

Lakamaga Adult Education Conference August 14, 15, 16 2009

More Fun and More Learning Than Ever Before! We are offering more enrichment and arts/crafts opportunities, along with the Girl Scout trainings you need. Try your hand at origami. Get your kicks with Kung Fu. Explore canoeing, geocaching, or the Adventure Course. Whatever you choose, you are sure to learn something new and have fun doing it!

★ This symbol indicates classes required for troop leadership, any activity Beyond the Troop meeting, or service unit position.

Leadership Essentials

- ★ **Leadership Essentials for New Leaders** **Friday 1:30 – 4:30 p.m.**
Learn to effectively facilitate the Girl Scout Leadership Experience (GSLE) using both the Journey books and other program grade level materials. Explore the leadership processes of girl-led, learn by doing, and cooperative learning. Share ideas on generating discussions with girls, earning awards, and progressing activities. This three hour session serves as a replacement for the former Basic Leadership and Program Age Level training and is required for new troop leaders.
Bring: Your grade level Journey adult facilitator guide set (girl and adult book set).
Prerequisite: GSUSA Volunteer Orientation and Fast Start Meeting recommended.

Beyond the Troop Training sessions

- ★ **Girls Cook In** **Friday 1:30 – 2:50 p.m.**
Lead your troop through the process of safely preparing food using no-cook or indoor cooking methods. Gain tips and techniques on how to teach girls the steps of budgeting, menu planning, following safety guidelines, and making healthy food choices. Develop strategies for grocery shopping and for effective management of food preparation with the troop. All that and fun recipes too.
Bring: *Safety-Wise* and the *Council Reference Guide*
- ★ **Girls Cook Out** **Saturday 8:30 a.m. – Noon**
Guide girls in cooking outdoors. Build on the skills you learned in Girls Cook In to prepare you to assist girls with cooking food in the outdoors. Learn essential outdoor cooking skills including: fire building methods, charcoal and camp stove cooking, outdoor dishwashing and sanitation methods as covered in *Safety-Wise*, basic knots, and jackknife safety. Enjoy the hands-on experience of cooking a meal using different fuel sources and equipment such as one pot, box oven, and pie irons. Leave No Trace Principles will also be reviewed in this session.
Bring: Dunk bag (plate, cup, fork, knife, spoon), *Safety-Wise* and the *Council Reference Guide*
Prerequisite: Girls Cook In
- ★ **Girls Sleep In** **Friday 3:05 – 5 p.m.**
Learn to walk your troop through the process of planning and preparing for an indoor overnight adventure of up to two nights and three days. Understand what procedures and forms are required and how to use girl planning in preparing for an overnight. Topics include: girl readiness, progression, and group living skills. You will also become familiar with River Valleys' properties and policies, *Safety-Wise*, and Leave No Trace principles while learning how to incorporate the Girl Scout Leadership Experience into your activities. This session includes safety guidelines for fireplace fires.
Bring: *Safety-Wise* and the *Council Reference Guide*
- ★ **Girls Sleep Out** **Saturday 1 – 5 p.m.**
Guide girls in planning an overnight adventure of up to two nights and three days sleeping in tents. Build on the skills you learned in Girls Sleep In and gain valuable information and skills related to program ideas, planning, safety, and addressing environmental concerns related to outdoor tenting. Understand what gear is needed for a trip as well as the care and use of tents.
Bring: *Safety-Wise* and the *Council Reference Guide*. You are invited to bring your own tent. There will be a limited number of council tents available for group use.
Prerequisite: Girls Sleep In

- ★ **Girls Travel – US** **Friday 1:30 – 4:30 p.m.**
Lead girls in planning a regional or national trip lasting three or more nights. Gain the necessary skills to guide your girls through the process of planning, budgeting, and reviewing safety requirements and transportation needs for your trip. You will also learn how to help girls gauge their readiness and become familiar with GSUSA's and River Valleys' policies and procedures for extended trips.
NOTE: Additional outdoor training may be required depending on activity. Please see Beyond the Troop session descriptions for more information.
Bring: Safety-Wise and the Council Reference Guide

Service Team Training

- Awards for Adults and Volunteers** **Saturday 1:30 – 2:50 p.m.**
Girl Scouts of Minnesota and Wisconsin River Valleys recognizes that adults participate in Girl Scouting to be of service to girls and the Girl Scout program. They do not seek special rewards for their contributions. However, everyone appreciates a thank you for his/her volunteer efforts. This workshop will focus on River Valleys' formal adult awards (council level and service Unit level) and will touch briefly on informal volunteer recognition. We will discuss the various council level and service unit level awards, examples of "who" would qualify for each, and what an effective nomination and/or endorsement letter looks like. If you are amazed at the incredible service to girls and Girl Scouts that your peers are providing and want a way to recognize their outstanding service, then this is the workshop for you.

