



All eight Girl Scouts in Troop 10019 based in Lee, NH, cheer as they celebrate their graduation not just from high school but also from Girl Scouts. All seven members of Troop 10449 in Nottingham, NH, also marked this huge transition. Both troops are part of a wider Girl Scout community called the Circle of Friends. (Courtesy photo)

Legacy of the Girl Scout Promise

Graduating Ambassadors find great value in Girl Scout program

It was more than a graduation. It was a celebration of a meaningful journey into adulthood and a farewell to the friends and mentors who made it happen. The Circle of Friends Girl Scout community encompassing 15 troops around the Durham, NH, area marked the graduation of 15 of its members with joy and tears, sharing the enormous impact Girl Scouting has had on their lives. The bonds these girls and their leaders have formed are sure to last a lifetime.

"This has been life changing for me, and the experiences will last me forever," said Corinne George, leader of Troop 10019 in Lee, NH, "and I think I'm not going to say it's going to end because I'm already planning to visit the girls at college and have reunions!"

George is co-leader of the troop along

with Michelle Martinson and Stephanie Allen, which has eight graduating Girl Scout Ambassadors. Katherine Noni is the co-leader with Krystin Hovevar of Troop 10449 of Nottingham, NH, which has another seven graduates.

"I think it's exciting because they've reached this point," said Noni, "and I feel like they have a lot of great skills and a great sense of self to take them into the next stage. I can't wait to hear about it. It's so exciting. What an honor to have this connection with the girls and be their cheerleaders forever."

The Circle of Friends is a community within Girl Scouts of the Green and White Mountains. It contains the communities of Durham, Lee, Madbury, Barrington, Strafford and Nottingham, NH, and has about 150 Girl Scouts in total.

The Girl Scouts, their parents, and the leaders all agree the full Girl Scout program has value beyond just friendship and skill-building.

"Girl Scouts is the first place I truly felt like I belonged," said Samantha Perron, of Troop 10449. "I made lifelong friends. I have unforgettable memories. I learned how to network, and most importantly I grew as a person! Girl Scouts is truly an amazing community to be a part of and I will never regret the hours selling cookies, doing Journeys, completing my Silver Award, hosting community events, volunteering, and hosting younger troops! From the bottom of my heart, I thank Girl Scouts for everything and I know that graduating is not a goodbye but a new be-

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Legacy of the Girl Scout Promise

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ginning with Girl Scouts!”

Courtney George of Troop 10019, Corinne’s daughter, expressed a similar sentiment.

“I think it was worth being a Girl Scout because I found myself a lot more prepared than a lot of the other people around me that weren’t in Girl Scouts,” she said. “I would be in situations in Girl Scouts where I got more exposure to seeing the management side of things, and how I got to see events being created. But I also got to see girls through World Thinking Day planning countries and learning about different cultures. And so that was just something that others around me that weren’t part of Girl Scouts didn’t necessarily have access to in the same way that I had access to. And so I think I am better for having that access and that experience, and that knowledge that I got from all of those things.”

Joel Carstens, father of Girl Scout Claire in Troop 10019 was enthusiastic about his daughter’s experience.

“What I’ve seen is Claire’s growth, just as a person,” he said. “Her level of confidence in

herself and in others is exponentially higher because of Girl Scouts, and because of this troop, and because of these leaders and because of her fellow Girl Scouts when she describes things as a safe environment but also a supportive and challenging environment. She’s absolutely serious. This was a fantastic experience for her, and I couldn’t be more proud of everyone in this troop and everyone that’s been associated with this troop, because, at least on the parent side, I’ve seen that type of growth in each one of those Girl Scouts in this troop. That type of growth and development is priceless, and everything that you want as a parent to see.”

George has been involved in the community since her daughter began Girl Scouts in kindergarten. She calls it a “labor of love” and made it easy for her Girl Scouts to stay as involved as they could, working around the demands of high school.

