

Gold Award Girl Scout Julia Tilton takes her mindfulness programs around the world

To counter the often anxiety-producing messages of social and other media on young girls, an Amherst, NH, teenager has designed two programs to teach young girls how to discover their own true beauty, identify toxic cultural messages, and manage stress through meditation techniques. Julia Tilton, 17, has earned the Girl Scout Gold Award for her nearly 200 hours of work on this project and has been nominated as a National Gold Award Girl Scout.

The Ambassador Girl Scout and Derbyfield School junior worked with both Girl Scouts of the Green and White Mountains and Girls Inc. to create educational programs to address the link between mental health issues and social media images. Her “gIRL: Girls In Real Life” program was developed as a weeklong after-school curricu-



Gold Award Girl Scout Julia Tilton brought her program, A Mindful Girl, to Pune, India, this past March and found common concerns about how social media can have a negative influence on girls and how they view themselves. (Courtesy Photo)

lum for second- through fifth-graders. She ran that program at the Manchester, New Hampshire, Girls Inc. center twice, with 31 girls participating. It is now being used at Girls Inc. centers throughout New Hampshire and during after-school programming throughout the state.

A Mindful Girl is now a Girl Scout patch program available through Girl Scouts of the Green and White Mountains in New Hampshire and Vermont. To earn the patch, girls complete age-appropriate activities that address the concepts of self-worth, mindfulness, how the media can manipulate images, having healthy friendships, and stopping negative thinking. It can be found at girlscoutsgwm.org/PatchPrograms.

Not only has Julia brought these programs personally to over 2,000 girls in

the past year, she also presented it at Sangam, a World Center operated by World Association of Girl Guides and Girl Scouts in Pune, India, in March. Despite jet lag from a long trip, Julia jumped right into a workshop with 75 girls, ages 13-15, at the Nana Parulekar School.

“Girls were incredibly receptive, and once the workshop was over, I could practically see its impact right before my eyes,” she said. “Many girls stayed to ask for specific advice about applying mindfulness to their daily lives. Upon hearing about the success of this workshop, the director of the organization, Dr. Manda Mune, committed to me that 1,400 girls will complete A Mindful Girl as part of programming run by Green Tara.”

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Julia Tilton (GSGWM)

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For More Information

To donate to Girl Scouts of the Green and White Mountains, visit: girlscoutsgwm.org/donate.

To learn more, contact the Advancement office by emailing advancement@girlscoutsgwm.org or calling 888-474-9686.

Gold Award Girl Scout takes program around world

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While at Sangam, Julia met with women from around the world, including four Girl Scout/Girl Guide leaders from California, Ireland, and the United Kingdom.

The process of creating and refining her project took time, reflection, and input from all involved.

Along with learning new leadership and communication skills, Julia said, "One of the most important lessons I learned from this project was about the value of stepping back and really examining the root issue of a specific problem." It was through her research and talking to experts in the field that she was able to brainstorm solutions and create the curricula for both programs.

Being able to have a positive effect on so many girls was meaningful to Julia. "It is incredible to me that the programs I created now have a legacy of their own, both at Girls Inc. centers throughout my home state, and with Girl Scouts and Girl Guides around the world."

Along the way, Julia has been actively involved with the council as a girl member of the Board of Directors for Girl Scouts of the Green and White Mountains, and has participated as a speaker at the Young Women of Distinction awards ceremony, helped the council create a PSA and recipe videos to promote the sale of Girl Scout cookies, and appeared in a video created by New Hampshire Business Review magazine for the AWE (Advocating for Women's Empowerment) Award presented in February. She previously earned the Girl Scout Bronze Award and Girl Scout Silver Award, and took part in a Girls Rock the Capitol internship.

