



GS Backpack

October 2024

Friendship really is magic!

Let's make this your Year of Friendship!

The notion that friendship is magic is sweet, but did you know that it's also pretty accurate? Recent studies have shown that when you have a friend by your side:

- ✓ physical obstacles seem smaller and less daunting
- ✓ you'll be motivated to work harder and aim higher
- ✓ school transitions go a lot more smoothly
- ✓ your stress levels go down and your general health improves
- ✓ and physical or emotional pain feels a bit more manageable.

Pretty magical, right? As a Girl Scout, you have the opportunity to make lifelong friendships. Having the support of that friend who really "gets" you can help with your mental wellness and overall well-being.

Girl Scouts has programming meant to tackle the specific issues today's girls face, thanks in part to amazing partners like the National Alliance on Mental Illness and the National Council for Mental Wellbeing. Our mental wellness resources and programming were specifically developed to support girls, Girl Scout council staff, and adult volunteers as they learn about mental wellness, behavioral issues, and healthy habits.

And we know a thing or two about helping girls build lasting friendships and their self-confidence!

As a Girl Scout, you'll have the chance to explore the world around you, have a blast, and—most importantly—find the space to be truly, totally yourself. You'll grow, learn, and laugh with a supportive crew at your side.

That's what being a Girl Scout is all about.



Troop 30228 of Duxbury, VT, enjoyed the overnight program at the Fairbanks Museum.

Along with the fun you'll have with your Girl Scout besties, consider the following programs just for you:

Resilient. Ready. Strong.

For all grade levels to boost your resilience and lift your mood.

Mental Wellness

For Juniors through Ambassadors, packed with practical tips for handling tricky emotions.

Making Friends

For Brownies to show the people in their lives that they care.

girlscouts 
of the green and
white mountains

Conversation Starters

Start the conversation with the young people in your life by asking these questions.

- *When you see or hear the words “mental health,” what do you think of? How does it make you feel?*
- *How do you practice mental wellness?*
- *We all have days where we feel different things.*
Sometimes we're happy or excited. Sometimes we feel tired, angry, or frustrated. Sometimes we feel anxious or scared.
Sometimes we have feelings that change our mood or how we respond to things. Have you ever felt like that?
- *What do you do when this happens? Do you keep a positive attitude or let the feelings take over for a while? Or are you somewhere in between?*

Remember to give time to respond, and if needed, prompt with a couple of your own examples.



Mental Wellness - Why Now?

Girl Scouts of the USA (GSUSA) has made a commitment to support mental wellness for every Girl Scout because we recognize that young people are currently facing a mental health crisis. They are more likely than ever before to attempt suicide, commit self-harm, and suffer from depression and anxiety. And yet, people continue to be uncomfortable discussing these issues. This discomfort can be driven by the stigma often associated with mental health issues. GSUSA wants to help start the conversation and give Girl Scouts tools and support to better understand and care for their mental health.

Mental health encompasses emotional and psychological health—it impacts how we think, feel, and act. Everyone has a state of mental health, just as everyone has a state of physical health. Our mental health may include a condition, such as depression or anorexia. Such a condition can be permanent or temporary. It can be based on our environment (such as attending online school due to the COVID-19 pandemic) or on our response to life events. It's important to remember, though, that a person can experience poor mental health without the diagnosis of a mental health condition. Mental wellness refers to how we take care of our mental health. It includes all the things we might do to help realize our potential, cope with stress, and productively contribute to our community.

Mental wellness refers to all the things we do to take care of our mental health.

Taking deep breaths to calm down if we're having a tough day.
Taking a break to do something just for ourselves—listening to our favorite music, reading, watching an episode of a show we really like, or even just sitting quietly for a bit.

Troop Spotlight



Troop 30228 of Duxbury, VT, marched in the Waterbury Not Quite Independence Day parade the weekend before July 4.



Troops 10364, 10639, 60200 and 12117 in the Lakes Region of New Hampshire marched in their Fourth of July parade.



