



# *Girl Scouts of Suffolk County's*

# 2023 MAKING AN IMPACT BREAKFAST

———— *MARCH 10, 2023* ————

*Celebrating 55 Years of Building Girls  
of Courage, Confidence, & Character  
Who Make The World a Better Place!*



**PRESENTED BY**



PHILANTHROPIC FOUNDATION

# ***ABOUT GIRL SCOUTS OF SUFFOLK COUNTY***

**At Girl Scouts of Suffolk County, our mission is to build girls of courage, confidence, and character who make the world a better place.**

The Girl Scout Leadership Experience is centered on four pillars-STEM, Outdoors, Life Skills, and Entrepreneurship, and is designed to build confidence in every girl, regardless of background or ability. Guided by supportive adults and peers, girls develop their leadership potential through age-appropriate activities that enable them to discover the world around them.

Today's Girl Scouts are tomorrow's world changers, and at Girl Scouts of Suffolk County, we are committed to helping every girl build a foundation for success.



## ***CHANGE THE WORLD, INVEST IN GIRL SCOUTS***

When Girl Scouts are in charge, you can be sure they will change the world for the better. Support Girl Scouts of Suffolk County and be a part of that change by investing in our council initiatives or joining us at an upcoming fundraising event.

Visit [www.gssc.us/donate](http://www.gssc.us/donate) or scan our QR code



# OUR COMMITTEE

## Catherine Canadeo

*Catherine Canadeo Health and Wellness*

Girl Scout Alumna & Former Troop Leader

## Heidi Felix

*LifeVac*

Girl Scout Alumna, Former Troop Leader, & Awards Chairperson

## Jennifer Fink

*Lutech Medical*

Girl Scout Alumna

## Jacqueline Gordon

*Ret. Lt. Colonel, US Army*  
Former Troop Leader, Past Board Member, & Lifetime Member

## Adrienne Greene

*Valley Bank*

Girl Scout Alumna, Current Troop Leader, Service Unit Team, & Delegate

## Krupa Lauricella

*Town of Islip/FTZ Strategies, Inc.*  
Current GSSC Board Member

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*Heartland Payment Processing*  
Parent of Former Girl Scout Intern

## Angela Mandelos

*Northwell Health - South Shore University Hospital*  
Proud Girl Scout Community Partner

## Kim McCurry

*New York Life*

Girl Scout Alumna & Former Girl Scout Parent

## Marjorie Mesidor

*Phillips & Associates*

Girl Scout Alumna & Current GSSC Board Member

## Tammy Severino

*GSSC President & CEO*

GSSC Board Member, Girl Scout Alumna, Former Troop Leader & Cookie Mom, & Lifetime Member

## Donna Smeland

*Freelance Producer*

Girl Scout Alumna, Former Volunteer, Current GSSC Board Chair, & Lifetime Member

## Karen Sweeney

*Bethpage Federal Credit Union*

Girl Scout Alumna

## Kristin Thorne

*WABC-TV Eyewitness News*

Girl Scout Alumna, Current Girl Scout Parent

## John Udaze

*Behavior Solutions Inc.*

Current GSSC Board Member

## Nyrekia White

*GSSC Dir. of Advancement & Strategic Partnerships*

Former Cookie Mom, Current Girl Scout Parent



# OUR SPECIAL GUESTS



## KEYNOTE SPEAKER

Dr. Sandra Lindsay,  
*Vice President of  
Public Health Advocacy,  
Northwell Health*



## MODERATOR

Donna Smeland  
*Chair of the Board,  
Girl Scouts of Suffolk County*



## MODERATOR

Tammy Severino  
*President & CEO,  
Girl Scouts of Suffolk County*



## PANELIST

Catherine Canadeo,  
*Board Certified Holistic  
Health Coach, CEO of  
Catherine Canadeo Health  
and Wellness Corp.*



## PANELIST

Jackie Gordon,  
*Retired Lt. Colonel  
of the US Army*



## PANELIST

Karen Sweeney,  
*Vice President of Member  
Experience, Bethpage  
Federal Credit Union*



## PANELIST

Kristin Thorne  
*Investigative Reporter,  
WABC-TV Eyewitness News*

## *OUR SPONSORS*

Thank you to our sponsors! Your support makes it possible to create a lifelong impact for over 12,000 Girl Scouts as we come together as a community to build girls of courage, confidence, and character who make the world a better place.