Julia still has another year to complete to graduate from The Derryfield School in Manchester, NH, but is already well on her way to changing the world for the better. "I am so thrilled that these programs have been able to spread around the world and expose

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Julia Tilton worked with the girls at Girls Inc. on her "gIRL: Girls In Real Life" program last summer. (GSGWM)

Girl Scouts - a global sisterhood



Dear friends,

Before Juliette Low ever founded a Girl Scout troop in Savannah, Georgia, she had already run Girl Guide troops in Scotland and England. The international sisterhood of Girl Scouting and Girl Guiding was very important to Juliette. She was the first American representative on the International Council of Girl Guides and Girl Scouts, the predecessor to WAGGGS. In fact, when she stepped down as the President of Girl Scouts of the USA, Juliette focused her attention on promoting the movement internationally. Juliette hosted the first US International World Camp at Edith Macy Center in 1926, only one year before her death. It was during this camp that participants designated February 22 as World Thinking Day!

Juliette's desire for a global connection remains strong today. Whether you are fortunate to be able to visit one of the 5

World Centers, or celebrate our World Association with local activities, you know that we are all connected by a desire to make our world a better place. Our troops and communities continue to celebrate World Thinking Day and donate to the Juliette Low World Friendship Fund annually. And in the fall of 2020, we have the opportunity to host representatives from another WAGGGS country as they attend an international conference as part of G.I.R.L. 2020 in Orlando.

Today's Trailblazer focuses on Global Girl Scouting. From our unique girl leadership programs, to young adults representing us on the world stage, to our troops and alums traveling overseas, the international connection remains strong. This amazing global sisterhood provides opportunities for friendships and memories that will last a lifetime.

Yours in Girl Scouting and Girl Guiding,

Tricia Mellor
Chief Executive Officer, GSGWM
Gold Award Girl Scout

Save the Date

Camp Farnsworth 110th Birthday 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.

Register: girlscoutsgwm.org/Farnsworth110th

Farnsworth Weekend

September 6-8, 2019
Camp Farnsworth, Thetford, VT

Farnsworth Weekend, held at Camp Farnsworth, is an energizing and informative weekend. Workshops, training, and outdoor activities including hiking, swimming, and archery, are all on deck. You can also come to simply relax and have fun. The weekend is open to all registered adult Girl Scouts and girls in grades 10-12. Look for more information about this event in July.

Young Women of Distinction

November 10, 2019
NOAH's Event Center,
Bedford, 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.

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girls to mindfulness and ideas about true beauty. It is beyond my wildest dreams that girls in India, Fiji, and Europe will all be able to say they have completed a program I created based on an issue I observed in my own community.”

The Girl Scout Gold Award is the most prestigious award in the world for girls, and the most difficult to earn. It shows she has taken on a project in her community that will stand the test of time, have a real and meaningful influence on people's lives, and leave a lasting legacy. Alums who have earned their First Class,

Curved Bar, Golden Eaglet, or Golden Eagle of Merit are all now considered to be Gold Award Girl Scouts.

The National Gold Award Girl Scout is the new name for the National Young Women of Distinction recognition, a change that makes clear that a girl has gone above and beyond with her Gold Award project – one that reflects extraordinary leadership, has a measurable and sustainable impact, and addresses a local challenge related to a national and/or global issue. Each year, 10 exceptionally inspiring Gold Award Girl Scouts are recognized this way. It is the most prestigious award in the world for girls.

WAGGGS advocates for girls in 150 countries

by Martha Manley

The license plate on my car says “WAGGGS”. Occasionally, someone will approach me and ask if I like dogs. I smile and say, “No”, but it does give me an opportunity to explain.

“WAGGGS” is the World Association of Girl Guides and Girl Scouts. It is the largest voluntary movement dedicated to girls and young women in the world, and represents 10 million girls from 150 countries, including the United States. Members of Girl Scouts of the USA are members of WAGGGS. We wear the World Pin on our official uniform to represent this connection.

WAGGGS not only speaks out on behalf of girls and young women everywhere, but also empowers young women to advocate for themselves. Advocacy means influencing people to make decisions that will improve our lives and the lives of others. WAGGGS also supports the national organizations that belong to the World Association.



