

Preparing Girl Scouts for success in life

Keeping the flame of inspiration and drive burning bright is key to the mission of Girl Scouts as we encourage girls to become confident in themselves, growing into the leaders of tomorrow.

Girl Scout alums are breaking barriers, changing laws, and taking the lead in many career fields thanks to the vital life skills they learned with us.

Our alums say they have Girl Scouting to thank for many of their life achievements. According to the 2021 report on The Girl Scout Alum Difference, alums say their experiences:

- Set them on a path for achievement and success,
- Connected them to a network of girls and women around the world, and
- Developed their passions and interests in the outdoors; business; and science, technology, engineering, and math (STEM).

Nearly nine in ten Girl Scout alums (88 percent) are satisfied with their lives today, and 87 percent say they have successfully met their life goals.

Emma Hansen earned her Gold Award in 2021 and is finishing her final year at Roger Williams University, where she will graduate with a bachelor's degree in educational studies and political science.

"In my time at the Association of Independent Colleges and Universities of Rhode Island," she said, "I reflect frequently on how my Gold Award gave me the initial skills of time management and passion to accomplish my goals. ... Combining the elements of community, sustainability, and social change, I engage in my community projects in university as well as in my career with the skills I built during my Gold Award experience! Girl Scouts truly gave me courage, confidence, and character to engage in my community and build a world I want to live in."

Another Gold Award Girl Scout, Tabitha



Brownies of Troop 30456 of Saint Albans, VT, went on a special tour of the NBC5 news station. It included practicing the weather in front of the green screen and watching a live news segment. Meteorologist Marissa Vigevani hosted the troop. (Courtesy photo)

Nugent, committed over 135 hours to working at the VSA Riverside Veterinary Hospital in Boscawen, NH, gaining valuable skills that set her on a path to becoming a veterinary surgeon.

The four pillars of the Girl Scout Experience – outdoors, life skills, STEM, and entrepreneurship – all contribute to preparing Girl Scouts for fulfilling lives as adults.

FutureFest and career fairs

Girl Scouts of the Green and White Mountains is committed to helping Girl Scouts of all ages explore the possibilities for their futures. Next spring the council will host its first-ever FutureFest in Burlington, VT. This will be a large event with exhibitors, workshops, and speakers oriented to giving girls a chance to consider a wide variety of career options.

Girl Scout troops often offer their members field trips to businesses where they have explored careers in the health fields, communications, food preparation, book binding, police and fire work, and more.

Troop 12232 of Plymouth, NH, recently invited 12 women to talk about their careers. Girl Scouts were able to try on the gear used by police as well as hear from the



A Brownie from Troop 30456 got real-life experience in front of a green screen at the TV station. (Courtesy photo)

owner of a local farm, an artist, a guidance counselor, a university volleyball coach, a meteorologist, and the director of a homeless shelter.

Introducing Girl Scouts to various careers is important to Amy Pettengill, leader of Troop 10427 in Raymond, NH. Uniform to Uniform was one activity that introduced

Continued on Page 2

Council CEO
Patricia K. Mellor

Board of Directors

Board Chair
Peggy Piette

Vice Chair
Courtney Morin

Council Secretary
Maura Grogan

Council Treasurer
Marie Harding

Members at Large
Jennie Clarke
Jeffrey Greenfield
Nancy Harding
Tricia Lachance

Girl Representative
Koral G.
Alexa R.

Alumnae Advisory Board

Shanna Bertrand
Deborah Drake
Patricia Edwards

Preparing Girl Scouts for success in life

Continued from Page 1

her troop to police work.

“Through activities like the Uniform to Uniform exchange, the girls learn about responsibility and giving back, while also gaining insight into different careers and the broader world,” she said.