### 55TH ANNIVERSARY PRESENTING SPONSOR

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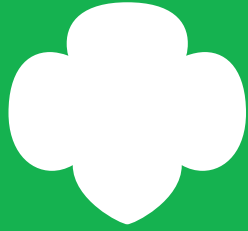
### COURAGE, CONFIDENCE, & CHARACTER SPONSORS

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## DONNA SMELAND

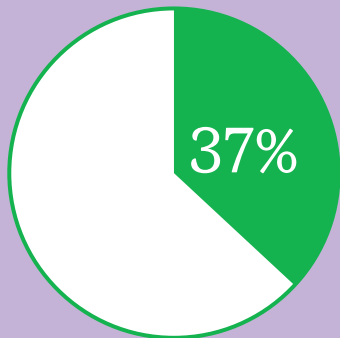


# Girl Scout Alum Facts\*

The Girl Scout alum community is over 50 million strong.

Based on current U.S. government population estimates, there are approximately 143 million adult women in the United States.

More than 1 in 3 women in the United States were Girl Scouts at some point in their lives.



79%

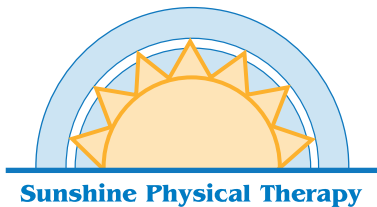
say they stand up for their beliefs and values

Compared to other women, Girl Scout alums embody higher levels of:

- **Courage**—they show resilience when learning from failure and setbacks, take on challenges, are ambitious, and aren't afraid to take risks (46% compared to 36%).
- **Confidence**—they accomplish what they set out to do and are assured in their abilities (66% compared to 53%).
- **Character**—they lead purposeful and meaningful lives, are honest and trustworthy, stand up for their beliefs and values, and actively contribute to others' well-being (74% compared to 62% showed positive values and 61% compared to 48% showed positive self-image).

# OUR SPONSORS

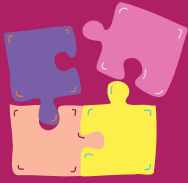
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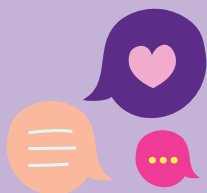


# How Girl Scouts Can Support Mental Health\*



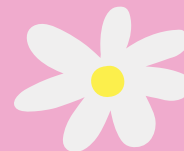
*“Because of Girl Scouts, I’ve had a community and a safe place to be myself.”*

2/3rds  
of girls feel  
like being in  
Girl Scouts  
supports their  
mental health.



Girls say Girl Scouts  
provides...

- ✓ A safe space
- ✓ A program that teaches leadership, courage, confidence, & character
- ✓ Social support & friendships
- ✓ Supportive adult relationships
- ✓ Consistency & comfort in a time of change



*“Girl Scouts has taught me to be self-confident, which is very good for my mental health. I have learned to be brave when trying new things, which reduces anxiety I might have had when put in new or uncomfortable situations. I have learned to be adaptable. Girl Scouts’ encouragement of always trying new things has led me to pursue activities that make me happy.”*



# *OUR SPONSORS*

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# **You've Made An Impact For Girl Scouts of Suffolk County!**

**Because of you, girls can find the  
courage, confidence and character to  
change the world.**

*Thank you to our keynote speaker, Dr. Sandra  
Lindsay, to our panelists, Catherine Canadeo,  
Jackie Gordon, Karen Sweeney, & Kristin Thorne,  
and thank you to all our sponsors for being a part  
of our event.*



**Donna Smeland**  
*Chair of the Board,  
Girl Scouts of Suffolk County*

*Girl Scouts of Suffolk County  
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Join, volunteer, reconnect, or donate, by visiting [www.gssc.us](http://www.gssc.us)*



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BSI was founded by John Udaze – M.S.Ed, Post Graduate Certification in Applied Behavior Analysis, BCBA, and a New York State Licensed Behavior Analyst, with a purpose to help individuals make meaningful connections with the world around them and become valuable members of their community.