WAGGGS pin

WORLD TREFOIL

The trefoil, used on the World Badge, is the unifying symbol of WAGGGS with every part of the design having its meaning. The golden trefoil on a bright blue background represents the sun shining over all the children of the world; the three leaves represent the three-fold Promise as originally laid down by the Founder; the base of the stalk represents the flame of the love of humanity; the vein pointing upwards through the center of the Trefoil is the compass needle pointing the way; and



Martha Manley (left) pictured with H.E. Judge Joyce Aluoch 1st VP, the Presidency International Criminal Court, The Hague, and a Kenyan Girl Guide. (Courtesy photo)

the two stars represent the Promise and Law.

PROGRAM INITIATIVES

WAGGGS provides opportunities for girls and young women everywhere to join in project initiatives that will unite them in making the world a better place. World Thinking Day, February 22, is the birthday of both Lord and Lady Baden-Powell, the founders of Girl Guides. On this day we remember and recognize the worldwide movement and our sister Girl Scouts and Guides.

Stop The Violence is an action-based initiative against gender-based violence. It concentrates on breaking the culture of silence and taking action to end it. The Red Pride initiative is based upon the belief that everyone deserves access to safe, affordable/free menstrual products. For all these initiatives, WAGGGS provides training and educational materials to facilitate girl-based action that will enable girls and young women to be agents of change in the world.

YESS Girls Movement (Youth Exchange South to South) is an exchange programme where 35 African young girls visit other Girl Guide Associations in other countries within Africa for 6 months and bring back the strengths, skills and the experiences learnt from

the receiving associations to their home association.

WORLD CENTERS

WAGGGS supports five world centers, where Girl Scouts and Guides can be part of our worldwide culture of “fun, friendship and amazing experiences”. They are places where girls and young women from all backgrounds can spend time together, share their cultures and experiences, enjoy themselves and gain a deeper understanding of the complex global community in which we all live.

The centers provide program activities for self-development seminars, workshops and other opportunities to create social change and celebrate diversity, people and places. Girls can develop their strengths and see what they can achieve.

The centers include Our Chalet in Adelboden, Switzerland; Pax Lodge in London, England; Sangam in Pune, India; Our Cabana in Cuernavaca, Mexico; and Kusafiri is a traveling center, situated in Africa wherever a program is planned.



Young Kenyan Girl Guides. (Courtesy photo)

www.worldcentres.org

Facebook: World Association of Girl Guides and Girl Scouts

Martha Manley is First Vice President of the GSGWM Board of Directors. She was one of 25 alumnae from GSGWM who traveled to Our Chalet and Pax Lodge in April 2019.

Alumnae trip to Europe is a bonding experience

Members visit Girl Scout World Centers in England and Switzerland

For many women, Girl Scouting isn't just a childhood activity – it's a lifelong passion. Through membership in the Alumnae Association of Girl Scouts of the Green and White Mountains, adult Girl Scout members are mentoring girls, going on hikes, volunteering their service, and more. One group of intrepid alums has just returned from a 10-day trip to England and Switzerland, highlighted by stops at Pax Lodge and Our Chalet, World Centers for the World Association of Girl Guides and Girl Scouts (WAGGGS).

Landing in London, the group enjoyed visiting Buckingham and Kensington Palaces, Stonehenge, and the usual tourist spots. Pax Lodge in North London is the international headquarters of WAGGGS. While there, Girl Scout alums from New Hampshire and Vermont participated in a pinning ceremony, along with Girl Scout Troop 20507 from Concord, NH.

After a few days in the United Kingdom, the women were off to Switzerland and Our Chalet, nestled in the breathtaking scenery of the Swiss Alps. This is the first World Centre, where visitors have been coming since 1932. There is even a New England connection to Our Chalet, as construction and three years of operating costs came from Helen Storrow of Boston. The alums spent three nights there, participated in another pinning ceremony, and interacted with a group of Irish Girl Guides. Hiking the Alps in Adelboden, they enjoyed spectacular views and spent time in the local museum. As they left Our Chalet for Zurich, snow fell. Their tour of the historic and picturesque city included walks through "old town" and chocolate shops.