- Fall Product Program** **Friday 1:30 – 2:50 p.m.**
Preview the 2009 River Valleys Fall Product Program with the staff and Gail Sederski from Ashdon Farms and QSP. You will sample the nut/chocolate items, view the magazine subscription opportunities as well as the award and recognition items that will be offered to all troops in River Valleys jurisdiction.

- ★ **Service Unit Communications Representative** **Saturday 1 – 4 p.m.**
Whether you're a Girl Scout leader who wants to share some of your troop's accomplishments with your hometown newspaper or a service unit team member looking for more effective ways to recruit volunteers and girls, public relations strategies can help you achieve your goals! In this session, we will introduce you to public relations tools and techniques with material developed specifically for Girl Scout volunteers. You'll learn about the Girl Scout brand voice and why it's important. This session is required for all service unit communications representatives, but also will be helpful for anyone who wants to help share the Girl Scout story in their community.

- ★ **Service Unit Event Coordinator** **Saturday 9 a.m. – Noon**
Learn about your role as a service unit event coordinator and how to work with your service team to plan and organize service unit events in accordance with GSUSA's and River Valleys' policies. Learn about the position and gain helpful tips to carry out your tasks in an effective manner.

- ★ **Service Unit Fast Start Coach** **Saturday 9 a.m. – Noon**
Learn about your role as a Fast Start Coach and how to guide new leaders with the information they need to start a troop, understand their service unit, and work with other adults who support the troop.

- Service Unit Manager Team Building Enrichment** **Fri 1:30 – 2:50 p.m.**
Learn how to make your service unit team and leader meetings informative, interactive, well attended, and fun! You will receive a resource packet filled with ideas and tips that will help you to plan and facilitate effective service unit leader meetings. Open to all service unit managers or those interested in the position.

- ★ **Service Unit Organizer/Recruiter** **Saturday 1 – 4 p.m.**
Learn about your role as a service unit organizer/recruiter and how to work with your service team to recruit, place, and retain girl and adult members. Learn about the position and gain helpful tips about how to carry out recruiter tasks in an effective manner.

- ★ **Service Unit Product Program Managers** **Saturday 1 – 4 p.m.**
Training for all new Service Unit Product Program Managers (formally called Cookie Coordinators). Learn about your role as a service unit product program manager and how to work with and lead the service team during both the Fall Product Program and the Cookie Program Activity. Learn some helpful tips to carry out the tasks of your position in an efficient manner, as well as receive useful materials.

★ **CPR/First Aid Challenge Review** **Sunday 8:30 - 9:30 a.m.**
This is NOT a class *and there is no instructor available for questions*. This is offered for those who would like a quiet place to review the materials or practice on manikins before they take their challenge.

★ **CPR/First Aid Challenge** **Sunday 9:30 - 11:30 a.m.**
American Red Cross certification will be earned by those who successfully meet the challenge. Instructors will administer written and skills tests. **NO CLASSROOM INSTRUCTION WILL BE DELIVERED.** It is recommended that potential participants have experience taking the class in the classroom format a few times prior to renewing certification via the challenge format. This challenge will take a portion of the two-hour session time; you will be asked to sign up for a time slot when you arrive at the conference. You may take another class during this time slot knowing you will miss a portion of that class during your testing.
There is an additional \$10 certification fee for this class.

★ **Small Craft (Canoe) Safety Certification** **Saturday 8 a.m. - 4:30 p.m.**
Small Craft Safety Certification is the current *Safety-Wise* requirement for a canoe trip leader. Learn the skills necessary to prevent, recognize, and respond to canoe emergencies, and gain the knowledge to assist a troop in planning and implementing a canoe outing. This certification covers flat water canoeing, rowboats, and small sailboats and is valid for a three-year period. Please note that this is a safety and rescue certification course, not a canoeing skills class. Participants must be experienced canoeists who are prepared to pass a prerequisite canoe skills test which will be given at the beginning of the class. Please note there will be no practice time before the test. Participants who are unable to pass the prerequisite test will be unable to continue with the training.
Prerequisite: In order to complete the pretest, you will need to demonstrate the following: • Float or tread water for 1 minute without a life jacket. • Swim any stroke for 25 yards without a life jacket. • Swim any stroke for 25 yards while wearing a life jacket. • Safely launch and control a canoe using the proper strokes while paddling forward and backward, turning, stopping and holding position. Paddling will be done solo, either alone in the canoe or with a non-paddling partner to help balance the canoe. When paddling forward and backward steering strokes, such as J-strokes or sweep strokes, must be used to maintain a straight line course without switching sides or ruddering.
Bring: Your favorite paddle and an adult-sized life jacket if you have one. There are a limited number of adult-sized life jackets and paddles at camp, comfortable layered clothing and/or swimsuit, change of dry clothes/shoes, sunscreen, hat, sunglasses, pen/notebook, bottled water
There is an additional \$15 certification fee for this class which includes the required book and the certification.