Badges and Journeys

Creating awareness of future careers is the first step, as Daisies and Brownies in grades K-3 earn badges in automotive design, computer coding, and engineering at a level appropriate for their ages. All Girl Scouts may earn badges in STEM exploration, coding, robotics, and more. But it’s not just STEM fields – Girl Scouts can explore woodworking, photography, writing, public policy, art, or other fields – gaining skills while being encouraged by caring adults.

Journey awards are more expansive, allowing Girl Scouts to explore fields like the media, the environment, politics, and more while taking action to serve their community.

Highest awards and scholarships

Gold, Silver, and Bronze Awards are the highest honors that can be achieved by Girl Scouts in high school, middle school, and elementary school. Each requires dozens of hours of work to provide a solution to an issue in a Girl Scout’s community, state, coun-

try, or the world.

Last year’s Gold Award Girl Scouts addressed issues like hidden disabilities, mental health, reading, and staying active.

“I learned a lot about myself,” said Gold Award Girl Scout Johanna Stone. “I now feel I can face challenges with more confidence and ease than I previously thought. I realized how resilient I was and, despite any challenge, can overcome it with still a positive attitude and let things come together. I feel I was able to grow my time management, organizational, and problem-solving skills to a much greater degree. I’m more confident in my abilities now. I feel I’ve become more at ease with presenting and public speaking through this experience. I feel I can overcome anything.”

That experience is backed up by research. Gold Award Girl Scouts are more likely than non-alums to have obtained an undergraduate or graduate degree (88 percent compared to 32 percent).

Each year, Girl Scouts of the USA presents a \$5,000 scholarship to a Gold Award Girl Scout in each council, helping them to achieve their goals in life. In addition, Girl Scouts of the Green and White Mountains awarded four scholarships last year totaling \$2,050 to our council’s outstanding Gold Award Girl Scouts.

TO DONATE



We appreciate your gift to Girl Scouts of the Green and White Mountains. Please visit www.girlscoutsgwm.org/donate to make an impact or use the above QR code.

Questions? Call us at 888-474-9686 or email customercare@girlscoutsgwm.org.



Troop 61345 of Concord, NH, visited the Department of Health and Human Services public health water lab to learn about STEM careers last year. (Courtesy photo)

Encouraging interests and passions in Girl Scouts



Dear friends,

When I was a Girl Scout Cadette, I wrote a list of goals to complete by the end of my senior year. I did not remember creating this list of goals, but I recently found it safely tucked within the pages of my Senior Handbook. Timing would have meant this was during our "Dreams to Reality" programming, before the Silver and Gold Awards were introduced. It did not surprise me to see that I wanted to attend another Wider Opportunity (now Destinations) or that I wanted to be a counselor-in-training and a troop leader. What did surprise me was that I wrote "I would like to... work for the council in some way too." Until I found this goal sheet, I had not remembered this!

I am proud to say that Girl Scouting helped me achieve the goals I set when I was 13. Beyond that, our programming introduced me to the larger world, encouraging me to become involved with programs at the United Nations and practice law. I was also able to use the skills which Girl Scouting nurtured, to give back to this Movement and our local Girl Scout council.

As you read this newsletter, you will see stories of other women impacted by the opportunities which Girl Scouting provided to them. Girl Scouting has helped identify career passions and

provided the impetus to try new things. Whether at camp or in troop meetings, Girl Scouts challenge themselves and learn to work with others - skills desperately needed in our businesses and communities.

All that we do is not possible without your support. As Americans participate less in clubs, leagues, and associations, Girl Scouting provides the link to bring our communities together. We must provide opportunities for our children to find themselves and their passions. Those interests and passions will support them through the present and their futures.

We are seeking individuals, groups and businesses who wish to partner with us to provide opportunities for Girl Scouts. Our upcoming Expo, Wellness Day, and FutureFest will give members, and their families, support in setting their own goals. I hope there are girls today who wish to work for Girl Scouts, and your companies, in the future! Thank you for your support.