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# MAKING AN IMPACT FOR GIRLS

Northwell applauds **Girl Scouts of Suffolk County** for preparing girls of courage, confidence and character. Together, we're supporting empowered youth and promoting leadership and entrepreneurship for the future.

## Congratulations to this year's honorees:

### **DR. SANDRA LINDSAY**

Vice President, Public Health Advocacy  
Northwell Health

### **DONNA SMELAND**

Chair of the Board  
Girl Scouts of Suffolk County

### **TAMMY SEVERINO**

President & CEO  
Girl Scouts of Suffolk County

### **CATHERINE CANADEO**

Board-Certified Holistic Health Coach  
CEO, Canadeo Health & Wellness Corp.

### **KAREN SWEENEY**

Vice President, Member Experience  
Bethpage Federal Credit Union

### **JACKIE GORDON**

Retired Lt. Colonel  
US Army

### **KRISTIN THORNE**

Investigative Reporter  
WABC-TV Eyewitness News

**Michael A. Epstein**  
Chairman, Board of Trustees

**Michael J. Dowling**  
President & CEO



# What do Girl Scouts think about the STEM program?\*

Two-thirds of Girl Scouts (67%) are doing STEM programs—and the majority are doing multiple activities.

95%

of girls who did Girl Scout STEM activities thought they were fun



91%



tried activities they have never done before

88%

want to do more STEM activities



*“I liked Backyard Science Night with the telescopes because seeing the moon through the telescope was cool.” (Daisy)*

*“Observing the chemical reactions in candy making was very hands-on and left me with a good taste in my mouth.” (Ambassador)*

# Supporting Girls Scouts of Suffolk County's Commitment to Building Girls of Courage, Confidence and Character

**DEFENDERS  
AGAINST  
DISCRIMINATION**  
IN THE WORKPLACE



**PHILLIPS & ASSOCIATES**

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FEATURED IN

DAILY NEWS

NEW YORK POST



HUFFPOST



## GREATER LONG ISLAND RUNNING CLUB

*Run Greater. Change the world.*

We are a local nonprofit organization that has been making small changes in a BIG way since 1978.

We host the longest-standing, only all-women's 5k on Long Island. Women of all ages, shapes, and abilities come together to challenge themselves, serve others, and move their bodies with pure joy as they walk or run with us as a community.

We take pride in being inclusive and accessible. Our events are Trail Sisters-Approved by making menstrual products available, and granting equal starting line access and prize opportunities.

Our sport has come a long way since the days of Kathrine Switzer crashing the Boston Marathon - women were not allowed. But...we haven't come this far to ONLY go this far.

Strong, brilliant, talented women like World Champion ultrarunner Camille Heron have toed the line with us.

You are strong, brilliant, and talented, too. Join us and find your reason to run!



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**SATURDAY JULY 8**  
RUNNERS EDGE LONG ISLAND WOMEN'S 5K  
PRESENTED BY BETHPAGE FEDERAL CREDIT UNION



SCAN ME



**OUR MISSION:** We are a 501 (c) (3) nonprofit organization committed to promoting running, physical fitness, and wellness among a diverse membership regardless of age, experience or running ability.

The Club strives to encourage meaningful relationships and a sense of service by promoting volunteerism among its members and community groups at local Club-sponsored running and multi-sport events, and by raising money for charitable causes that benefit the Long Island community.