★ **Small Craft (Canoe) Safety Challenge (renewal)** **Saturday 1 – 4:30 p.m.**
If you are currently small craft safety certified and interested in renewing your certification, you may take the class in challenge format, and be exempt from the classroom portion of the class. You will still need to complete the pretest upon arrival, and there will be no practice session beforehand. This certification covers flat water canoeing, rowboats, and small sailboats and is valid for a three-year period.
Prerequisite: You must have current Small Craft Safety Certification. You must also pass a prerequisite skills test given on the same day as the training. In order to successfully complete the pretest, you will need to demonstrate the following: • Float or tread water for 1 minute without a life jacket. • Swim any stroke for 25 yards without a life jacket. • Swim any stroke for 25 yards while wearing a life jacket. • Safely launch and control a canoe using the proper strokes while paddling forward and backward, turning, stopping and holding position. Paddling will be done solo, either alone in the canoe or with a non-paddling partner to help balance the canoe. When paddling forward and backward steering strokes, such as J-strokes or sweep strokes, must be used to maintain a straight line course without switching sides or ruddering.
Bring: Red Cross Small Craft Safety book and current certification card. Also bring your favorite paddle and an adult-sized life jacket if you have one; as there are a limited number available at camp. Comfortable layered clothing and/or swimsuit, change of dry clothes/shoes, sunscreen, hat, sunglasses, pen/notebook, bottled water.
There is an additional \$5 certification fee for this class.

★ **Small Craft (Canoe) Safety Moving Water Certification** **Sunday 8:30a.m. – 2:30 p.m.**
After Small Craft Safety Certification, you may take the Moving Water Module for certification to take girls paddling on rivers with Class I and Class II rapids. Training covers river safety and hazards, supervision of paddlers on moving water, and moving water rescues. Certification is valid for three years.
Prerequisite: To qualify for this class, you must have taken the Small Craft (Canoe) Safety Certification class during the same summer (or at the conference).

Bring: Red Cross Small Craft Safety book and current certification card. Also bring your favorite paddle and an adult-sized life jacket if you have one, comfortable layered clothing and/or swimsuit/wet suit, change of dry clothes/shoes, sunscreen, hat, sunglasses, safety cord for glasses, if necessary, bottled water, bag lunch, snacks.

NOTE: This class meets in Grantsburg, WI on Sunday morning. Participants must provide their own transportation. This class may be cancelled due to low water levels on the St. Croix River. Directions to the training site will be sent prior to the conference.

There is an additional \$5 certification fee for this class.

All About Girls

Be a Sister to Every Girl Scout

Sunday 9:30 – 11:30 a.m.

Learn about fun activities your troop can participate in which teach girls how to interact better with their Girl Scout sisters and their communities. Discover special River Valleys patches Girl Scouts can earn incorporating these fun activities. Take away ideas for building community within and around your troop. This workshop covers Brownie through Ambassador levels.

Behavior Challenges

Sunday 9:30 – 11:30 a.m.

Attention Deficit Hyperactivity Disorder (ADHD) and Autism Spectrum Disorder (ASD): What do I do? Do you have a Girl Scout with ADHD and/or ASD in your troop or home? Come and talk with two Girl Scout leader moms about these challenges to achieve better understanding and leave with some practical tools to help you with the behavior issues that arise from the girl with the disorder/disability, and the troop as well.

Girl Scout Friends

Saturday 9 – 10:20 a.m.

Girls join because their friends join – adults stay because they make friends. What is a “friend?” We will discuss how to help girls to be their own good friend, how to make new friends, and how to keep friends through life.

Girl Scouting for Every Girl

Friday 3:05 – 4:30 p.m.

This fun and interactive workshop will give you hands-on tools and activities for welcoming and including girls of every background into your troop. Come prepared to do hands-on activities, engage in meaningful discussions, learn more about available resources, and have lots of fun!

Introduction to Girl Scout Ceremonies

Saturday 3:05 – 4:30 p.m.

What is a Scouts' Own? How do you teach a flag ceremony? How do I show the proper courtesy during a flag ceremony? What is bridging and how do we organize the ceremony? Sign up for this class to learn how to plan for these very special events in a Girl Scout's life. Bring songs, sayings, and poems to share; as well as any memorable ideas based on the theme *“People and experience that have inspired you.”* During this class we will be finalizing the plans for the Scouts Own to be held on Saturday night, and would welcome your participation in this and other ceremonies we will be conducting at the conference.

Letting go, Letting Girls

Saturday 9 – 10:20 a.m. OR Saturday 3:05 – 4:30 p.m.

How do you put the adult/girl planning into practice, really? Join us for an active, engaging session on what it means to put girl planning into practice. Leave this session with a “bag of tricks” for implementing the strategies you learn.

Songs Girls Love to Learn

Saturday 1:30 – 2:50 p.m.

Your troop will be the envy of all other troops in your service unit when they come and learn the songs the *girls* want to learn – you know the loud, fun, action songs. Come and learn those fun songs and be prepared to move.

