



# F. A. L. L. : Fall Adult Learn and Lead

## Adult Leadership Weekend

Friday, October 1 – Sunday, October 3, 2010

Camp Tweedale, 500 Bethel Road, Oxford PA 19363



In Girl Scouting, you make a difference in the life of a girl, and in your own life, too. At the first adult leadership development event for the 2010-11 Membership year you can find out about the Journeys, acquire a new skill to use with girls, gain skills for your resume, and network with volunteers from the nine counties in Eastern Pennsylvania.

Girl Scouts of Eastern Pennsylvania is a part of the Girl Scout movement whose mission is to build girls of courage, confidence and character who make the world a better place.

F.A.L.L. is your opportunity to engage in professional development that will enhance your leadership skills. This year, with the formal roll out of the Journeys, the leadership program for girls, you can begin by celebrating your own leadership journey at FALL.

Questions?

Contact Dale Moelter [dmoelter@gsep.org](mailto:dmoelter@gsep.org)

Council Office: Phone (888/215) 564-4657

or Fax 215-483-5695

## **This Year's Theme - How the West Was FUN at Tweedale Trails**

*serves to stir up your creativity, and launch you into the new year with the Girl Scout Journey leadership program. You will discover ways to weave themes and topics into your meetings with girls or into the service unit activities. The entire weekend is designed for the adults who volunteer with GSEP and is your chance to get away for a day or the weekend and experience a variety of workshops focused on building your leadership skills. Along the way you can meet old friends, make new ones, laugh, relax and enjoy beautiful Camp Tweedale.*

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## **The Workshop Design for the Weekend**

**F.A.L.L.** is filled with learning opportunities for the new volunteer, or one who has been a volunteer for a few years, or more. You will find workshops that will help you understand the Girl Scout Leadership Experience (GSLE), complete your required training to be a leader, learn a new craft, song and even plan new ceremonies. The Journeys, the program that provides a meaningful experience for all girls is centered on the three keys to leadership.

**Discover-** a strong sense of self, develop positive values, gain practical life skills, seek challenges in the world and develop critical thinking skills.

**Connect-** insures that girls will develop healthy relationships, promoting cooperation and team building, and feel connected to their community, both locally and globally.


**Take Action** helps girls to identify community needs, advocate, educate and inspire others to act and feel empowered to make a difference in the world.

The activities and processes are built into the Journey, which makes it easier for you, the adult advisor, to partner with your girls. As you plan for FALL, and read through the workshop descriptions, you will see that **ALL** workshops support the Journey adventure and the Keys to leadership. New leader trainings are grouped together, Journey How-To workshops are grouped together, and all the Side-Trips offer great ways to expand the experience. Take your time to review the workshop choices, select your 1<sup>ST</sup> choice as well as 2<sup>nd</sup>, 3<sup>rd</sup>, and 4<sup>th</sup> when you fill out your registration form.

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## **Leadership Development Pins**

By completing required trainings and continuing to build your leadership skills with enhancement workshops, you can earn your Adult Leadership Development Pin, and enhancement leaves. Information about the criteria and application forms for the Leadership Development program may be found at [http://www.gsep.org/pdf/current\\_members/leadership\\_development\\_pin\\_application.pdf](http://www.gsep.org/pdf/current_members/leadership_development_pin_application.pdf)

If you see the leave icon  with a FALL workshop description, you may count those hours towards the leaves for your Adult Development Pin. (Required trainings for adults do not count towards enhancement hours for leaves.) It has been a tradition to award the pins and leaves at Adult Leadership events. Should you complete the requirements and fill out the forms, **you may turn them in at Check-In at F.A.L.L.** An Adult Development Team member will review the applications for award consideration at the closing ceremony on Sunday. Any questions may be directed to the Adult Development Coordinator, Teresa, at 610-933-7555 at extension 1452 or [tvanarsdale@gsep.org](mailto:tvanarsdale@gsep.org).

## How Do I Register?

Complete the enclosed registration form.

Please use one registration form per person (make as many copies as needed.)