Troop 63357 of Barre, VT, worked on their Bugs badge by learning about the life cycle of butterflies. Each girl got to take home two caterpillars to watch mature into beautiful butterflies and then release them.

Use this wheel to help name your feelings.



girl scouts

Made possible by the HCA Healthcare Foundation.

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Have photos to share of the fun your troop is having?

Send photos with description to Customer Care at customercare@girlscoutsgwm.org. Be sure to put Troop Spotlight in the subject line.



Troop 30456 of Saint Albans, VT, spent a day at Lake Carmi State Park for their annual camping trip. They even met Smokey Bear! It was a weekend of camping shared by Daisies, Brownies, and Cadettes.



Troop 59124 of Londonderry, NH, had a great time creating their own special stuffies at a Build-A-Bear party.



Keene Girl Scout Troop 13028 visited Amazing Grace Animal Sanctuary in Sullivan, NH. The troop was working on their Animal Voices badge and decided to donate \$200 of their cookie money to the sanctuary.



GS Backpack

October 2024

Troop 64878 of Manchester, NH, enjoyed a visit from the STEM on-the-go van and a chance to smash rocks to find the crystals inside.



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1 Commerce Drive, Bedford, NH 03110

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What's inside:

- Friendship really is magic!
- Mental Wellness - Why Now?
- Troop Spotlight
- Upcoming programs
- The Expo 2024

888-474-9686 customercare@girlscoutsgwm.org www.girlscoutsgwm.org

EMBRACE POSSIBILITY

2025 Cookie Rallies

You'll be inspired to set big goals and build the skills you need to reach them. Participate at your choice of eight locations. Visit www.girlscoutsgwm.org/cookieallies for registration information.

Register today!



\$10
per girl

January 4

Burlington, VT,
Robert Miller Community Center, 2-4 p.m.

Concord, NH,
Rundlett Middle School, 10 a.m.-12 p.m.

Hanover, NH,
RWB Recreation Center, 10 a.m.-12 p.m.

Keene, NH,
Stonewall Farm, 1-3 p.m.

Rochester, NH,
Rochester Recreation Center, 2-4 p.m.

January 5

Barre, VT,
Barre Municipal Auditorium, 1-3 p.m.

Nashua, NH,
Pennichuck Middle School, 1-3 p.m.

St. Johnsbury, VT,
St. Johnsbury Academy, 1-3 p.m.



GS Backpack

October 2024



Upcoming activities

Get Involved in STEM Challenge

All ages | Virtual

October 1, 11:00 a.m.-December 15, 11:59 p.m.

Complete as many challenges as you can! Try experiments with household items, investigate careers in STEM, and learn about the world around you!

Price: \$15 per girl, Register by November 1



20 The 24 Expo

www.girlscoutsgwm.org/theexpo

Magical Baking

All ages | Virtual

Creepy Crinkle Cookies!

October 9, 6:00-7:30 p.m.

Have fun making delicious, chocolatey cookies that are fudgy and crunchy at the same time. Learn the science behind the crinkly surface.

Mousse au Chocolat!

November 13, 6:00-7:30 p.m.

Have fun learning how to make a velvety chocolate mousse that is sure to impress. Learn about the science of gelatin.

Price: \$10 per girl

Register by October 2 for October 9, and by November 6 for November 13

Happy Birthday Juliette!

All ages

October 18, 5:00-7:00 p.m. | Bedford, NH
October 24, 5:00-7:00 p.m. | Thetford, VT

Girl Scouts, join us to celebrate the birthday of the founder of Girl Scouts, Juliette Gordon Low! We'll learn about Juliette, bake and decorate cupcakes, and play Girl Scout history games. Patch included.

Price: \$20 per girl, \$5 per adult
Register by October 6 for October 18, and by October 10 for October 24.

Art and Design Badge

Daisy | Bedford, NH

October 19, 10:00 a.m.-12:00 p.m.

Find out about the art of making. Use art and design to create new things and solve problems. Badge included.

Price: \$25 per girl, Register by October 6

Trunk or Treat, SWAPS Style!