Bring: Recording device if desired.

Take Action Projects and Awards Roundtable

Saturday 3:05 – 4:30 p.m.

Come share, discuss, and brainstorm real-world ideas to help guide girls through the selection, planning, and successful implementation of take action projects, particularly for the Girl Scout Bronze, Silver, and Gold Awards. The group discussion will be based on the needs of those attending. Appropriate for Girl Scout Junior, Cadette, Senior and Ambassador leaders

Enrichment & Life Skills

Ancestry

Sunday 9:30 – 11:30 a.m.

How true are the family stories about your history? Did your family really come from Germany? Come learn the basics of genealogy. Learn to read census reports, find birth records, death records, etc. You will even discover a new way to explore the cultural diversity of your own troop.

Bring: Your enthusiasm, paper, pen, and a willingness to be a detective.

Becoming a Change Agent

Friday 1:30 – 2:50 p.m. OR Friday 3:05 – 4:30 p.m.

This highly interactive workshop is designed to stretch you to your next level of *valuing* yourself and others, *honoring* yourself and others, and *creating a welcoming environment* for yourself and others. It includes tools for effectively navigating new situations and new techniques for fortifying you to embrace new challenges. *Change* is the mantra! How do you shape change? How do you prepare for change? How do you lead the change? How do you ride the wave of change? What needs to happen for you to enjoy the change? This class is lead by Yvonne Cheek, a master trainer and facilitator. Yvonne invites you to this workshop to discover your distinct role in the whirl of change happening in the Girl Scouts.

Can you hear me now?

Sunday 9:30 – 11:30 a.m.

Using practical strategies and techniques, everyone can strengthen their communications skills. Discover new ideas to improve all your interpersonal connections in a fun, open environment. What does open communication really mean? Discover ideas for connecting with girls, co-leaders, and leadership teams. Strengthen your listening skills. Learn communicating beyond the spoken word.

Cover your Assets – Managing Funds

Friday 3:05 – 4:30 p.m.

Learn how a busy Girl Scout volunteer can track and protect troop funds simply and painlessly, how you can successfully complete a year-end financial statement in a quick and easy process, and even how you can involve girls in managing their troop money in a way that helps them learn and makes the volunteer's job easier! Join us for a practical examination of managing troop funds in a way that "covers the assets" of everyone involved.

Creating a Service Unit or Troop Website

Sunday 9:30 – 11:30 a.m.

A website can be a great way to communicate with leaders in your service unit, families in your troop, and even girls. This class will cover the basics including: benefits of a website, how to begin, technical aspects, GSUSA and Girl Scouts of Minnesota and Wisconsin River Valleys' requirements and guidelines about online safety and privacy, and legal considerations concerning copyrighted graphics, symbols and trademarks. Find out the essentials you need to know and then decide if you are ready to "launch."

Dressing up your Event

Friday 1:30 – 2:50 p.m.

Looking for ways to upscale your troop or service unit event while on a budget? Whether it's a Sweetheart Dance, She/Me Tea, or a troop ceremony, dress it up with linens! Learn the basics of table setting, napkin folding, and chair cover tying to add a special touch to any occasion. We will discuss a variety of themes, materials, and applications to create the flair your event deserves.

Exploring Lakamaga

Friday 1:30 – 2:50 p.m. OR Sunday 9:30 – 11:30 a.m.

Whether you are a Camp Lakamaga "first timer" or a seasoned veteran, you will enjoy a fun and informative tour of the camp. Receive instructions and a map from facilitator during the first 15 minutes of the session, and then explore the whole camp on your own so you can see the camp first-hand making it easier to plan an outing with girls. This activity will be available during the whole conference, but only those individuals signing up for the session will receive the hands-on instructions and the map handout.

Fun Zappers – Skits

Saturday 3:05 – 4:30 p.m.

Need a way to get those bad moods out of your troop and zap the fun back in? Learn how to incorporate role play into the social dynamic of your troop. This class will teach you how to facilitate and improve acting sessions with girls. Whether you are seeking to solve a conflict or just want to help girls develop their own silly skits, this technique is fun and effective for all age groups. Get ready to take the stage (or the director's chair).

Games on a Budget

Saturday 9 – 10:20 a.m.

Remember your parents and grandparents talking about the “good old days?” Join us to learn some of the games of yesterday. These games were designed to be low cost and require little or no equipment so they are ideal for troop leaders who are just starting up troops or have limited finances.

Healthy Living 101

Sunday 9:30 – 11:30 a.m.

Learn the five basic principles of health and how nature’s basic remedies can improve your health and well being! This course is taught by a certified Doctor of Natural Medicine.

Identifying your Greatest Contribution

Friday 1:30 – 2:50 p.m. OR Friday 3:05 – 4:30 p.m.