**Mail to:** Girl Scouts of Eastern Pennsylvania  
Adult Development Dept., Dale Moelter  
P.O. Box 309  
Lafayette Hill, PA 19444

**Fax to:** 215-564-6953\*\*Credit Card information must be included

Fee	Duration	Includes
\$50-ALL WEEKEND	6PM Friday- 12:30AM Sunday	Lodging, 4 meals, snacks, entertainment, workshops & patch
\$30	Sat. only - 8 AM- 5:45PM	4 workshops on Saturday, lunch and patch

**Send your registration form and payment early for the best chance to receive your first choice workshops. All workshops will be assigned on a first registered, first served basis!**

**Confirmation of your registration: The last day to register is Friday, September 10<sup>th</sup>.**

All registrations postmarked after this date will be registered, if space allows, and charged a late fee of \$5. As soon as your registration is received, a confirmation packet that includes directions, weekend schedule & menu, and other important information will be sent to you electronically.

## Workshop Notification:

You will receive workshop confirmation materials **by September 23, 2010**. They will include check-in procedures, workshop assignments, and any last minute information. Contact Dale at [dmoelter@gsep.org](mailto:dmoelter@gsep.org) if you have any questions.

## Accommodations:

- Participants choose between cabin, tent, "pitch your own" tent, or special needs accommodations.
- Shower facilities are limited.
- Participants share camp kapers (chores).
- If you have mobility limitations or other health related issues that require special sleeping arrangements, please be sure to indicate them on the attached registration form.
- Buddy registrations must be received together, or placement requests cannot be guaranteed. Only two volunteers can be placed together. Thanks!

## Trading Post:

The Trading Post will be open at Camp Tweedale. The shop hours will be posted at Tweedale when you arrive and registration. Cash, checks and credit cards will be accepted – we cannot process debit cards.

## Refund Policy:

All fees are non-refundable after the September 23. If you need to discuss a refund **before that date**, please contact Teresa Van Arsdale at 610-933-7555, ext 1452 or [tvansdale@gsep.org](mailto:tvansdale@gsep.org).

## Unit Hostesses Needed:

- If you have completed Outdoor 102/103, please consider serving as a unit hostess.
- Hostesses will need to arrive early on Friday evening, assign unit kapers and check people out on Sunday.
- If you are interested, please check that box on your form and we will send you more detailed information.

## Meals:

- Most meals are served "family style" in the dining hall.
- Participants share in meal kapers.
- Meals include breakfast, lunch and dinner on Saturday, as well as breakfast on Sunday for weekend participants.
- Saturday participants will be served lunch only.

## A Snack to Share:

Please bring a ready to serve snack to share for Friday or Saturday Night. The assignments are below and are according to the first letter of your last name. A disposable container is best to avoid misplacing your container. Your snack should serve 6 to 8 people.

- A to B Veggies & Dip
- C to F Sweets (other than chocolate)
- G to J Chocolate
- K to M Cheese and/or Meat
- N to S Fruit
- T to V Crackers
- W to Z Chips and Dip

## SWAPS. . . *Small Watchamacallits Affectionately Pinned Somewhere*

The tradition of Girl Scouts exchanging keepsakes, started long ago when Girl Scouts and Girl Guides first gathered for fun, song, and making of new friends. Swaps are small crafts that Girl Scouts give as gifts or trade with other scouts. Swaps can be simple or complex, cheap or expensive, whatever the maker desires. You can use a search engine such as Google (Girl Scout Swaps) to get ideas and examples of SWAPS. Carry your swaps with you to share with new friends between workshops all day long if you'd like we will also enjoy an open swap time after lunch on Saturday

## Registration Form:

Use the form at the end of this document. Please answer all the questions, to help the committee plan for the event. We look forward to providing you with a safe and enjoyable weekend. *Please read all workshop descriptions before making your selections.* Clearly write workshop codes on your registration form. Allow for double sessions when you choose them. Fill in all blocks for the time you plan to attend the event. Make 4 choices in each time slot, we cannot guarantee your first choices. **\*\*\*Register early to increase your chance of getting your choice of workshops!\*\*\*** Workshops will be assigned on a first registered, first served basis