All ages

October 19, 2:00-3:00 p.m. | Manchester, VT

October 20, 2:00-3:00 p.m. | St. Albans, VT

Come dressed in your Halloween costume, decorate the trunk of your car, and join us for an hour of SWAPS, sweets, and the spooky STEM Van!

Price: \$15 per girl, Register by October 6

Woolly Wonders

Daisy-Junior | Keene, NH

October 20, 10:00 a.m.-12:30 p.m.

Find out how wool is processed from shearing to a finished product. Meet the animals and explore centuries old wool production techniques. In just a few hours, transform raw wool into beautiful pieces of fiber art!

Price: \$14 per girl, \$7 per adult
Register by October 3

Girl Scout Spooktacular

All ages | Bedford, NH

October 20, 1:00-3:00 p.m.

Bring your friends and family for some spooktacular fun! Wear your costumes, go trick or treating, play games to win prizes, make a fun craft, and enjoy a spooky snack!

Price: \$15 per person, Register by October 6



gsEvents

Visit our website for a complete calendar of events updated weekly. You can see all programs offered in our council by date on the Activities calendar or search for programs through the myGS tab, "Find an Event."

Trunk or Treat

All ages | Bedford, NH

October 23, 5:30-7:00 p.m.

Come Trunk or Treat at our Trunk or Treat!

Price: \$5 per girl, Register by October 18

Founder's Day Recognition 2024

All ages | Virtual

October 30, 6:00-7:30 p.m.

Also known as the birthday of Juliette Gordon Low, the founder of Girl Scouts! You will bake a special chocolate rolled birthday cake, popular when Juliette was a little girl, learn about the history of Girl Scouts in America and plan your own community service project in Juliette's honor.

Price: \$15 per girl, Register by October 23

Craft and Tinker - Getting To Know the Tools of the Trade

Brownie-Junior | Manchester, NH

November 3, 9:00-11:00 a.m.

Meet with experienced Day's Jewelers professionals to learn about and receive a firsthand experience with the tools and materials used to create fine jewelry, aimed at exploring creativity and craftsmanship.

Price: \$5 per girl, Register by October 17

Robotics Badge Blast

Daisy-Cadette | Bedford, NH

November 9, 1:00-5:00 p.m.

Design robotics, learn to program, discover robotics, and even see a high school robot in action! The Bedford High School robotics team will guide you through the activities to help you to learn more about engineering and find your passion. No previous knowledge is required!

Price: \$5 per girl, Register by October 24

Express Yourself

All ages | Bedford, NH

November 9, 2:00-3:30 p.m.

January 25, 2:00-3:30 p.m.

Unleash your inner artist and create your own masterpiece with the help of a professional artist. No art experience necessary!



Price: \$26 per girl

Register by October 24 for November 9, and by January 9 for January 25

My Best Self Badge Series

Brownie | Virtual

November 14, 6:00 p.m.-

December 19, 6:00 p.m.

Learn to pay attention to what your body needs and ask for health help if you need it. Learn how to keep yourself healthy and happy.

Price: \$10, Register by November 7

Good Neighbor Badge Series

Daisy | Virtual
November 14, 6:00 p.m.-
December 19, 6:00 p.m.

Learn all the different ways to be a good neighbor with your family, friends, or Girl Scout troop.

Price: \$10 per girl, Register by November 7

Ringling

All Ages | Manchester, NH
November 15, 7:00-9:00 p.m.

This reimagined *Ringling Bros. and Barnum & Bailey - The Greatest Show On Earth* will surprise families as they come together to witness a fast-paced, action-packed production with modernized acts on a scale never seen before, creating real connections between audiences and performers.

Price: \$22, Register by October 27

Mechanical Engineering: Model Cars

Daisy-Brownie | Quechee, VT
November 16, 10:00 a.m.-1:00 p.m.

Explore friction, design a race track, and create a fair test to see which is fastest. Work towards the Model Car (Daisy) and Race Car (Brownie) Badges.