Best Buy, in cooperation with River Valleys, is excited to offer this session based on the book *The Truth about You* by Marcus Buckingham. Learn why using a strengths-based approach will help you bring out the best in yourself and your troop and to identify how you can make your greatest contribution in all areas of your life. It's a simple method to identify and articulate the activities that make you feel strong. Learn about tools to gather feedback about your strengths and how you can use this approach with your troop to help them identify their greatest area of contribution. You will leave the workshop ready to claim your ideal role on projects and within your troop, as well as see the possibilities of where you can make your contribution in Girl Scouts. Take advantage of this fabulous opportunity to identify your own individual strengths and put them to work – now!

Self Defense and Kung Fu

Saturday 1:30 – 2:50 p.m.

Learn the tools to identify a potential a threat/attacker and reduce your chances of becoming a target. We will cover different signs and scenarios that an attacker looks for when selecting a target and teach you the tactics to keep you safe.

Bring: Wear work-out clothing, no jewelry and bring water with you.

S.O.S. for Mess Distress

Saturday 3:05 – 4:30 p.m.

Wish you had S'more time? Longing for S'more space in your home? Trying to find S'more papers in your office (again)? We have a professional organizer who will share creative, practical solutions for your clutter challenges. Learn how you can GIGGLE to find S'more order in your life?

Texting 101

Saturday 3:05 – 4:30 p.m.

Do you wonder what all the hoopla is about with texting? Do you watch your girls' fingers fly on their number keys and wonder what they are doing? Come and learn how to communicate to others without disturbing them during a class or meeting.

Bring: Your phone, be sure you have a texting plan on your phone.

Your Strengths and Motivations as a Leader

Saturday 1:30 – 2:50 p.m.

What strengths and motivations do you bring to the role of troop leader and how do they help girls to discover, connect and take action in today's world? Let's explore these questions together.

Outdoor Skills

Adventure Course training

Friday 1:30 – 4:30 p.m. OR Saturday 9 a.m. - Noon

Challenge yourself mentally and physically as you learn communications, trust, respect and teamwork to overcome obstacles on the adventure course. Learn safety considerations, team building, and group feedback skills to help girls and adults navigate over such obstacles as the “nitro crossing,” “spider web,” and “whale watch”. A course manual is provided. **Please wear long pants and tie back hair.**

Bring: Something to drink.

Archery for Fun

Friday 3:05 – 4:30 p. m. OR Sunday 9:30 – 11:30 a.m.

Want to try your hand at hitting the bulls-eye? Come and check out what it's like to try archery. No experience necessary. This is just for fun and does not train you to teach girls to do archery.

Bicycle Basics

Saturday 10:35 a.m. – Noon

What's new in the sport of biking? How do you decide if biking is the exercise for you? What types of bicycles are available and how do you choose one? Come and take this class lead by a Jamie McDunall from Sunrise Cyclery and learn how to find the right size bike for you, how to make those simple bike repairs, discover what equipment you really need, how to find the right size helmet, rules of the road, and biking safety. There will be a short bike ride for those who would like to try it out in camp.

Camp it, Cook it, Create it**Saturday 9 a.m. – Noon**

Come join the Camping Divas for a hands-on meeting built around outdoor cooking, camp crafts, and music. What we're creating together is community with each other and the earth. Open to all – no experience needed.

Bring: Dunk bag (mesh bag with plate, cup, fork, and spoon)

Canoe Basics**Friday 1:30 – 4:30 p.m.**

Beginning canoeists or those with some experience will benefit from this class. Learn the essentials of canoe safety, including the basic strokes and how they are used to control the canoe. Most of the class time will be supervised practice and games to help you improve your skills.

Canoe/Funyak Leisure Time**Friday 1:30 – 2:50 p.m. OR Sunday 9:30 – 11:30 a.m.**

Take a leisurely trip out on the lake with an old friend, or meet a new one. This activity is for those who enjoy canoeing or want to try out a Funyak (a small version of a kayak). Class is held weather permitting. This is open to all skill levels as it is not a certification class, but just for fun.

Bring: An adult sized life jacket if you have one and your favorite paddle if you'd like.

Compass and Trail Signs**Saturday 1 – 4 p.m.**

Learn how to lay simple trail signs and play compass games to share with girls. The class includes an introduction to orienteering with a compass. You will take the skills with you using the rocks, trees, and buildings around you. This is an outdoor class, so dress for the weather.

Dutch Oven Cuisine**Sunday 9:30 – 11:30 a.m.**

This class will cover basic Dutch oven cooking methods, the various types of Dutch ovens and how to use and care for one. We will cook three to six different dishes. Learn how to adapt any recipe to Dutch oven cooking and, of course sample our delicacies! No prior Dutch oven cooking experience is necessary.

Bring: Dunk bag (plate or bowl, cup, fork, spoon). Coffee and tea will be provided.