“Girl Scouts shouldn’t be all or nothing,” she said. “You come when you can come. We’re going to still keep meeting and doing activities.”

One girl was concerned she couldn’t stay

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The seven Girl Scouts in Troop 10449 of Nottingham, NH, chose to bridge outdoors at Pierce Island in Portsmouth despite the rain on their chosen date. They celebrated the milestone at a restaurant with their families. (Courtesy photo)

We are all living the Girl Scout Promise each day



Dear friends,

What does Girl Scouting mean to you? What does it mean to our children? Each of us may have very different and unique answers to these questions.

This Trailblazer highlights the Legacy that is Girl Scouting, the meaningful experiences passed down from generation to generation, as well as today's trailblazers making our Movement their own. Girl Scouting

is a Promise that we will provide opportunities for girls to grow and thrive, providing them with skills they will need to navigate their lives. And Girl Scouting provides Benefits, building girls of courage, confidence and character who make the world a better place.

Growing the Legacy which was given to the world by Girl Scouting's founder, Juliette Gordon Low, requires passion and commitment. Throughout these pages, we highlight just a few of our amazing volunteers and alumni who constantly make a positive difference in our lives. We are so grateful for their leadership, and for the time they give.

As we begin a new Girl Scout year, we look forward to reaching more girls, adults and families with our programming. We have exciting new programs to roll out and events to fill our calendars. Whether you enjoy spending time outdoors, creating something magical with science, or learning to care for animals and yourself, Girl Scouting has opportunities available.

How can you help ensure the Girl Scout Legacy continues for future generations? You can share your stories and passion. Talk about your experiences, wear your Girl Scout pins with pride, and invite others to join us, as members, donors or volunteers. We know there are people interested in joining but they have yet to be asked! I am asking you to help us make those "asks"!

Yours in Girl Scouting,

Patricia K. Mellor
Chief Executive Officer
Gold Award Girl Scout

Legacy of the Girl Scout Promise

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in the troop due to her involvement in a school play but was relieved when she found out it was fine to miss a few months.

Noni and Hocesvar let the girls lead, following their direction to make sure Girl Scouting could fit into their busy schedules as they became more involved with school activities, sports and eventually jobs, too. Troop 10449, and a previous troop that Noni led, continued Girl Scouting from kindergarten all the way through high school graduation. Six of the seven girls were also varsity athletes.

George said her Girl Scouts are all leaders. At their high school recognition night, seven of her eight graduates won awards and scholarships.

"It really was very apparent at awards night and scholarship night how much (Girl Scouts) had benefited them, and also when they were writing out their college applications," she said.

George, Noni, and their community volunteers kept the troops going through the

pandemic years, over a decade of cookie sales, World Thinking Day events, trips, and more, with innumerable service projects and some earning Girl Scouts' highest honors. George's troop traveled to Cape Cod and Martha's Vineyard, Savannah, the Global Leadership Conference in Rhode Island, as well as multiple camping trips in New Hampshire and Vermont, and even slept in a yurt. They also ran the community Circle of Friends Girl Scout Derby.

The graduates shared why participating in Girl Scouts was so beneficial for them:

- *Samara Engleking* – "I loved getting to help community, spending time with our troop and other troops, being a role model to the younger girls, all the fun things we got to do together, selling Girl Scout Cookies, learning new skills, and so much more."

- *Avery Martinson* – "I think Girl Scouts helped me learn confidence and how to make friends with people I wouldn't normally talk to. From Girl Scout summer camp to three different troops, I wouldn't

have had the confidence to make friends with these people without Girl Scouts."

- *Claire Carstens* – "One of the most important things I learned in Girl Scouts is confidence – specifically, the confidence to speak up and believe in my abilities. When I first joined, I was shy and terrified of speaking up in groups. But over the years, Girl Scouts gave me so many chances to step up and take initiative, whether it was organizing a project, or just sharing my ideas during troop meetings. My troop always encouraged me and gave me opportunities to step out of my comfort zone in a supportive environment."

