp. In honor of our beloved camp and the thousands of girls who have hiked the trails, paddled through the waters, and slept under the stars, there are several opportunities to make a "birthday gift" to Farnsworth.

1. 2019 Campership Fund
2. Keushk Fireplace Restoration and Memorial Patio Project
3. Camp Endowment Fund

For more information about how to contribute to the celebration, visit [girlscoutsgwm.org/farnsworth110](http://girlscoutsgwm.org/farnsworth110).



Volunteers show off stools they made in Woodworking. (GSGWM)



Torchbearer Jesse Pacht demonstrates one of his pie irons in his Fun with Pie Irons workshop. (GSGWM)



Volunteers participated in several different workshops, including Water Aerobics (top), Painting (middle), and even caught some fish as part of Let's Go Fishing as part of a program presented by Vermont Fish and Wildlife (bottom). (GSGWM)



Archery was another popular workshop option. (GSGWM)



Ambassador Girl Scout Julia Tilton presented her A Mindful Girl Patch Program for volunteers to share with their girls. The patch is part of her Gold Award Project. (GSGWM)

## Patch program to celebrate the history of Camp Farnsworth

In anticipation of Camp Farnsworth's 110th birthday celebration on August 3, 2019, the Outdoor program team is seeking interested volunteers to work together on a patch program. The program would walk Girl Scouts of all ages around Camp Farnsworth and through activities and discovery, participants would learn the rich history of the camp and the girls who have camped there for 110 years. Volunteers are needed to design the patch, the steps of the patch program, and bring the history to life. Contact Customer Care at [customer care@girlscoutsgwm.org](mailto:customer care@girlscoutsgwm.org) or 888-474-9686 to volunteer.



# Thank you to our Campership supporters

On behalf of everyone at Girl Scouts of the Green and White Mountains, we want to express our deep gratitude for the support of our campership program this year. Outdoor programming is one of the most powerful ways for girls to grow their leadership skills and, thanks to supporters like you, we can ensure that every girl who wants to participate in these programs can do so, regardless of her family's financial circumstances.

Girls who attend Girl Scout summer camp come back changed, having learned about personal empowerment, relationship building, healthy living skills, and environmental stewardship. This year was no exception, with Girl Scouts of the Green and White Mountains' summer programs far exceeding expectations, not just in terms of numbers of girls served, but also because of the quality and power of the programming offered.

We have already begun to build plans for next year's camps based on what girls want most. At three of our camp properties we have begun building low-ropes courses, bouldering walls, and slacklines, with girls reporting their desire to flex their leadership muscles through new and challenging adventure programs.

## How Your Support Made a Difference

Support of the campership program played a key role in the success of summer camp this year. We have long recognized that there is a critical need to increase access to positive outdoor programs for our community's most vulnerable girls. As GSGWM continues to grow service to at-risk and low-income girls through special outreach programs throughout the year, we knew that this year's campership applications would exceed those of previous years, with many families continuing to struggle with meeting basic needs and discretionary income virtually nonexistent. As such, we continued our commitment to providing financial assistance through our campership program, awarding a total of \$45,000 to 170 girls over the course of the 2018 summer season.



Girls have the opportunity to tackle the climbing wall at Camp Farnsworth during resident camp. (GSGWM)

Without campership support, these girls would not have been able to participate in summer camp programs. While research shows that low-income girls report greater benefits from Girl Scouting – especially related to exercise, academics, and learning to recognize their strengths – they have fewer opportunities to access the outdoors than their peers. Your support plays a critical role in our ability to get these girls to summer camp so that they can experience the powerful impacts of positive outdoor programs.