Geocache and Letterboxes**Sunday 9:30 – 11:30 p.m.**

You too can treasure hunt! Learn how to use Global Positioning System (GPS) units and find your first geocache. Practice solving clues using the GPS and, like people all over the world, you can participate in the fun of both finding letterboxes and geocaching. This class is held outdoors, wear comfortable shoes and dress for the weather. GPS units are provided, but you can bring your own too. Appropriate for volunteers working with girls age 8-18 but all volunteers are welcome.

Kitchen Orientation/Dining Hall**Sunday 8:30 – 9:30 a.m.**

The dining halls at some camps have commercial kitchens. Enjoy a tour and instruction on how to use the commercial equipment at Camp Lakamaga. This is open to all leaders, encampment coordinators, and service unit volunteers who plan to use the dining hall kitchens.

Bring: Notebook and pen

Let's get Knotty**Saturday 10:35 a.m. – Noon**

Bends (to join), hitches (to attach), stopper knots (to stop unraveling), binding knots (to bind), and loop knots will be taught to help us in our everyday lives and in outdoor activities. So let's get knotty together and learn simple to more complex knots. Discover knots to use in practical situations along with some fun knots.

Nutrition for Life**Saturday 3:05 – 4:30 p.m.**

Discover a wholesome approach to the food guide pyramid. Learn how to balance the use of whole foods with some convenience foods to achieve a more healthful lifestyle. We will decipher the complex world of labels and learn what to look for and how to make good decisions for your family. Understand the beverage dilemma and how it applies to our health. You will get some definitions of new terms in food and nutrition and look at some trends that could affect your health. This class is being led by a registered and licensed dietician.

Project Learning Tree**Saturday 8 a.m. – Noon**

This workshop is a great way to teach girls about the trees and other plant life around us everywhere. Learn how to incorporate these fun activities into earning petals, Try-Its, badges, interest projects and enhance the activities in the Journey books. Intended for all program age levels K-12. Leave with many handouts and hands on activities. For an additional charge, receive the national curriculum guide and early childhood guide.

Bring: Backpack or large bag to take home all supplies. Cash or check if you are interested in purchasing the Project Learning Tree national curriculum guide for \$20 or \$10 for the Early Childhood guide.

10 Tips and Tools to put the GO! in Goals Saturday 9 – 10:20 a.m.

Feeling stuck so you can't finish or even start that project? Are you too distracted or unmotivated to make a change? Learn ten simple, effective tips and tools to inspire yourself to reach your goals. This session will focus on practical ways you can move from inaction to action from hope to realization. You'll also learn how to make what works for you, work for others in your life – your Girl Scouts, family, and friends. Your presenter, a professional leadership coach, will reveal the TNT a coach uses to spark motivation.

Wilderness Survival (Must take Part 1 and 2) Saturday 9 a.m. - Noon AND 4:40 – 6 p.m.

Learn the things needed for a survival kit for your car, travel and the emergency steps if you are lost or stranded, how to find water and a food source, locate and build shelter, construct a fire pit, and make fire. You will build a small survival kit. Learn to use a watch as a compass. Wear clothes that can get dirty (jeans) and hiking shoes. **Bring:** Leather gloves to protect hands, bug spray, sun block lotion, water canteen, small waist or shoulder bag, non-digital watch with moving arms, optional items for travel bag and/or car kit.

The following items are not needed for the session but will be discussed:

(Optional) Items needed for travel bag: Pocket knife, water proof matches and flint/tinder, eight cotton balls, fishing line with four hooks, canteen or water bottle, heat reflective blanket, rain poncho, small first aid kit, bug spray, pain medicine, pocket mirror, water purification tablets.

(Optional) Items needed for car kit: Camping or survival knife, water proof matches and flint/tinder, eight cotton balls, fishing line and four hooks, canteen or water bottle, heat reflective blanket, rain poncho, small first aid kit, bug spray, pain medicine, pocket mirror, water purification tablets, flashlight and extra batteries, sewing kit, small signal mirror, compass, nine volt battery and two insulated wires with wire exposed, pot for boiling water.

Craft classes (Note: Craft classes are limited to three per person.)

Bags O' Fun

Saturday 1:30 – 2:50 p.m.

Make a fun, roomy, eco-friendly bag (or two) to hold your groceries or all the "stuff" moms and Girl Scout leaders always have to carry! Materials will be provided, but bring your own fabric if you have something special you want to use. Some sewing experience is required. Recommended for leaders of Girl Scout Juniors and above or troops interested in recycling and/or textiles.

Bead Earrings and Bead Making

Sunday 9:30 – 11:30 p.m.

Work with polymer clay to make hand-made beads and canes to create a millefiori (repeated pattern or flower design) heart rock pendant and earrings. Basic beading techniques and accent beads will also be used and discussed. Go home with a piece of art that you will be proud to say "I made that!"

Bring: 2.5 oz clay, 24" of thin leather cord, small glass baking dish, a package of Sculpey clay.

Beginning Crochet

Saturday 3:05 – 4:30 p.m.