## Is this your first time at a Leadership Development Event?

**Please join us for the newcomer's reception at 8 pm on Friday evening in the Dining Hall!**

## Workshop Schedule for the Fall Adult Learn and Lead Weekend

### New Leader Required Courses...

*They include Step 1: Online Orientation, Step 2: Volunteer Essentials, and Step 3: Leadership Essentials.*

**110 Step 2: Volunteer Essentials** with Suzanne Weiss. This course introduces new volunteers to their roles and responsibilities as group leadership volunteers. Each participant is provided with Council-specific materials necessary to start a group and guidance regarding helpful resources and support from our Council.


**702 Step 3: Leadership Essentials** with Council Learning Facilitators. This 3-hour learning opportunity will build on core leadership knowledge you gained in the first two courses and introduce you to the new Girl Scout Leadership experience and Journeys-the new and exciting program materials for girls.

### Additional Certification Workshops – Saturday only-all day

*These courses are additional courses that may be required for your troop if you are going camping, facilitating archery, or need a MEDIC First Aid trained adult to accompany you on a trip as stated in Safety Wise.*


**902 MEDIC First Aid & CPR Training** with Gail Wyant. Course covers rescue breathing, CPR and emergency care skills for infants, children, and adults; prepares participants to serve as a first aid adult for most Girl Scout activities. All will participate in hands-on practice of first aid skills on manikins. *Participants should bring:* Pillow for kneeling (optional), a valid completion card if retraining course, training card, note taking materials. **FEE: \$35.00**


**903 Outdoor Camp Training 102 & 103** with Amy Fields & Leslie Monahan. Outdoor 102-Build a variety of cooking fires, cook and eat yummy recipes. Outdoor 103-hands on preparation to bring your troop to camp and all it entails. Must have completed Pre-requisite Outdoor 101- will share same unit at camp. Bring plastic plate, bowl, mug, eating utensils, age-level badge books, pen


**901  Archery Certification Training** with April E. Beattie. Are you ever stuck on what to do with your girls next? Have your girls seen the archery courses at camp and wondered when they could do that? Now's your chance! Become an archery instructor in this all day course. Certification card included. **Bring \$20 additional fee.**


### Journey How To's...

*Start the year off right by learning how to Discover, Connect, and Take Action with your troop. These courses will help guide you through Journey Leadership Program.*


**205  Daisy Flower Garden Journey "Tour"** with Wendy Somers. This is an exciting "tour" of the garden flowers and the garden girls and how they relate to petals. Class includes examples of a first year with a Daisy troop. Leave the class with a Daisy S.W.A.P.


**406  How do I do a Journey with Brownies** with Ann Wong. Are you puzzled on how to begin a Journey with your Brownie troop? Learn how to use the GSLE as the basics for your program for the year, taking detours to complete Try-Its, patch programs, service projects and traditional GS activities. It can be done! *Bring:* Brownie Journey book.


**412  Junior Journey** Get set to **GET MOVING** with Juniors as they explore energy in the natural world. This journey invites Juniors to engage their minds and hearts as they explore the many forms, uses, and misuses of energy - an interactive "tour" of our environmentally focused program for 4<sup>th</sup> and 5<sup>th</sup> graders.


**215  aMAZE CADETTE Journey** with Dale Moelter. Explore the twists and turns of building meaningful relationships and confidence for 6<sup>th</sup> – 8<sup>th</sup> grade girls.


**106  Journey through Girltopia** with Sonia Foderaro. Practice possible activities for steps 1 and 2 of the Visionary Award and discuss ideas for step 3. *Participants should bring:* **Girltopia** Journey book


**208**  **Girltopia** with Carina Hatfield. Learn how to navigate and help your girls through this Journey. Ideas on how to set this up so that the girls can take over and learn. *Bring:* **Girltopia** Journey book, notebook, and pen.


**413**  **Senior Journey** - Through **SOW WHAT?** you have a chance to plant seeds of environmental stewardship that will flourish now and throughout girls' lives. Plan a **S More-Off** – get imaginative. What is the food print, the leader print, the Fair Trade ingredients? And what makes a meal "happy"?