- *Caroline Allen* – "Being a Girl Scout taught me commitment through disbanded troops and new schools. It was my doorway into new friendships and meeting girls from all walks of life. Alongside them, I gained new perspectives on friendship and how to keep an open mind. Girl Scouts introduced me to service and the impact I leave on the world. It was worth being a part of this organization for the past 13 years because it shaped who I am today, and I'm proud to be that woman."

The Alumnae Impact Study: By the numbers

To understand the long-term benefits of Girl Scouting and earning the Girl Scout Gold Award, the Girl Scout Research Institute conducted a national study in 2021 with 1,000 Girl Scout alums, 800 women who were never Girl Scouts, and 922 Gold Award Girl Scout alums. The study confirms past findings from Girl Scouting Works: The Alumnae Impact Study (2012) and The Power of the Girl Scout Gold Award (2016), which both show how Girl Scouting makes a profound positive difference in girls' lives.

This research shows that participating in Girl Scouts is a powerful factor for developing positive life outcomes, which in turn build a foundation for success in education and careers, enable a lifetime of leadership, and provide high levels of life satisfaction. Alums assert that Girl Scouts set them on a path for achievement, connected them to something bigger than themselves, and helped them develop their passions and interests. And Girl Scout alums excel in numerous ways!

The Alum Impact Girl Scout alums are more likely than other women to:

- Exhibit courage, confidence, and character
- Attain higher levels of education and management positions at work
- Volunteer and contribute to causes they support
- Be civically engaged and involved
- Exhibit leadership attributes and hold more leadership roles
- Be satisfied with life—personally, professionally, and financially

This study confirms what Girl Scouts have known all along: Girl Scouting builds girls and women of courage, confidence, and character who lead in their lives, at work, and in their communities.



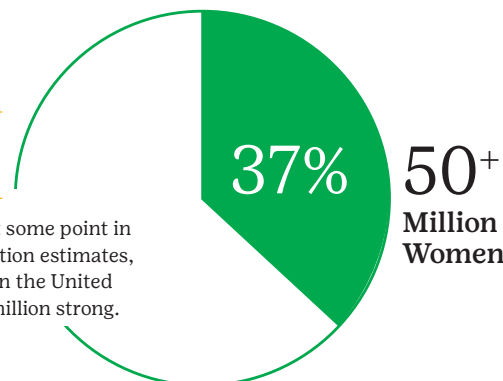
Pam "Flask" Gude shares her knowledge of Girl Scout history and traditions with campers at Camp Twin Hills. She gives generously of her time and knowledge to Girl Scout campers and alums. (GSGWM photo)

Incidence rate

This study indicates that more than

1 in every 3

adult women in the United States were Girl Scouts at some point in their lives. Based on current U.S. government population estimates, there are approximately 143 million adult women in the United States. The Girl Scout alum community is over 50 million strong.



Alums live their values

Girl Scout alums possess positive values. They feel a sense of conviction toward honesty, caring for others, and standing up for their beliefs. They are more likely than non-alums to say:

I am honest and trustworthy.

89%
versus 80%

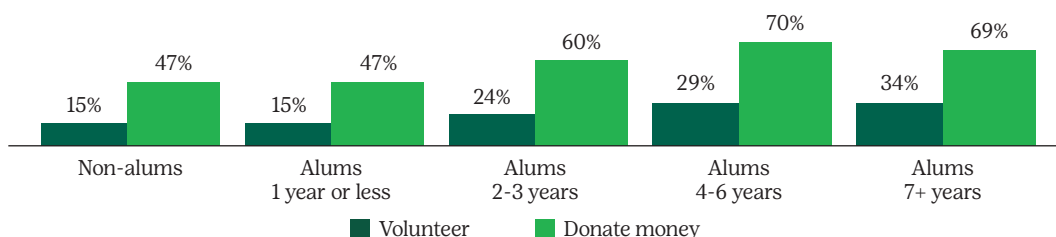
I stand up for my beliefs and values.