Learn how to do the basic crochet stitches of chain stitch, single crochet, and double crochet. Make some dish washing cloths to take home. Learn how to make decorative edgings on projects. Use this session to learn to crochet then teach girls.

Bring: Scissors and one skein of Lily Sugar N' Cream cotton yarn.

Beginning Cross Stitch

Friday 3:05 – 4:30 p.m.

Discover the lost art of counted cross stitch while you learn the basic cross stitch, the quarter stitch, the half-stitch, and back stitch. Girl Scout Brownie level and up can do this wonderful craft. You will be creating a beautiful butterfly during your class.

Bring: Floss # 210, 801, 744, 208, embroidery needle, scissors, 14 count aida cloth (6 x 6)

Cake Decorating

Sunday 9:30 – 11:30 a.m.

Learn how to mix and tint decorating icing, and basic cake decorating concepts including piping, stars, leaves, and shell borders. The instructor will provide decorating icing, frosting spatulas, disposable decorating bags, and cookies/cupcakes for practicing your new skill. A few extra decorating tips and couplers will be available to share if you are unable to bring them to class. The decorating concepts you will learn are appropriate for girls ages eight and older.

Bring: Wilton decorating tips #3 (piping), #16 (star), #21 (shell) #352 (leaf), 3-4 standard couplers, scissors, 2-3 spoons (teaspoon size), empty Pringles can (for similar size can for filling decorating bags), small container of plastic bags (to bring your creations home).

Chocolate Confections**Saturday 9 – 10:20 a.m.**

Come have fun with chocolate! Learn to make edible chocolate flowers, decorative edible chocolate cups and candies. How about making a chocolate brownie “plant” to give as a gift? (If you don’t eat it first!) Girl Scout Junior level and older would have fun making these, they are so simple.

Bring: One package of Wilton chocolates (any flavor or color is fine), 6” clay pot with foam for inside pot.

Creative Cards**Saturday 9 a.m. – Noon**

Are you a beginner looking for ideas for ways to start or a seasoned card maker looking for new ideas? Learn how to make one-of-a-kind greeting cards using cardstock, printed paper, stickers, and other embellishments you probably have around the house. Ideas can be adapted and used in your troops for creating greetings for all occasions.

Bring: Personal paper trimmer (if you have one), small scissors, adhesive (glue stick, 2-sided tape, or scrap booking adhesive). Feel free to bring your camera to take pictures of samples.

Easy Girl Scout Daisy and Brownie Crafts**Saturday 10:35 a.m. – Noon**

Quick. Fun. Low cost. Even recycled...We’ll do a number of art projects suited for younger Girl Scouts. If you are like most, you have some “stuff” saved for a possible future project, but can’t figure out what that might be. Bring those items along and we’ll brainstorm.

Bring: Scissors.

Flip Flop Fun**Saturday 1:30 – 2:50 p.m.**

Have you seen those fun soft furry flip flops and wonder how they are made? Come and find out! You’ll be amazed at how easy they are to do and girls will love making their own creations. While some use a crochet hook to make – you do not need to know how to crochet to make them.

Bring: One pair of flip flops (or two, they are addicting), fun fur in your choice of color, size G or H crochet hook.

Learn to Quilt**Friday 1:30 – 2:50 p.m.**

Have you seen those beautiful quilts in magazines and wonder how to get started? Come and learn what tools to use, how to choose fabrics, and some basic quilting techniques. Learn simple projects you could do with your troop. Practice the hand piece method which can be used with girls at almost any age.

Bring: Fabric scissors

LeChapeau Creatif**Saturday 3:05 – 4:30 p.m.**

Back by popular demand! Learn to make a designer paper chapeau (floppy hat) out of wrapping paper and lots of decorations. This is a great craft for older girls to enjoy and show their creativity – and we are “older girls.”

Bring: Colorful wrapping paper to share.

Monkey Fists**Saturday 1:30 – 2:50 p.m.**

Create your very own Monkey Fist necklace! It doesn’t matter if you’ve tried to tie one before or “knot”. Once you master this knot, explore other leather knot necklaces that you will proudly wear for years to come. Teach girls to make them for themselves or others. Appropriate for Girl Scout Cadettes and older.

Mosaics**Saturday 10:35 a.m. - Noon OR Saturday 1:30 – 2:50 p.m.**

Don’t worry, we won’t be tiling your bathroom – although the basic skills you will learn may tempt you to take on those larger projects! In this class you will create a unique craft (picture frame, vase, flowerpot, votive candle holder) to take home with you. Whether you’re looking for a special project to take back to your troop or you just want to try mosaics yourself, this class will be good, green fun! We will be recycling the majority of our “tiling” supplies.

Bring: Any old dishes, seashells, unique buttons, or colored glass. There will also be a miscellaneous supply available – watch those garage sales.