Price: \$21 per girl, \$16 per adult
Register by October 31

Toasty Turkeys

All Ages | Richmond, VT
November 16, 12:00-3:00 p.m.

We'll have a roaring fire for s'mores while we make turkey crafts, learn a turkey song, and decorate a turkey snack.

Price: \$15 per person, Register by November 3

Activities that fit into
your troops schedule?

An expert to lead a
program that comes to you?

You name the time, choose the
place and pick the program!

Based on troop leader feedback and requests, we are excited to share a new menu of On Demand programs for troops going live in December.

Visit www.girlscoutsgwm.org/ondemand for a complete list of programs available.

A Look at the Night Sky

Brownie-Junior | Amherst, NH
November 16, 4:00-7:00 p.m.

Discover the stars through telescopes, look for constellations, learn how to identify planets and more.

Price: \$20 per girl, Register by October 31



Snacks Badge

Brownie | Virtual
November 19, 6:00-7:00 p.m.

Join Jeanette, a registered dietitian, and learn how to make great snacks for yourself, friends, and family. Earn your Snacks badge (not included).

Price: \$10 per girl, Register by November 14



Girl Scout Night at the Nutcracker

All Ages | Manchester, NH
November 23, 7:30-9:30 p.m.

Enjoy The Nutcracker performed by Southern New Hampshire Dance Theatre accompanied by a live orchestra led by Grammy Award-winning conductor John McLaughlin Williams. Get a glimpse of the magic that happens behind the scenes with a special Girl Scout meet and greet with the cast after the show.

Price: \$38 per girl, \$43 per adult
Register by November 7

Daisy Coding for Good

Join Girls Who Code from Philips Exeter Academy to learn about coding with a cool programming language called Scratch. Learn to solve problems, design projects, and express yourself creatively on a phone or tablet.

1: Coding Basics

Virtual | January 8, 6:00-7:00 p.m.

Learn how computer scientists code programs for computers to solve problems. Badge included.

2: Digital Game Design

Virtual | January 15, 6:00-7:00 p.m.

Learn how video games are designed. Badge included.

3: App Development

Virtual | January 22, 6:00-7:00 p.m.

Learn how computer scientists develop apps. Badge included

Price: \$5 per girl
Register by January 2 for January 8,
by January 9 for January 15,
and by January 16 for January 22

Save the date!

Cookie Rallies

January 4 & 5

Disney on Ice

January 10

Check out www.girlscoutsgwm.org/ activities for upcoming details.



Think Like a Programmer Journey Series

Daisy | Virtual
January 14, 6:00 p.m.-Feb 18, 6:00 p.m.

Brownie | Virtual
January 14, 6:00 p.m.-Feb 18, 6:00 p.m.

Find out how programmers use computational thinking to solve problems.

Price: \$15 per girl, Register by January 7

Solar System Explorers

Daisy-Brownie | Concord, NH
January 25, 1:30-4:45 p.m.

In this discovery experience at the McAuliffe-Shepard Discovery Center, you will have the opportunity to explore the size, scale, composition, as well as key concepts in the solar system while engaging in hands on activities to make these huge concepts more understandable.

Price: \$25 per girl, \$20 per adult
Register by January 9

Frozen Farm

Brownie-Cadette | Keene, NH
January 26, 10:00 a.m.-12:30 p.m.

Learn about how our winter season is changing in New Hampshire, spot and identify animal signs, learn about animal adaptations, and more!

Price: \$14 per girl, \$7 per adult
Register by January 9

Brownie Coding for Good 1: Coding Basics

Virtual | January 29, 6:00-7:00 p.m.

Join Girls Who Code from Phillips Exeter Academy to learn how programmers write programs that make computers work and how people can use computers to help others.

Price: \$5, Register by January 23

GS Backpack

October 2024



Upcoming activities

Media Team

All ages

Be a media star! The Media Team will have opportunities to do social media posts, photo shoots, and speak in front of a camera or microphone - and then you get to see yourself in print, online, or on the air!