**214**  As the **AMBASSADOR JUSTICE** journey makes clear, doing right by the planet means doing right by people, too. Take the tour of the JUSTICE journey and how to accomplish it with your girls working towards GOLD. Learn how to connect to the fabulous council programs working towards JUSTICE achievements.


**104**  **Girl Led-Getting Started** with Tanya Couch. Learn how to get started having your girls do more of the planning within your troop. Perfect for Brownie, Junior and Older Girl troops that are just getting started with the "Girl Led" component of the GS Leadership Experience. *Bring:* Journey book for "Its Your World" series.


**207**  **Girl Led-Keeping the Girls Going** with Tanya Couch. You have it started, here's how you can keep it going. Ideal for Older girl troops and those troops who have already started to follow the "Girl Led" component of the Girl Scout Leadership experience. *Bring:* Journey book for "Its Your World" series

**103 OR 302**  **FAQ's about Older Girl Programs** with Joan Hannahoe. Learn about the amazing leadership and travel opportunities for girls in grades 6-12. Workshop will address Destinations, Program aide; Take the Lead roles, Girl Delegates as well as Silver and Gold Awards. *Participants should bring:* Note taking supplies

**212**  **Updated Bronze Award New Specifications** with Sonia Foderaro. Participants will learn the difference between a Journey Take Action project and a Bronze Take Action project, steps in earning the Bronze Award and the basic requirements for a good project. *Participants should bring:* Pen or pencil

**307**  **Journey Success Stories** This is a roundtable discussion exploring what works, troop success stories and sharing of great ideas about facilitating all the Journeys. **This class will include training on the JOURNEY TOOL KIT** – facilitated by the Adult Development team.


**102**  **Ceremonies For All Times** with Vickie Galowitch. **Discover:** Learn the importance of ceremonies in GS and how and when to use them. **Connect:** Plan and create ceremonies for different events. **Take Action:** Design & conduct the Sat. evening flag ceremony along with a Scouts Own for the Sunday closing. *Participants should bring:* Paper and pens for notes, and poems and inspirational readings for planning.


**414**  **Badge Marathon/Connect to a Journey** with Michele Burke. Learn how to plan, organize and facilitate a badge marathon for your troop. A fun filled 24 hours for the girls to earn 3-4 badges in a fast paced, energetic atmosphere. Badges will be linked to your current Journey and help support requirements for Bronze, Silver and Gold Awards. Just bring yourself.






## Journey Sidetrips

**Enjoy the ride! Learn GS traditions, the words and actions to favorite songs, a variety of games and outdoor activities or try new craft ideas that can turn into service projects for your troop. Do you want to know more about Girl Scout favorites?**










**105**  **Girl Scout Patchwork Memory Banner** with Karen Zimmerman. Keep your Girl Scout Memories together on this patchwork Banner. Using vintage and new Girl Scout fabrics we will sew up a bit of our own Girl Scout History. If you would like to e-mail me your favorite Girl Scout photo, vintage or recent, I will print it. Sewing machines will be provided from the Fashion Patrol. If you have your own machine that's in working order, you may bring it. Each Participant should bring; scissors, pins, ruler.

**109 OR 504**  **Sing, Sing, Sing** with Faith Koons. Have you ever seen a penguin drinking tea? Who Stole My Chicken? Learn a variety of silly songs, action songs, and some traditional GS songs and how to teach them to girls. Obtain great skills to build into Service Unit meetings and share with both new and seasoned leaders


**201**  **One hundred and One Uses of a Bandanna** with Lee Carr & Janine Marks. Learn to make and use a bandana for different things to enhance your outdoor experience and be a wise user of all resources. *Participants should bring:* Sewing needle, thread, glue stick.