*Expert Real Estate Advice*



**Contact us now!**

Dean Greiner,  
Senior Marketing Director

Direct: (516) 833-1414  
Mobile: (631) 707-6718

[dgreiner@greiner-maltz.com](mailto:dgreiner@greiner-maltz.com)

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The world record for solving the Rubik's cube is 3.47 seconds!

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THANK YOU TO THE  
**GIRL SCOUTS OF SUFFOLK COUNTY**

Senator Mario R. Mattera is proud to support the programs and importance of the Girl Scout's mission to address mental wellness, self care, financial literacy, exposure to career preparation, and STEM fields.

Thank you for all you do!



SENATOR MARIO R. MATTERA



Celebrates Girl Scouts of Suffolk County's 55th Anniversary and for Building Girls of Courage, Confidence, and Character



Urban Air Adventure Park - Lake Grove, NY  
[www.urbanair.com](http://www.urbanair.com)



Over the past few years, lifetime members have helped provide more than 30,000 memberships to Girl Scouts across the country whose families would otherwise not have been able to afford it.

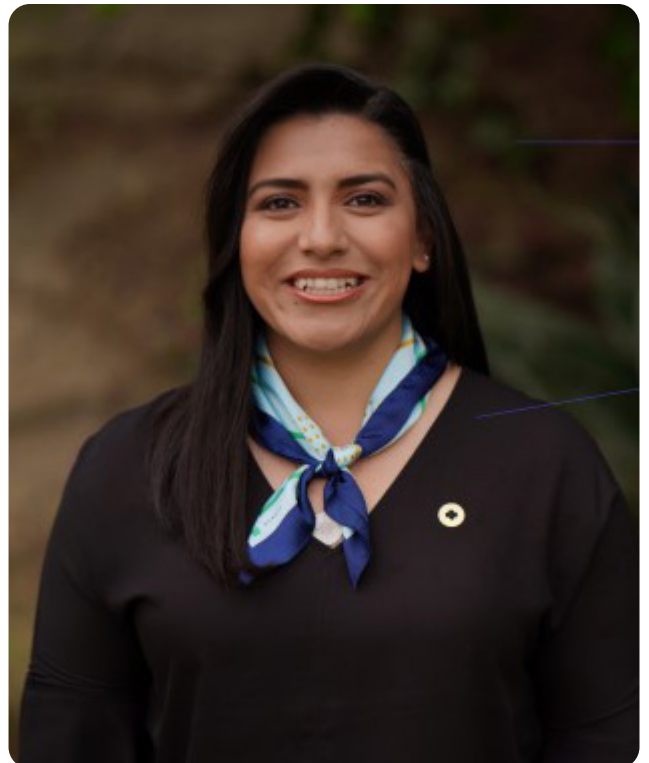


**Support Girl Scouts for years to come by joining as a lifetime member. Your one-time membership fee ensures ALL Girl Scouts can unapologetically be themselves. Plus, you'll be signing up for a lifetime of watching them discover their strengths and rise to meet new challenges.**

When you join as a lifetime member, \$25 of your membership fee will fund a year of Girl Scouting for a member in your local community.

Any individual who accepts the principles and beliefs of the Girl Scout Movement and is at least 18 years old can purchase a lifetime membership.

A Girl Scout lifetime membership is a one-time purchase and costs \$400. Alums under 30 or volunteers with ten or more years of service can purchase a lifetime membership for \$200. Your lifetime membership donation is tax-deductible as allowed by law.



**Ready to join? Become a lifetime member at [www.gssc.us/lifetime](http://www.gssc.us/lifetime) or scan our QR code**



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of suffolk county

Questions? Contact [customer care@gssc.us](mailto:customer care@gssc.us)



# Become A Girl Scout Corporate Cookie Connections Partner

## Sponsor delicious Girl Scout Cookies and support Girl Scouts in their business goals!

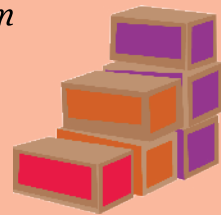
The Corporate Cookie Connections Program is designed to help Girl Scouts build their skills in communication, organization, and responsibility as they learn about cookie partnerships and closing a deal! Girl Scouts will learn to identify business prospects and create strategies for engagement. They'll create a proposal to guide their pitch to prospective clients. Plus, they'll receive tools that can be used once a sponsorship is secured to thank their clients and create long-lasting partnerships.