Girl Scout alumnae pose for a photo at Our Chalet, a World Center for the World Association of Girl Guides and Girl Scouts in Switzerland. (Courtesy photo)

Participants ranged in age from 22 to 85, from widely varying professional backgrounds, Girl Scout roles, and current hometowns, but all shared in the specific and powerful common interest of sharing the Girl Scout Experience and making new friends.

"The world is a lot bigger than our current existence," said Patricia Casey, Director of Advancement at Girl Scouts of the Green and White Mountains, describing the unique experience of this trip. "We are part of a worldwide association – millions strong."

Suzanna Brown, a Girl Scout trainer from Milton, Vermont, is an experienced business traveler, but this trip with a large group of Girl Scout alums was a change for her. "It was fun to get to know people in a totally different way," she said. She made a new connection with another trainer from New Hampshire, and enjoyed the trip for its unique Girl Scout experience.

Pax Lodge was more like a hostel than Our Chalet, she said, which offered

dormitory and small group accommodations. "Our Chalet did things to make everybody get to know each other, a big Girl Scout family. You have to work together and do things together." She noted that travelers should be aware that there is a lot of walking on steep ground to get around at some of the locations. She said a trip highlight for her was attending a candlelight vigil at Westminster Cathedral in London, as well as just seeing the countryside, which reminded her of Vermont.

The trip is a first for the Alumnae Association but doubtless not the last. The association, now just over a year old, has planned or hosted a variety of activities for its membership, including museum tours, pie-iron outdoor cooking nights, learning to make cheese, service projects, and more. Any adult who's ever been a Girl Scout is eligible to be part of the GSGWM Alumnae Association. To find out more, visit girlscoutsgwm.org/Alumnae.

Local Girl Scout chosen for leadership conference

When it comes to offering girls the best leadership development program in the world – Girl Scouting – some volunteers will travel across the globe. Alexandra Plack, 27, of Manchester, has been chosen to participate in this year’s Juliette Low Seminar, and she’s making a trip to Peru this fall to do it.

The seminar is an international leadership development program in which participants spend a week with their peers in Girl Scouting and Girl Guiding, exploring ways to break gender barriers to leadership, developing their own leadership practice, and creating a plan to reach 100 girls in their local area while enjoying the adventure of a lifetime.

Participants must be between 18 and



Alexandra Plack of Manchester, NH, will travel to Peru in the fall for the Juliette Low Seminar. (Courtesy Photo)

30 years old. There will be up to 1,000 people chosen from around the world, meeting in 20 locations November

14-20. It is based on the World Association of Girl Guides and Girl Scouts (WAGGGS) leadership model, and involves educational workshops and group learning, plus adventure challenges and chances to experience the local culture and environment, as well as connect with the community.

“I’m hoping I can create some kind of presentation,” said Plack, who’s looking forward to improving her leadership skills in general. “Maybe I can bring new ideas.”

Plack is an assistant with Manchester Brownie/Junior Girl Scout Troop 51793.

When Plack is not busy traveling or helping her Girl Scout troop, she is a resource specialist at Wilson Employment Networks in Concord.

Encouraging girls to create a better world for all

It’s no secret that Girl Scouting gives girls a global perspective. Whether engaging in a service project with their local troop to make dresses for girls in Haiti, learning about the Ungava Inuit people of Northern Canada by listening to their folktales, or working alongside caretakers in China at one of the most progressive panda centers in the world, Girl Scouts look beyond themselves to understand, embrace, and engage with cultures unfamiliar and new.