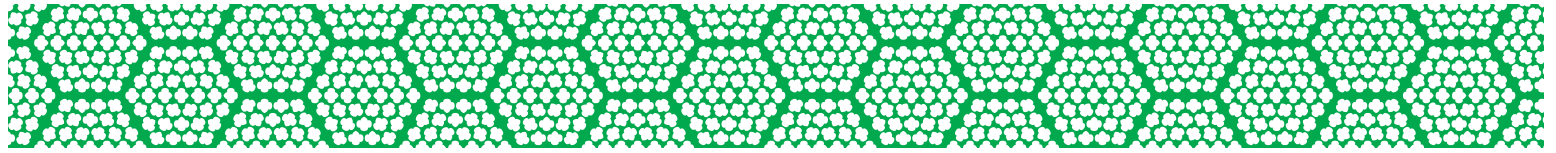
## 2018 Campership Supporters

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 Cpl. Clifford Henderson  
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Girls and their families enjoyed a water slide at Camp Kettleford this summer. (GSGWM)

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 Raymond Whitley  
 Susan Williams  
 Tobra Williams  
 William Wilmoth, Jr.  
 Sally Wood  
 Donoval Young



Campers have fun in the pool at Camp Farnsworth. (GSGWM)

**Thank you, very much, for your continued support of Girl Scouting for vulnerable girls. We are truly grateful.**



## Juliette Gordon Low Society



The Juliette Gordon Low Society (JGLS) was established to thank and honor friends

of Girl Scouting who choose to make Girl Scouts part of their legacies. These individuals seek to ensure that the future needs of girls are met by including Girl Scouts in their estate plans. This planning might include a will, charitable gift annuity, a trust arrangement, a real estate gift, or a life insurance policy.

As part of the JGLS, you will be recognized locally and nationally and as an honored guest at special events and programs hosted by GSGWM and GSUSA, and receive regular updates on how your support is helping to impact girls' lives throughout New Hampshire and Vermont.

If you have already included GSGWM in your plans, or were planning to do so, please contact Director of Advancement, Tricia Casey, at 888-474-9686.

### TIP: CONSIDER GIVING APPRECIATED ASSETS

Funding a gift annuity with appreciated assets, such as securities, will not only provide you with reliable payments for life and allow you to support Girl Scouts' work, but it can offer financial benefits. You will receive a federal income tax charitable deduction (when you itemize) in the year the gift is made and eliminate part of the capital gains tax you would have paid if selling the securities.

## What will your legacy be?

We believe that when girls succeed, so does society.

Whether they're coding a website, planting a rain garden, or running a literacy program, Girl Scouts are unleashing their inner G.I.R.L. (Go-getter, Innovator, Risk-Taker, Leader)<sup>™</sup> to build a better world for all of us, every day.

We need your help to make sure every girl has access to crucial, life-changing, girl-led programming that will launch her into a lifetime of leadership and building positive change—for her, for you, and for all of us.

You can ensure Girl Scouts for generations to come will have the tools to make the world a better place. There are many options from which to choose, and these types of gifts often come with benefits for you as well.

Good news: Gift annuity rates are the highest they've been in years! Increase your retirement income and shape Girl Scouts of the Green and White Mountains' future with a charitable gift annuity.



Girls in the Gossler Park School Outreach troops prepare to bridge to the next age level. (GSGWM)

### How it Works

With a charitable gift annuity, you make a donation using cash, marketable securities or other assets, and we, in turn, pay you a fixed amount for life. With this gift you can boost your retirement income and feel secure because you receive reliable, predictable payments for as long as you live.

Here's an example:

Barbara, 72, transfers \$25,000 in exchange for a charitable gift annuity.

- With the old rates: Barbara received annual payments of \$1,350, a rate of 5.4 percent.
- With the new rates: Barbara receives annual payments of \$1,450, a rate of 5.8 percent.
- This is a payout rate increase of approximately 7.4 percent.

### Additional Benefits

- A partial income tax charitable deduction for your gift when you itemize.
- Part of each payment is income tax-free throughout your estimated life expectancy.

### Request Your Personalized Illustration

We would be happy to send you a free, no-obligation illustration showing you the increased benefits you can receive from a charitable gift annuity. Your personalized illustration will include your potential income tax charitable deduction and our annual payments to you for life.

If you have already named Girl Scouts of the Green and White Mountains as a beneficiary of a life insurance policy, retirement plan, or other asset, please let us know. We want to thank you NOW and ensure that we understand your intentions.