Get Involved in STEM Challenge

All ages | Virtual

October 1, 11:00 a.m.-December 15, 11:59 p.m.

Try experiments with household items, investigate careers in STEM, and learn about the world around you!

Price: \$15 per girl, Register by November 1

The Expo 2024 - October 5

www.girlscoutsgwm.org/theexpo

Magical Baking

All ages | Virtual

Fall Edition Creepy Crinkle Cookies!

October 9, 6:00-7:30 p.m.

Have fun making delicious, chocolatey cookies that are fudgy and crunchy at the same time. You will also learn the science behind the crinkly surface.

Fall Edition Mousse au Chocolat!

November 13, 6:00-7:30 p.m.

Learn how to make a velvety chocolate mousse that is sure to impress and about the science of gelatin.

Price: \$10 per girl

Register by October 2 for October 9, and by November 6 for November 13

Girl Scout Awards Webinar

Junior-Ambassador | Virtual

October 10, 6:00-7:00 p.m.

November 14, 6:00-7:00 p.m.

Learn about all our Girl Scout Awards.

Register by October 3 for October 10, and by November 7 for November 14

Council and Destinations Travel Information Meeting

Cadette-Ambassador | Virtual

October 15, 7:00-8:00 p.m.

Learn about the international council trip to Iceland in 2025 and GSUSA Destinations.

Price: Free, Register by October 10

Happy Birthday Juliette!

All ages

October 18, 5:00-7:00 p.m. | Bedford, NH

October 24, 5:00-7:00 p.m. | Thetford, VT

Celebrate the birthday of the founder of Girl Scouts, Juliette Gordon Low!

Learn about Juliette, bake and decorate cupcakes, and play Girl Scout history games.

Price: \$20 per girl, \$5 per adult

Register by October 6 for October 18, and by October 10 for October 24



Trunk or Treat, SWAPS Style!

All ages

October 19, 2:00-3:00 p.m. | Manchester, VT

October 20, 2:00-3:00 p.m. | St. Albans, VT

Come dressed in your Halloween costume, decorate the trunk of your car, and join us for an hour of SWAPS, sweets, and the spooky STEM van!

Price: \$15 per girl, Register by October 6

Wooly Wonders

Daisy-Junior | Keene, NH

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Find out how wool is processed from shearing to a finished product. Meet the animals and explore centuries-old wool production techniques. In just a few hours, transform raw wool into beautiful pieces of fiber art!

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Register by October 3

Girl Scout Spooktacular

All ages | Bedford, NH

October 20, 1:00-3:00 p.m.

Bring your friends and family for some spooktacular fun! Wear your costume, go trick-or-treating, play games to win prizes, make a fun craft, and enjoy a spooky snack!

Price: \$15 per person, Register by October 6



Skills for Staying Fit for Life

Junior | Virtual

October 22, 4:00-5:00 p.m.

Learn strategies for picking healthy foods, stressing less, staying active, and helping your family stay fit.

Price: \$7 per girl, Register by October 17

Trunk or Treat

All ages | Bedford, NH

October 23, 5:30-7:00 p.m.

Come trick-or-treat at our Trunk or Treat!

Price: \$5 per girl, Register by October 18

Cadette Coding for Good

Explore coding with some hands-on fun and find out how to write a computer program and create a meme with a positive message.

1: Coding Basics

Virtual | October 30, 6:00-7:30 p.m.

Learn the basics of computer coding and how to create a meme that can have an impact on other people, your community, and the world.

2: Digital Game Design

Virtual | November 6, 6:00-7:30 p.m.

Learn how video games are developed, how images are stored and displayed on screens, and how to create game characters.

3: App Development

Virtual | November 13, 6:00-7:30 p.m.

Learn to use elements to create your own idea for a habit-tracking app.

Price: \$5 per girl

Register by October 24 for October 30, by October 31 for November 6, and by November 7 for November 13

Founder's Day Recognition 2024

All ages | Virtual

October 30, 6:00-7:30 p.m.