79%
versus 69%

I actively contribute to the happiness and well-being of others.

73%
versus 60%

Percentage of alums who donate time and money by Girl Scout tenure



The longer alums were in Girl Scouts, the more likely they are to volunteer regularly and to donate money to causes as adults.

Green Up Day is a chance to make the world better

Girl Scouts do their best every day to live up to the Promise and Law. In Vermont, they carry out the promise to make the world a better place each spring with Green Up Day.

According to greenupvermont.org, more than 30,000 volunteers picked up over 400 tons of trash last May, cleaning neighborhood roads and waterways. Girl Scouts support this annual effort, which began in 1970. Many Girl Scout troops in Vermont have participated in this event over the years.

Troop 51726 cleaned up around Manchester, VT, last May and then enjoyed a cook out and ice cream provided by the town, said leader Molly Nawrath.

Anyone can join the effort. Alums who would like to pitch in can mark May 2, 2026, on their calendar for next year's Green Up Day. Participants can pick up green bags and clean up their neighborhoods or designated roads.



Meagan MacIntire leads Troop 63425 in Vergennes, VT, a K-5 group. Her Girl Scouts participated in Green Up Day last spring. (Courtesy photo)

The Girl Scout Promise and Law

Girl Scout Promise

On my honor, I will try:
To serve God and my country,
To help people at all times,
And to live by the Girl Scout Law.

Girl Scout Law

I will do my best to be
honest and fair,
friendly and helpful,
considerate and caring,
courageous and strong,
and responsible for what I
say and do,
and to respect myself and others,
respect authority,
use resources wisely,
make the world a better place,
and be a sister to every Girl Scout.



Troop 30228 in Waterbury, VT, also helped clean up. (Courtesy photo)

Alums see lifelong benefits from Girl Scouts

As a Girl Scout alum, you are likely well aware of the benefits in your life of participation in Girl Scouts. Today's Girl Scouts discover new possibilities, make friends, and build lifelong skills.

Our own membership has seen those benefits personally. Here's what they have to share.



"Just to watch all the girls as they're growing and becoming young women, seeing them become leaders...I love seeing the impact that teaching children and empowering them can have on them. So that feels good for me."

Bethany Lane, Derry, NH
Troop Leader and Alum



"Girl Scouts is the reason I am the person that I am. All the things I like about myself are because of Girl Scouts. Girl Scouts taught me how to be respectful

of people... It taught me how to talk to strangers, how to do a job interview. It taught me a whole lot. It built on a lot of what my parents taught me in the '60s about being just as good even though I was girl."

Robin McGuire, Lempster, NH
Alum



"There's so much pressure nowadays to fit in a certain category. My daughter has struggled with bullying this past year, and she found

that outlet in (Girl) Scouts this year... So she started spending more time with the girls in our troop outside of the troop and she found that 'Wow, I'm not judged for the socks that I'm wearing here and I'm not judged because I'm heftier and not skinny like that.' So that's why it's rewarding for me – is giving these girls a safe space to be who they are, voice what they need to voice in a very productive space."

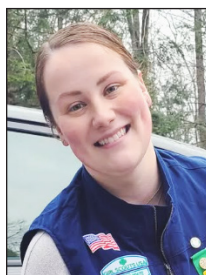
Sophia Botto, Salem, NH
Troop Leader for Troop 61925



"I love to see the growth and the independence that they are starting to get as they mature. And it became more girl-led, which is what we're all about.

So, I like to see the progression. Right now, we have a lot of younger girls, not as many older girls, and I like to see that they are getting those skills, especially when we're taking new girls camping and doing different things. I just think that's magical!"