Yours in Girl Scouting,

Patricia

Patricia K. Mellor
Chief Executive Officer
Gold Award Girl Scout

Support future Girl Scouts through The 1912 Society

As a Girl Scout alum, we know you cherish the memories, respect the traditions, and value the impact that Girl Scouts has had in your life. We are celebrating the 113th birthday of Girl Scouts this year and the more than 100 years of building leaders in our communities, inspiring entrepreneurs, and creating environmental stewards. Since 1912, Girl Scouts has been striving to create girls of courage, confidence, and character who make the world a better place.

In honor of this mission, we invite you to become part of our newest esteemed group: The 1912 Society.

Become a recurring donor and help make a true impact on the Girl Scouts we serve in your community. With a recurring gift of \$19.12 monthly, bi-weekly, or weekly, you will join those who are already giving so that financial challenges will never be a barrier for participation.

- **Gold Level:** a recurring gift of \$19.12 weekly, to equal \$83 monthly
- **Silver Level:** a recurring gift of \$19.12 bi-weekly, to equal \$42 monthly
- **Bronze Level:** a recurring gift of \$19.12 monthly

Your 1912 Society membership will in-

clude a customized pin and exclusive invitations to future 1912 Society events.

Girl Scouts is a community of empowered, courageous, and strong individuals who work together to make the world a better place. The values we learn as Girl Scouts—leadership, community service, and a healthy self-confidence—stay with us for a lifetime. Now, it's our turn as alums to give back so that today's Girl Scouts have the same incredible experiences.

Learn More



To begin your membership in The 1912 Society, scan the QR or visit bit.ly/1912society, or contact Customer Care at 888-474-9696 or customercare@girlscoutsgwm.org.



Katelyn Hudson – bringing her dreams to life

A sixth-grade assignment to draw her dream house has turned into a unique career path incorporating biology, human behavior, psychology, ecology, and the natural world into architectural designs for Katelyn Hudson, an architectural designer for Cushman Design Group in Stowe, VT, and a teacher at the University of Massachusetts, Amherst.



Katelyn Hudson
Planning Committee.

She has been breaking barriers in the male-dominated field of architecture.

“That was how architectural firms were,” she said. “I have worked under women before and it was wonderful and inspiring. But the field of architecture is still predominantly male-based. It’s changing and getting better. However, I still encounter someone who underestimates my knowledge, experiences, qualifications at least once a year. This ranges from clients, contractors, consultants, and other professionals - it’s an evolving environment.”

Her work has focused on biophilic design, particularly as it applies to structures built in Antarctica.

“Biophilic design is the human nature connection,” she said, adding that hu-

mans have an innate attraction to nature. “The idea is that if we can foster this connection and this appreciation, we will then start to preserve nature itself. And so it kind of touches on psychology, ecology, architecture, and all of those fields to help human well-being, but also the natural world, well-being.”

In Antarctica, a British base wanted to incorporate biophilic design with intentional decisions around human wellbeing.

“It looks like it’s out of science fiction,” she said, “but they included a cedar veneer around a stairwell that they had, so that not only do you get that texture of the wood, but you also get the aroma, and they also chose intentionally a warm wood. It brings warmth into the space. Where the Heroic Age of Exploration (1897-1921) used wood out of material limitations, in this situation they were using it for improved mental wellbeing.”

Hudson said biophilic design is also incorporated into medical settings, with studies showing that a natural view helps people heal faster.

“There’s a huge push for this in school systems,” she said, “especially with the Montessori or the Waldorf School system, lines up with that a lot and there’s some movement towards residential design as well.”

But how is it possible for a Girl Scout to consider a field like this, since she probably has no way of knowing it even exists? Hudson says one has to take advantage of any opportunity that presents itself. For her, it was a random remark at a dinner with her professors that led to her interest in how buildings affect human psychology. But it was her experience as a Gold

Award Girl Scout that helped her.

“It gave me the confidence to go forward and just keep pursuing my interest in that,” she said.