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Price: \$15 per girl, Register by October 23

Craft and Tinker - Getting To Know the Tools of the Trade

Brownie-Junior | Manchester, NH

November 3, 9:00-11:00 a.m.

Have a first-hand experience with the tools and materials used to create fine jewelry, aimed at exploring creativity and craftsmanship.

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Robotics Badge Blast

Daisy-Cadette | Bedford, NH

November 9, 1:00-5:00 p.m.

Design robots, learn to program, and even see a high school robot in action! Learn more about engineering and find your passion.

Price: \$5 per girl, Register by October 24

Express Yourself

All ages | Bedford, NH
November 9, 2:00-3:30 p.m.
January 25, 2:00-3:30 p.m.



Unleash your inner artist and create your own masterpiece with the help of a professional artist. No art experience necessary!

Price: \$26 per girl
Register by October 24 for November 9,
and by January 9 for January 25

Junior Maestros

November 11, 9:15-10:45 a.m. | Manchester, NH
November 11, 1:15-2:45 p.m. | Virtual
January 20, 9:15-10:45 a.m. | Manchester, NH
January 20, 1:15-2:45 p.m. | Virtual

Earn your Musician badge by working with a professional musician to explore how music is made and take the stage.

Price: \$25 per girl
Register by October 31 for November 11,
by January 2 for January 20

Find Your Voice

Cadette | Manchester, NH
November 11, 11:00 a.m.-12:30 p.m.
January 20, 11:00 a.m.-12:30 p.m.



Cadette | Virtual
November 11, 3:00-4:30 p.m.
January 20, 3:00-4:30 p.m.

Build your confidence, learn to control your breath, use empowering body language and other skills to captivate your audience.

Price: \$25 per girl
Register by October 31 for November 11,
and by January 2 for January 20

Media Journey Series

Cadette | Virtual
November 12, 6:00 p.m.-
December 17, 6:00 p.m.

Find out how to reshape negative media messages into more positive ones.

Price: \$15 per girl, Register by November 6



aMUSE Journey Series

Junior | Virtual
November 14, 6:00 p.m.-
December 19, 6:00 p.m.

Explore the roles you play in your life and try on new ones.

Price: \$15 per girl, Register by November 7

Ringling

All ages | Manchester, NH
November 15, 7:00-9:00 p.m.

This reimagined *Ringling Bros. and Barnum & Bailey - The Greatest Show On Earth* will surprise families as they come together to witness a fast-paced, action-packed production with modernized acts.

Price: \$22, Register by October 27

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November 23, 7:30-9:30 p.m.

Enjoy The Nutcracker, performed by Southern New Hampshire Dance Theater.

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Child and Babysitting Safety Course

Cadette | Virtual
November 24, 6:00-8:00 p.m.
January 19, 6:00-8:00 p.m.

Join Coastal CPR and First Aid to learn child safety and basic care techniques for children.

Price: \$43 per girl, Register by November 7 for November 24, and by January 2 for January 19

Space Science Investigators

Junior | Concord, NH
December 7, 1:30-4:45 p.m.

Explore the the solar system while engaging in hands-on activities.

Price: \$25 per girl, \$20 per adult
Register by November 21

Activities that fit into
your troops schedule?



An expert to lead a
program that comes to you?

You name the time, choose the
place and pick the program!

Based on troop leader feedback and requests, we are excited to share a new menu of On Demand programs for troops going live in December.

Visit www.girlscoutsgwm.org/ondemand for a complete list of programs available.

Who Done It?

Junior-Cadette | Amherst, NH
January 11, 10:00 a.m.-1:30 p.m.

Be a crime scene investigator and use real CSI techniques to solve various "crimes". Earn your Detective or Special Agent badge.

Price: \$20 per girl, Register by December 29

Get Moving! Journey Series

Junior | Virtual
January 14, 6:00 p.m.-Feb 18, 6:00 p.m.

Investigate and innovate as you explore your own energy, the energy of places and spaces, and the energy of getting from here to there.