Rae Bangs, Bristol, VT
Troop Leader



Sarah Paone

"The parent of a new girl to the troop specifically commented how Sarah [Paone]'s warmth, inclusivity and genuine love for the troop, welcomed her daughter with

open arms and built confidence in her to attend an overnight Girl Scout camp."

Meredith Campbell,
Merrimack, NH

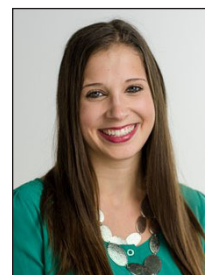
Volunteer Support Coordinator



"I remember the first year, as a little Daisy, my daughter going door to door, knocking on doors. She was a scared little girl. And so, while she did it,

she's a little scared and nervous, but now she's in the sixth grade and has definitely grown confidence and she absolutely loves it. Without (Girl) Scouting, she wouldn't have that."

Robin Law, Essex Junction, VT
Troop Leader for Troop 30187



"Girl Scouts has been extremely beneficial to my life! It has allowed me to travel to Mexico, Peru and so many states. This allows me to understand different languages, foods, and cultures!"

Allie Lafond, Derry, NH
Alum and Former Governance
Committee Member

Thank you to our campership supporters

The following donors provided funding for our 2025 camp season. These generous contributions played a critical role in providing opportunities for girls in both New Hampshire and Vermont to attend camp and move beyond their comfort zones, seek new experiences and learn about themselves and the

world around them. The value of outdoor experiences in a girl's life is beyond measure and we are grateful to these donors. The friends that are made while at camp and enjoying nature stays with a girl for her lifetime. Thank you to those that know the importance of making camp accessible to all Girl Scouts.

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Brownies ensure everyone can communicate

When Girl Scouts sell cookies, they're not just learning business skills, they're earning the funds to power their Girl Scout goals. Troop 62222 in Merrimack, NH, saw a need for better communication and inclusion of students on their playground at Masticola Upper Elementary School and decided to put their cookie proceeds toward two communication banners for local schools.

Leader Joanne Grobecker said her Brownies learned about sign language from local teachers, about autism from the parent of a child with autism, and about electronic communication devices from a high school student who uses such a device. Now, she said, the Girl Scouts have a goal of making their community more inclusive for everyone.



Girl Scout Brownie Troop 62222 of Merrimack with a communication board to be installed at their playground. (Courtesy photo)

First aid on hiking trails is now easier to access

Girl Scouts in Windham, NH, took action to help those who need first aid when hiking the town's trails by providing kits on town trails.

Brownie Troop 62987, rising fourth-graders from Windham, voted for a community service project that would focus on the town's land and hiking trails.

"We contacted our local conservation board and had a member come to one of our meetings to help brainstorm," said troop leader Meghan Gadbois. "Together we landed on a project to build first aid boxes for the hiking kiosks in town. The girls presented at a conservation board

meeting to get the project approved, then they built the boxes and designed them. After that we had a meeting with a local health teacher who taught us about first aid and CPR. They helped determine what items should go in the box. Once the project was complete, they did a second presentation at the conservation board meeting to get permission to hang the boxes. The girls then met a board member to help hang the boxes."

Hikers can find the first aid boxes at the kiosks on seven hiking trails. The troop has committed to restocking the boxes every three months.



Windham Girl Scouts have installed first aid boxes at seven hiking trails in town. (Courtesy photo)



Troop 30066 with their goodie bags. (Courtesy photo)

Girl Scouts help the unhoused in North Ferrisburgh, VT

Troop 30066 in North Ferrisburgh, VT, found a need in their community and stepped up to address it.

They gathered items for those who are unhoused, including a water bottle, a pair of warm socks, a toothbrush, deodorant, a rain poncho, a small packet of tissues, crackers, granola bars, beef sticks and a Burger King gift card. They

even made their own Chex Mix to include in the gift bags.

Proceeds from their Girl Scout Cookie sales funded the purchase of the bags, which they designed and had printed with their troop number.

They distributed the bags to those in need, making their community a better place.