There is a key reason why gaining a global outlook is baked into the DNA of Girl Scouting – through our programs and ethos, we encourage girls to embrace the reality that they have the power to create a better world, on both a local and global scale. Both Girl Scout curriculum and travel experiences encourage girls to seek service, open

themselves to new cultures and people, and find ways to improve and enrich their communities. Global exploration and public service lies at the heart of our mission to build girls of courage, confidence, and character who make the world a better place. A recent 2017 Girl Scout impact study demonstrates the successful result of this vision, showing that 79 percent of Girl Scouts participated in civic engagement activities such as community service and volunteering, compared to only 37 percent of non-Girl Scouts.

This global service ethos is tied to an inclusive mindset, demanding that girls look beyond themselves and empathetically engage with the world around them, even if that means pushing themselves beyond their comfort zones. This is underscored by data to suggest

that Girl Scouts do embrace a service mindset beyond that of their peers. According to the same 2017 Girl Scout impact study, Girl Scouts were twice as likely as non-Girl Scouts to participate in activities that open up new worlds to them. Parents reaffirm this reality, with 96 percent saying that because of Girl Scouts their daughter is more confident and has been willing to try at least one new thing.

It is clear that Girl Scouts’ global public service focus, when partnered with curriculum and program opportunities designed to introduce girls to new worlds and cultures, produces a powerful and positive force for good, reaffirming Girl Scouts’ position as the best and most effective female leadership pipeline in the world.

Alum Profile: Karen Pehrson

Karen Pehrson's entire life focuses on and revolves around social justice and helping the marginalized and sick in our society. Even in retirement, she fills her time with retreat ministry, summer camp, and the Girl Scout Global Leadership Conference. Pehrson, now living in Wells, Maine, is a fireball for making sure Girl Scouts and teens everywhere are learning about and building the skills necessary to live their best lives.

At the Global Leadership Conference last March, 200 Girl Scouts and volunteers continued a 33-year tradition at Salve Regina University in Rhode Island, participating in workshops including Conflict Resolution for the Real World, You Made It – Interview Skills that Work, and Peace Starts with Cultural Understanding. Participants heard from speakers like Ali Rabideau, who kept the audience rapt with her talk on the criminal justice system in the South, sharing stories of clients who had spent 23 hours a day in solitary confinement, and the inequalities of incarceration based on race.

Pehrson grew up in Girl Scouting. Since her father was transferred often, "I



Karen Pehrson (Courtesy Photo)

was always able to connect with a Girl Scout troop," she said. "That was an immediate way to connect." She started as a Brownie, continued through high school, volunteered with a council in college, and led a troop once she got married – all while also becoming a board-certified psychiatric nurse consultant who helped patients who had an episode in a hospital or for whom a diagnosis was not clear. "I would go in, and found, most of the time, people had an undiagnosed mental condition causing physical symptoms," she said. She helped cancer patients and elderly people, many in the midst of crisis. "I like to think of it as peace-building work," she said.

Because of her skills in conflict resolution, Pehrson was asked by her local Girl Scout council to do workshops on issues impacting teens. After doing some of these workshops with senior high school girls,

a group of them got together and proposed doing a weekend of that kind of work, just for them. It was the beginning of the Global Leadership Conference, and the first weekend took place at Wheaton College in Massachusetts. The girls slept on the gym floor, had pizza at night, doughnuts in the morning. "It was primitive!" said Pehrson. But the annual event grew, and by the fifth year she was introduced to Salve Regina University.

"My husband said: Do you know Salve Regina was founded to build leadership skills for girls?" she said. "I met with Tom Flanagan, Sister Esther, and we spent four months having meetings, talking about how our vision and mission aligned." The university agreed to provide not only the facility, but also staff to lead workshops, maintenance people, multimedia, and housekeeping for free. The conference has been run in partnership with three other Girl Scout councils, but has now joined with Girl Scouts of the Green and White Mountains for the past two years. "I cannot emphasize enough how much I treasure Tricia (Mellor) and Carrie (Green Loszewski) and all the volunteers," she said. Tricia's "brilliant. She understands Girl Scouting at her core, knows how to get people to work together."