Price: \$15, Register by January 7

aMAZE! Journey Series

Cadette | Virtual
January 16, 6:00 p.m.-Feb 20, 6:00 p.m.

Develop true friendships, navigate cliques, and move beyond stereotypes, with the ultimate goal of peace in your interpersonal relationships.

Price: \$15, Register by January 9

Frozen Farm

Brownie-Cadette | Keene, NH
January 26, 10:00 a.m.-12:30 p.m.

Learn about how our winter season is changing in New Hampshire, spot and identify animal signs, learn about animal adaptations, and more!

Price: \$14 per girl, \$7 per adult
Register by January 9

Cookie Rallies—January 4 & 5
Disney on Ice—January 10

Check out www.girlscoutsgwm.org/ activities for details.



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Questions? Please contact Customer Care at customercare@girlscoutsgwm.org or 888-474-9686.

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November 13, 6:00-7:30 p.m.

Have fun learning how to make a velvety chocolate mousse that is sure to impress. You will also learn about the science of gelatin.

Price: \$10 per girl

Register by October 2 for October 9, and by November 6 for November 13

Girl Scout Awards Webinar

Junior-Ambassador | Virtual
October 10, 6:00-7:00 p.m.
November 14, 6:00-7:00 p.m.

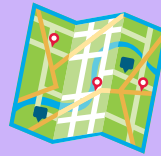
Come and learn about all our Girl Scout Awards. From Community Service Bars to the Gold Award; there is something for every Girl Scout.

Price: Free, Register by October 3 for October 10, and by November 7 for November 14

Council and Destinations Travel Information Meeting

Cadette-Ambassador | Virtual
October 15, 7:00-8:00 p.m.

Learn about the international council trip to Iceland in 2025 and GSUSA Destinations. Adults learn about the opportunities you have to chaperone council trips.



Price: Free, Register by October 10

Happy Birthday Juliette!

All ages
October 18, 5:00-7:00 p.m. | Bedford, NH
October 24, 5:00-7:00 p.m. | Thetford, VT

Girl Scouts, join us to celebrate the birthday of the founder of Girl Scouts, Juliette Gordon Low! We'll learn about Juliette, bake and decorate cupcakes, and play Girl Scout history games. Patch included in girl fee.

Price: \$20 per girl, \$5 per adult
Register by October 6 for October 18, and by October 10 for October 24.

Trunk or Treat, SWAPS Style!

All ages
October 19, 2:00-3:00 p.m. | Manchester, VT
October 20, 2:00-3:00 p.m. | St. Albans, VT

Come dressed in your Halloween costume, decorate the trunk of your car, and join us for an hour of SWAPS, sweets, and the spooky STEM Van!

Price: \$15 per girl, Register by October 6

Girl Scout Spooktacular

All ages | Bedford, NH
October 20, 1:00-3:00 p.m.

Bring your friends and family for some spooktacular fun! Wear your costumes, go trick or treating, play games to win prizes, make a fun craft, and enjoy a spooky snack!

Price: \$15 per person, Register by October 6

Series Opportunities

Astronomy Club

It's a big universe – learn all about it! Soar to the stars with educational materials and astronomy events both virtual and in person. Meet professional and amateur astronomers who will help you learn even more about the wonders of astronomy.

Media Team

Be a media star! The Media Team will have opportunities to do social media posts, photo shoots, and speak in front of a camera or microphone - and then you get to see yourself in print, online, or on the air!

Visit the Series page of our website, www.girlscoutsgwm.org for more information on these Series opportunities, as well as others!



Trunk or Treat

All ages | Bedford, NH
October 23, 5:30-7:00 p.m.

Come Trunk or Treat at our Trunk or Treat!

Price: \$5 per girl, Register by October 18

Founder's Day Recognition 2024

All ages | Virtual
October 30, 6:00-7:30 p.m.

Also known as the birthday of Juliette Gordon Low, the founder of Girl Scouts! You will bake a special chocolate rolled birthday cake, popular when Juliette was a little girl, learn about the history of Girl Scouts in America and plan your own community service project in Juliette's honor.