### **\$1,500 Platinum Corporate Sponsor: 300 boxes sponsored**

- *Commemorative Certificate*
- *Name in GSSC Annual Report*
- *Company logo on online Partner list*
- *Company logo in Holiday Light Show Program*
- *Company logo in a GSSC email to Girl Scouts of Suffolk County members and donors at the end of the Cookie season.*

### **\$1,000 Gold Corporate Sponsor: 200 boxes sponsored**

- *Commemorative Certificate*
- *Listing in GSSC Annual Report*
- *Name on online Partner List*
- *Listing in GSSC's Holiday Light Show Program*



### **\$500 Silver Corporate Sponsor: 100 boxes sponsored**

- *Commemorative Certificate*
- *Listing in GSSC Annual Report*
- *Name on online Partner List*

### **\$250 Bronze Corporate Sponsor: 50 boxes sponsored**

- *Commemorative Certificate*
- *Listing in GSSC Annual Report*

Learn more at [www.gssc.us/corporate-cookies](http://www.gssc.us/corporate-cookies) • Scan QR code »  
Questions? Email Nyrekia at [nwhite@gssc.us](mailto:nwhite@gssc.us) or call (631) 543-6622 x245



# Were you a Girl Scout? Connect to the Girl Scout Network

**Do you have fond memories of your time in Girl Scouts? Now you can relive them by joining the Girl Scout Network.**

This community is made up of both those who were Girl Scouts as children and those who want to support Girl Scouts now as they achieve today's dreams and imagine tomorrow's possibilities.

More than 50 million women participated in Girl Scouts as children—were you one of them? Daisy, Brownie, Junior, or higher, it all counts when it comes to calling yourself a proud Girl Scout alum!

## **When you sign up, you'll receive:**

- Our monthly digital newsletter, featuring inspiring alum profiles, savvy career advice, volunteer and advocacy opportunities, and more.
- Invitations to memorable local and national events, including our exciting virtual Campfire Chat series.
- Discounts, such as 10% off your first purchase at [girlscoutshop.com](https://girlscoutshop.com).

**Sign up at [www.gssc.us/alum](https://www.gssc.us/alum)  
or scan our QR code**



Questions? Contact [customercare@gssc.us](mailto:customercare@gssc.us)



*“Truly, ours is a circle of friendships, united by our ideals.”*

— Juliette Gordon Low



**girl scouts**   
of suffolk county

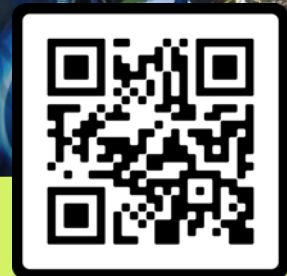
# Partner With Us!



Community Partner Patch Programs help Girl Scouts develop new skills through unique learning experiences created by local organizations in Suffolk County.

How can you help a Girl Scout change the world? Connect your company's mission to the Girl Scout Leadership Experience. Girls can explore a wide range of topics, like STEM, first aid, and emergency preparedness. Patches are available to all Girl Scouts with requirements that vary by age level.

Today's Girl Scouts are tomorrow's leaders. By joining our team of Community Partners, you help Girl Scouts expand their understanding of the world around them and aid in their journey to make the world a better place.



See our available programs at [www.gssc.us/patchprograms](http://www.gssc.us/patchprograms)

If you are interested in developing a Community Patch Program for girls to learn more about your organization or business, please contact Hanorah at [hgholam@gssc.us](mailto:hgholam@gssc.us)



# Summer Camp

For Girls, Grades K-9 (In Fall)

## *Every Summer Has a Story!*

Girls have a chance to make new friends and explore nature guided by our amazing camp team who are there to support them along the way. They get a chance to unplug and take a break from the “world of screens” —the smartphones and laptops, that have become a part of everyday life.