Despite being what Pehrson says is "completely retired," when she's not working on the next Global Leadership Conference, she works with girls on their Girl Scout Gold Award, is chair of the board of directors of the United Methodist Camp, and directs a week of arts immersion summer camp where the kids involved not only put on an entire musical – this year will be "Hair-spray" – they also discuss and deal with the social issues raised in the musical.



Global Leadership Conference Director Karen Pehrson (center front) is joined by Girl Scouts from Troop 11070 in Stratham, NH. (Courtesy photo)

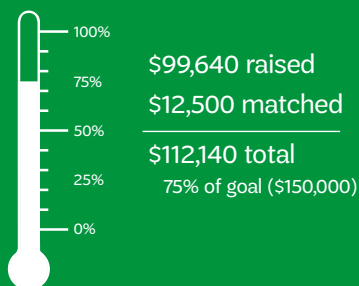
FINLAY CHALLENGE MET ON STEM MOBILE

The Finlay Foundation presented a matching challenge earlier this year for donors to help Girl Scouts of the Green and White Mountains with our goal of providing state-of-the-art STEM programming through a mobile STEM lab. Thanks to many donors, we met that \$25,000 goal a month early!

JUST \$35,000 TO GO!

We are now 75% of the way toward the initial investment of \$150,000 to purchase, outfit, and customize a van, and to support the costs to run the programs.

We are working to ensure that the over 10,000 girls we serve across Vermont and New Hampshire have access to science, technology, engineering, and math programs that are specifically tailored to inspire and foster a love of STEM in girls.



**Gifts made with the enclosed envelope will support the Mobile STEM Lab*



A proposed rendering of GSGWM's Mobile STEM Lab. (Courtesy Photo)

Girl Scouts go global with Destinations and council travel

Girl Scouts love to travel – from the field trips they take as Brownies to the global adventures they go on as teens. Any G.I.R.L. (Go-getter, Innovator, Risk-taker, Leader)TM who loves exploring different places and cultures will find that Girl Scouts is the place for her. Girl Scout Destinations are the ultimate travel experiences for individual Girl Scouts age 11 and older. Girls apply for these trips and are selected by the host council to travel with other girls from across the country. Council trips are those organized by Girl Scouts of the Green and White Mountains.

Christina Kenamer of Salem, New Hampshire, is already an experienced traveler who has been taking advantage of Destinations travel every year since 2013. She visited China last summer for the Great Panda Adventure, where girls volunteered at one of the most progressive panda centers in the world. This summer she plans to do the Destinations trip to Japan.

Twenty-two of our Girl Scouts have traveled in the past year on council or Girl Scout Destinations trips. They have gone to Orlando, Florida; the Swiss Alps; Iceland; Costa Rica; Panama; Italy; Germany; and France. They've been on astronomy and scuba/sea turtle adventures, and to the Space Academy, where they train like an astronaut and learn teambuilding skills.

Paige Allen, 12, of Randolph, Vermont, said a council trip to Iceland was her first trip abroad. She enjoyed the river rafting, cliff jumping and trying the native Icelandic foods.

For 2020, the council is hosting a trip to Athens and the Greek Islands.

Traveling with Girl Scouts is unique because girls take the lead – during the



Paige Allen of Randolph, VT, traveled to Iceland last year on a council trip. (Courtesy photo)

planning and on the trip. This builds their skills, develops confidence, and teaches them how to overcome challenges and practice collaboration. Girl Scouts learn how to budget time and money, and can earn travel funds through cookie sales and other events.

The Girl Scout travel progression allows girls to learn the skills they need to become competent travelers, starting with local field trips and day trips as younger girls, overnight and regional trips in their Junior and Cadette years, and taking national and international trips from Cadette on up. Girls can travel as a troop, with other Girl Scout members, or individually, with help from the Girl Scout Global Travel Toolkit. Girls who travel gain practical life skills, have a stronger sense of self, gain an appreciation of different viewpoints and cultures, and feel more connected to the global community.