Price: \$15 per girl, Register by October 23

Express Yourself

All ages | Bedford, NH
November 9, 2:00-3:30 p.m.
January 25, 2:00-3:30 p.m.

Unleash your inner artist and create your own masterpiece with the help of a professional artist. No art experience necessary!

Price: \$26 per girl
Register by October 24 for November 9, and by January 9 for January 25

Activities that fit into
your troops schedule?

An expert to lead a
program that comes to you?

You name the time, choose the
place and pick the program!

Based on troop leader feedback and requests, we are excited to share a new menu of On Demand programs for troops going live in December.

Visit www.girlscoutsgwm.org/ondemand for a complete list of programs available.

Save the date!

Cookie Rallies

January 4 & 5

Disney on Ice

January 10

Check out www.girlscoutsgwm.org/ activities for upcoming details.

Journey Series

Virtual
November 12, 6:00 p.m.-
December 17, 6:00 p.m.

Senior Mission: Sisterhood

Discover ways to nurture healthy friendships.

Ambassador Justice

Identify global environmental issues and create your own vision for change.

Price: \$15 per girl, Register by November 6

Ringling

All ages | Manchester, NH
November 15, 7:00-9:00 p.m.

This reimagined *Ringling Bros. and Barnum & Bailey - The Greatest Show On Earth* will surprise families as they come together to witness a fast-paced, action-packed production with modernized acts on a scale never seen before, creating real connections between audiences and performers.

Price: \$22, Register by October 27

Toasty Turkeys

All ages | Richmond, VT
November 16, 12:00-3:00 p.m.

We'll have a roaring fire for s'mores while we make turkey crafts, learn a turkey song, and decorate a turkey snack.

Price: \$15 per person, Register by November 3

Girl Scout Night at the Nutcracker

All ages | Manchester, NH
November 23, 7:30-9:30 p.m.

Enjoy the magical holiday tradition of The Nutcracker performed by Southern New Hampshire Dance Theatre accompanied by a live orchestra led by Grammy Award-winning conductor John McLaughlin Williams. Get a glimpse of the magic that happens behind the scenes with a special Girl Scout meet and greet with the cast after the show.

Price: \$38 per girl, \$43 per adult
Register by November 7

Your Voice Your World Journey Series

Ambassador | Virtual
January 16, 6:00 p.m.-
Feb 20, 6:00 p.m.

Advocate for change by networking, planning, and speaking up for what you believe.

Price: \$15, Register by January 9

GIRLtopia Journey Series

Senior | Virtual
January 16, 6:00-Feb 20, 6:00 p.m.

Explore the issues facing girls today, learn how you can help, and take action to get a little bit closer to a GIRLtopia. Develop your vision for an ideal world and acquire the skills to make it a reality.

Price: \$15, Register by January 9

Travel Opportunities

Iceland: Glaciers and Geysers: July 16-22, 2025

Join us on this epic adventure to Iceland with EF Tours! Take advantage of round-the-clock daylight during the summer in this otherworldly place of dramatic beauty. Revel in the geothermal wonders of Iceland—Blue Lagoon hot springs, volcanic craters and subarctic fauna. From the capital Reykjavik you will travel the popular Golden Circle and see Gullfoss waterfall and the Geysir geothermal area. From there, continue on to the famous black-sand beaches of Vik and the Lava Centre in Hvolsvöllur.

Participants must register with EF Tours and pay a Council Service Fee to hold their spot in the tour. Visit www.girlscoutsgwm.org/travel for more information.

GSUSA Destinations

Girl Scout Destinations are travel programs available to individual Cadettes, Seniors, and Ambassadors. They are not troop or group trips, and they do not accept adult participants. Each girl applies individually, and on the trip, they will have the opportunity to meet Girl Scouts from all over the U.S. and sometimes from around the world!

Check them out at: www.girlscouts.org/destinations or contact CustomerCare@girlscoutsgwm.org for more information on how to apply. Applications are due by November 15, 2024, and then on a rolling basis after if there are openings.