She also encourages her students to be an ally to others in male-dominated fields.

“I try to give a real world perspective to my students,” she said, “preparing them for what they will encounter, encourage them to not be part of the problem, and be resilient.”

Hudson was also a workshop presenter at the Global Leadership Conference hosted by the council in March, where she asked Girl Scouts in Grades 9-12 to think about spaces they have in their homes that could incorporate biophilic design.

“They had some really creative answers,” she said. “We had one girl who’s in a rental unit so they can’t paint or do anything. And one of the other girls suggested putting up the peel and stick wallpaper...putting up bird feeders.”

Hudson hopes all Girl Scouts find their niche as they pursue the path in life, and that Girl Scout alums keep learning and growing.

“To me, as adults, we get to keep learning, too, and keep exploring and expanding our horizons,” she said. “Because then we can take that knowledge and bring it back to the girls. I see so many people – and it can be a luxury to have this opportunity – but to keep learning and expanding and figuring out new ways to express ourselves, or that we find interest in and take those things and bring them back. Because that can benefit the girls and not just you, even though it’s still fulfilling and benefiting you.”



The Halley VI British Antarctic Research Station, which is a relocatable science research station incorporating biophilic design. See more about it at hbarchitects.co.uk/halley-vi-british-antarctic-research-station/



New Hampshire Governor Kelly Ayotte listens to Gold Award Girl Scout Kaelyn Gagnon at the presentation of a proclamation declaring Girl Scout Week in the state. Ayotte is a Girl Scout alum. (Courtesy photo)

Governor Kelly Ayotte – service and leadership in action

For any Girl Scout hoping to change the world for the better, New Hampshire Governor Kelly Ayotte stands as an example of what she can achieve. She was elected to the governorship on November 5, 2024.

The Republican is a lifelong Granite Stater, who has dedicated her life to public service. She was New Hampshire's first female Attorney General, appointed in 2004. In 2010 she was elected to the U.S. Senate. She was also a Girl Scout, an experience that influenced her career in law and politics.

"I was a Girl Scout growing up in my hometown of Nashua," she said. "Girl Scouts helped me learn the value of service above self. It also gave me the opportunity to develop communications skills from a young age. Throughout my career in public service, I have spent countless hours meeting with different groups and constituents who have a variety of concerns. Sometimes those conversations are hard, but I always look to find common ground. I credit Girl Scouts with giving me the tools to communicate effectively with all kinds of people."

Summer camp was a large part of her involvement in Girl Scouts.

"I had the opportunity to go to several Girl Scout camps," she said. "Camp Favorite in Brewster, MA, Camp Runels in Pelham and Camp Menotomy in Meredith. I loved spending as much time as I could on the water, whether that was swimming, canoeing, or sailing. And of course, I looked forward to every chance we got to have s'mores around the campfire!"

Girl Scouts tries to develop girls' interest in civics and being an active participant in making the world a better place. Our program influenced Ayotte in many ways.

"Girl Scouts was such an important part of growing up for me," she said. "It introduced me to community service before I had any idea that I wanted to go into public service. Growing up, I never imagined I would have the opportunity to serve our state as a prosecutor, let alone as an Attorney General, United States senator, or governor. If you had told me at that time that I would go on to do any of those things, I would think you were crazy."

"But now, having spent most of my ca-

reer in public service, I know Girl Scouts played a critical role in giving me that initial exposure to what it's like to be part of something bigger than yourself. I'm so grateful for that experience and for the role Girl Scouts is playing in shaping the next generation of public servants."

Ayotte supports the Girl Scout mission to make the world a better place.

"Service is such an important part of who we are as a state," she said. "If we don't teach the value of service to our young people, they'll never learn it. I want to thank Girl Scouts for all you do to help young women learn the importance of giving back to your community, develop foundational leadership and communication skills, and reach their full potential."