One Stroke Painting**Saturday 1 – 4 p.m.**

Always wanted to make those beautiful paintings that the artists make look so easy? Well, learn how. Make a beautiful rose heart wreath picture in this class. Everyone will have time to finish a full project. This class will be taught by a certified one-stroke painting teacher. No painting experience is necessary – just the desire to learn. Appropriate for older girls.

Bring: Beginning one stroke brush set #1417 (if set is not available you will need one stroke ¾” flat, a script liner, and a scruffy ½” or ¾”), Folk Art paint: thicket, wicker white, magenta, violet pansy. floating medium, water container, a surface to paint on which is base coated BEFORE class (with the wicker white),*something flat and at

least 8.5" x 11" such as a tray, canvas, or box. You may also paint on gift bag or card stock which does NOT have to be base coated.

Origami for Beginners

Saturday 9 – 10:20 a.m.

Learn basic origami patterns, such as the crane (found in the Girl Scout Junior Handbook) a jumping frog, a simple counting game, and more. Just for fun or to use in badge requirements. Teach Girl Scout Daisies to "use resources wisely" (use recycled paper), Girl Scout Brownies can apply origami in their Numbers and Shapes Try-it, Girl Scout Juniors in the Art in 3-D badge.

Bring: Scissors

Rag Dolls

Friday 1:30 – 2:50 p.m.

Back in the pioneer days the dolls that girls played with were made by their mom from scraps of material left over from dress/shirt making. These scraps were useful for other items too like rugs and potholders. We will make two rag dolls: the smaller doll would be appropriate for Girl Scout Daisies with some assistance while the larger doll works for Girl Scout Juniors and older.

Scrapbooking Basics

Friday 2:30 – 4:30 p.m.

Fun in the sun! You will enjoy time to learn, work, and then complete a two-page layout. All you need to do is come prepared and ready to have fun. Learn what all the fuss is about and how to create a beautiful keepsake. Girl Scout Daisy and up.

Bring: 6-8 4 x 6 photos of the same summer time event, two white sheets of cardstock (8 ½ x 11 or 12 x 12), stickers and/or embellishments that go with the theme, acid free adhesive or glue to tack pictures to the page, variety of color paper that goes with your photos.

Simple Books

Sunday 9:30 – 11:30 a.m.

Make a variety of simple books by folding and gluing grocery bags, envelopes, paper, and other materials. No stitching involved. Books will cover a range of skill levels for both girls and adults. We'll even make one of them into a necklace.

Bring: Scissors, ruler, and a bone folder if you have one. If you have some old photo calendars (particularly the type with pictures of cute puppies, kittens, and birds), bring them too!

Simple Tissue Crafts

Saturday 10:35a.m. – Noon

Work with tissue paper to make giant paper flowers and tissue paper/newspaper hats. These bold blossoms are fun and simple to make and add a bright touch to any day. Our paper hats might not make news headlines, but these whimsical hat designs will help you escape the paparazzi.

Bring: Colored tissue paper (six sheets for each flower and more for the hats), scissors, 12' of green crepe paper, 1 – 4' bamboo garden stake, colored duct tape. Appropriate for Girl Scout Brownie leaders

SWAPS

Saturday 9 – 10:20 a.m.

SWAPS are a fun way for girls to make new friends – and a great way to recycle all kinds of things! Come learn more about the history and "etiquette" of SWAP'ping, participate in a "make and take," and learn ways to incorporate SWAPS into your troop/service unit activities and events. New to SWAPS? We're here to share our ideas with you.

Bring: Craft scissors, if interested, experienced SWAP makers may bring a SWAP to trade with class participants and your favorites for Show and Tell.

Toothbrush rugs

Saturday 9 – 10:20 a.m.

Using a "needle" shaped from old toothbrushes, create a washable rag-type rug. Learn the skills and begin a project in class or take home a small mug rug sample you make. You can purchase a "needle" for \$.25 if you want to take one home. Girls eight years old and older can learn this rug technique.

Bring: One yard of woven cotton fabric, preferably quilt weight with similar color on both sides, scraps or old sheets, large safety pin, scissors.

T-shirt Fun

Saturday 10:35 a.m. – Noon

Ever see those shirts in the store and you think "I could do that!" Well you are right, you can. Turn a basic T-shirt into a designer shirt using shoelaces and scissors. Girls love creating their own style with this activity!

Bring: One or two T-shirts you don't mind cutting up, extra long shoelaces in a color that compliments the shirt, ruler, pointed end scissors.

Wrapper Bags**Friday 1:30 – 4:30 p.m.**

Do you have access to candy and potato chip wrappers? Then you have everything you'll need to design a purse or bag. You will need to have wrappers in many colors with you and magazine pages as well. Cut the wrappers and the pages to 2" x 6" size before class to save time. The size of your bag will depend on how many wrappers you have. The shiny wrappers work the best. This fun project can be done with Girl Scout Cadettes and older. Girls can learn to make purses and bags for themselves, gifts or even a money earning project.

Bring: Plastic canvas needle, wrappers.