Our campgrounds are located on 95 acres on the beautiful San Souci lakes in Bayport and has been home to amazing Girl Scout outdoor experiences for over 75 years. We have two pools, an archery range, a gaga ball pit, a disc golf course, hiking trails, and even a frog-friendly pond. Our program includes things our girls love like scavenger hunts, outdoor sports, weekly themes, and STEM + Art activities in a safe and fun environment that fosters her sense of adventure.

## *2023 Summer Camp Season*

- Dates: June 26-August 25, 2023 (9 Weekly Sessions)
- Times: 9:00 AM - 4:30 PM
- Place: Camp Edey, Bayport
- Programs: Day, Teen, & Sleepaway
- Pricing starts at \$400 per girl
- Weekly themes range from Outdoor Art, Gross Science, Magic Kingdom, Camp Hogwarts, Color Wars and so much more!

**Early Bird Discount: Register between March 1 to April 14 and Save \$35 OFF per week.**

*This discount will be automatically applied when payment is made in full before the last day of the promotion. Cannot be combined with other offers.*

Register online at [www.gssc.us/summercamp](http://www.gssc.us/summercamp)

Questions? Contact us at [customercare@gssc.us](mailto:customercare@gssc.us) or call (631) 543-6622



# Corporate Camp-For-A-Day

Coming Soon: June 2023

## *Team Building with the Power of Girl Scouts*

Join us at our beautiful Camp Edey for a day of safe, challenging, fun activities that empower your team and build healthy relationships. From archery to hiking to relaxing by the lake, there will be something for everyone to help foster your team's connections and grow your culture.



*As a supporter of the Making an Impact Breakfast,  
we offer you 10% OFF Corporate Camp-For-A-Day!*

For more details and to reserve, please contact Nyrekia White, Director of Advancement & Strategic Partnerships (631) 543-6622, ext. 245 • [nwhite@gssc.us](mailto:nwhite@gssc.us)

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## 2023 GOLF CLASSIC

Join us on Tuesday,  
September 19, 2023  
at Nissequogue Golf  
Club, St. James, NY

*Celebrating 55 Years of  
Building Girls of Courage,  
Confidence, & Character  
Who Make The World a  
Better Place!*

## Our Honorees



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CEO & Co-founder  
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**Dr. Venise  
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PT, DPT, OCS, CSCS, RYT  
Owner of Sunshine  
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**Registration is now open!**  
[www.gssc.us/golf-classic](http://www.gssc.us/golf-classic)

## Event Packages

Foursomes & golfers receive valet parking, locker room facilities, 18 holes of golfing, golf cart, all meals & refreshments during day, cocktail hour, and awards dinner.

- **Deluxe Foursome: \$ 2,400**  
*+ a custom tee sign & Bronze journal ad.*
- **Foursome: \$ 1,900**
- **Individual Golfer: \$495**
- **Dinner & Cocktails for One: \$ 195**
- **Player Perks Bracelet: \$100**  
*Includes all on-course activities & one raffle ticket sheet (25 tickets per sheet)*

## Sponsorships & More

Sponsorships range from \$15,000 to \$500 with amazing perks and benefits.

## Interested in Sponsoring?

Contact Nyrekia White, Director of Advancement & Strategic Partnership, for more details

- Email [nwhite@gssc.us](mailto:nwhite@gssc.us)
- Call (631) 543-6622 x245

*Thank you to our 55<sup>th</sup> Anniversary  
Grand Sponsors*



◀ *Scan our QR Code for more information.*

# Board of Directors

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*Chair of the Board*

Freelance Television Producer

**Dawn Lott**

*1st Vice Chair*

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Girl Scouts Of Suffolk County

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**Maria Marino**

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**John Udaze**

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**Girl Scouts of Suffolk County**

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