In March, Girl Scouts from our council visited the governor's office to receive a proclamation of Girl Scout Week, where they were able to see the State House and meet Ayotte. There were 11 Girl Scouts from Daisy to Ambassador from around the state who experienced first-hand how New Hampshire honors what Girl Scouts do to make the world a better place.

Summer camp – one path to a fulfilling career

Working as a counselor or other staff at summer camp can be one of the most valuable experiences a person can have, providing them with the skills and values that lead to success in life no matter the field.

According to a study by the American Camp Association, working at summer camp can be both meaningful and impactful.

“The unique characteristics of summer camp employment, such as the novel social environment, the impact of the work, and the embedded work environment, provide staff opportunities to clarify their work values, including the importance of having meaningful relationships with coworkers, work-life balance, and making a difference, among others,” according to their National Camp Impact Study.

Carrie Loszewski, vice president of engagement at Girl Scouts of the Green and White Mountains and a Gold Award Girl Scout, attended camp as a girl and later became a camp counselor.

“Working as a summer camp counselor has provided me with ready answers to almost every question I have been asked at a job interview since,” she said. “Do you have experience working in a team? Give an example of making decisions in a fast



Being a camp counselor teaches a wide variety of skills that are valuable throughout life, including teamwork, planning, and personal relations. (GSGWM photo)

paced environment. How have you met the needs of customers? As a high schooler, I saw a job as a camp counselor as a way to keep spending the summers doing something I loved. Looking back now, I can see that the job provided me with opportunities to build my resume, develop confidence working with a wide variety of people, and helped to shape the career path I later pursued. Working at camp is more than a job, it's a chance to prepare for your future.”

Girl Scouts of the USA has found that simply being outdoors benefits Girl Scouts. Studies show that girls today are not spending nearly enough time outdoors. Technology and structured activities leave less time for girls to get outside and enjoy nature. But as a Girl Scout, she'll have plenty of opportunities to create her own outdoor adventures and develop a lifelong appreciation for nature and the out-of-doors—whether with her troop, at camp, or with friends and family.

And that's great news—because when Girl Scouts get outside, they:

- Discover that they can better solve problems and overcome challenges.

- Develop leadership skills, build social bonds, and are happier overall.
- Become team players and care more about protecting our environment.

Cassandra Jillson started attending camp at age 8, became a camp aide, a counselor in training, unit leader, and is now full time at the council. She is also a Gold Award Girl Scout.

“I chose to apply to come back as the program director for the summer of 2022 and it was the best decision of my life,” she said. “Not only did I have a chance to implement creative programs, continue past traditions, and serve as a member of the leadership team, I also set myself on a path to continue bringing programming to Girl Scouts, in the camp world and out. After summer was over, I stayed on camp and helped with a variety of late summer programs and prepped camp for the winter season. Finally, in the fall, I was hired for the role I am in now as the Lead of Program. I love my current role with the council as it allows me to get out into the community and share my love of Girl Scouts and program with even more people.”



Cassandra “Strings” Jillson takes aim with a flaming arrow at camp. (Courtesy photo)



Thank you to our donors

We are so thankful to the following companies and civic groups for their support this past year, making gifts of \$100 or more. These companies and civic groups have supported Girl Scouts of the Green and White Mountains as council sponsors and donors, Gift of Caring supporters, and The Expo sponsors, exhibitors and donors. We encourage all of our alums, volunteers, and members to contact their own employer to find out how their company can make an impact and support Girl Scouts in New Hampshire and Vermont. To learn more, please contact advancement@girlscoutsgwm.org or call 888-474-9686.

Alpha Preceptor Chapter, Beta Sigma Phi
Altitude Trampoline Park
American Legion Auxiliary Unit 50
American Legion Auxiliary Unit 63
American Legion Donald McMahon
Post No. 64
American Legion Post 25 of Newport, NH
American Legion Post 6
American Legion Post 7
American Legion Stevens-Buswell
Post #54
American Legion, Inc. Post 23
Amherst Lions Club
Battleship Cove
Bedford VFW Post 8401
Brown University
Cabot Creamery Cooperative
Castle in the Clouds and Castle
Preservation Society
Catholic War Veteran Ste Marie Post 1749
Charities Aid Foundation of America
Dave & Buster's
Day's Jewelers
District 4 The American Legion
Fair Haven Eagles 3907
Feld Entertainment
Fidelity Charitable
FIRST
Grappone Automotive Group
GSGWM Troop 13966
Holly's Kona Ice, LLC
HotMess Poutine LLC
Hudson Memorial Post 5791 VFW
Laconia Lodge of Elks #876
Lil' Iguana's Children's Safety Foundation

Lindt & Sprungli (USA) Inc.
Line Dance with Ginger
Littleton Lions Club
Manchester Karate Studio
MetLife
Nashaway Woman's Club
National Life Group Foundation
New Hampshire Fisher Cats Foundation
New Hampshire PBS
NH Lodging and Restaurant Association
Education Foundation
Palace Theatre
Passumpsic Savings Bank
Pats Peak Ski Area
Rochester Lodge of Elks #1393
Rotary Club of North Conway
Rotary Club of Rutland
S.A.L. Squadron 7
Santa's Village
Southern New Hampshire Services, Inc.
Southern NH Youth Ballet
Springfield Rotary Club
Story Land
Strafford Area Lions Club
The Founders Academy Public
Charter School
The Gravy Train
Union Bank
Vertical Dreams Indoor Climbing
Wilkins-Smith American Legion Post 1
Windsor Rotary Club
Worthen Industries, Inc.
WTS-NH
Xploration STEM program

Successful Foundations

Alums say Girl Scouts laid the foundation for their success.

Girl Scouts helped alums:

- *Embark on a path to achievement and success.*



44%

were encouraged to set high goals for their lives

54%

felt Girl Scouts contributed to their overall success in life

48%

felt Girl Scouts contributed to their work or career success

- *Connect to something bigger than themselves—linking them to community and to a network of girls and women around the world.*

61%

became more responsible members of their communities

60%

were inspired by their commitment to community service or volunteering

53%

felt equipped to solve problems in their communities successfully

59%

felt part of a national or global sisterhood



- *Develop their passions and interests.*



64%

developed outdoor skills, including environmental stewardship

43%

developed their interest in business or entrepreneurship

37%

developed their interest in science, technology, engineering, or math (STEM)

Exploring careers and discovering new futures



Troop 58108 of Bedford, NH, learned about bookbinding at NH Bindery in Bow, NH. They got to see the various machines used in the process in action.



Girl Scouts in Milton, VT, Troop 60336 earned their Automotive Design badge last winter. To get inspiration for their designs, they visited Vermont Sports Car, the home of the world's largest Subaru motorsports program. They got to ask questions of the engineers and technicians while they worked, and touch the Mount Washington Climb to the Clouds hill climb world record-holding car driven by Travis Pastrana in 2021.



Daisy and Brownie Troop 30121 participated in a barn tour of a local dairy farm, Sweet Farm in Fletcher, VT, to learn the importance of farming and how the milk they drink gets from local farms to their refrigerators.



Troop 62216 of Nottingham, NH, enjoyed a visit from a police officer to learn about evidence collection for the Detective badge.



Troop 64935 of Holderness, NH; Troop 62033 of Hollis, NH; and Troop 20889 of Bennington, NH, attended the Craft and Tinker Program at Day's Jewelers in Manchester, NH, on November 3. They learned how jewelry is made and where they get the gems used in their jewelry.



Troop 63991 of Nashua, NH, learned about possibilities in the health care field at Southern New Hampshire Medical Center. They got to see bacteria under a microscope, learned about hand hygiene using "Glow Germ" powder, got to touch Agar culture media plates, and dressed up in PPE.