- 401**  **Boondoogle / Gimp Basics** with Sharon Andrews, Learn the basic square and round stitches for key rings and bracelets or swaps. Use this plastic lacing and make Cancer Awareness key ring. Take home directions, samples and additional ideas to share with your troop. *Bring:* Small tube of super glue
- 204**  **Boondoogle Dragonfly** with Sharon Andrews. Learn to make the intriguing animal with gimp/plastic lacing. Take home directions, samples and additional ideas to share with your girls. Makes a great swap or activity to share with younger scouts for service project. *Bring:* Small tube of super glue
- 213**  **Why Knot!** with Barbara Rhodes. A real Girl Scout Tradition! Learn (or re-learn) some basic knots that your Girl Scouts may use outdoors, for crafts, and in everyday life. Play some knot games; make a SWAPS - more Girl Scout Traditions that help girls connect with others. *Participants should bring:* Scissors.
- 311**  **SWAPS, SWAPS, SWAPS!** with Liz Kilcullen. A SWAP is a little something made to represent the girl's interests, area or the event, Learn the history and etiquette of SWAPing, while making as many SWAPS as time allows. *Bring:* Scissors, tacky glue or glue gun if available, something to carry still wet swaps.
- 404**  **Forever Friends Journal** with Gloria Zarate. Make a journal from coasters that will have flared embellishments and will allow the scouts to record their adventures, show pictures to make the ultimate journal to share their GS experience. *Bring:* Glue stick, tape runner, scissors, and black journaling pen and pictures of friends. Pictures will be cut up, so bring copies only.


## Interested in building your skills base and understanding of Girl Scout History and Leadership?

- 403**  **Discovering Our Girl Scout Roots** with Suzanne Weiss. Ever wonder what Juliette Low did with the first Girl Scouts in the US? Take a step back in time and learn games, crafts, songs and other activities to help your girls connect with our Girl Scout heritage. *Participants should bring:* Notebook, pen, voice recorder (if desired)
- 506**  **Girl Scout Timeline with Juliette Low** with Peggy Labosh. Take a stroll through Girl Scout history with "Juliette Low". Connect to the vision that began a legacy of building girls of courage, confidence and character. Enjoy hearing the facts as well as some fun and interesting stories that your girls will love to hear.
- 505**  **Be Prepared!** with Liz Kilcullen Create unique GS accessories to enable the girls in your troop to come prepared to your meetings. You create unique organizational items to take back to share with your girls. *Participants should bring:* A blank canvas tote (approx 11x14") or a blank canvas drawstring backpack (approx 9 x 14), scissors & ruler.
- 113**  **Using Digital tools to enhance leadership in the digital Age** with Eileen Grodziak. Participants will learn how to engage their girls using technologies that many have access to. *Bring:* Your cell phone (don't know if it we would get reception at the camp), and your camera.
- 303**  **First Aid for Girls** with Mary Jane Moessner. Learn how to teach Girl Scouts basics of First Aid to your girls and how to handle Head Injuries.
- 305**  **Hey! Is this Science or is it Fun?** with Faith Koons. Enjoy a variety of fun hands-on activities you can do with your troops! Hands-on fun ways to find out which snack foods contain more fat than others – make ice cream in a coffee can – make rockets out of film canisters – and more
- 308**  **Love A Leader** with Jackie Smith. Learn fun and creative ways to recognize all of the adult volunteers in your service unit or troop. *Participants should bring:* Pen, notebook
- 411**  **Troop Travel Tips** with Jackie Smith. Come find out how easy it is to help your troop plan an amazing weekend trip to??? *Participants should bring:* Pen, notebook
- 507**  **DISCOVER! Just for Fun!** with Vicki Galowitch Do some things just for fun! This workshop will include Florigami, Origami, paper snowflakes, paper beads and other fun crafts and ideas for all ages. Great resources for C/S/A working with younger girls. *Participants should bring:* scissors, colorful magazine or calendar for cut up.


## What else can we do when we go outside?


**202**  **Archery for Fun** with Ann Reynolds. Looking for an activity for your girls at camp? Experience an archery session as it would be presented to your troop. See how the girls learn safety and build self confidence learning a new skill or improving on an old one.

**203**  **Backpacking** with Diane Nordmark. Learn some backpacking basics to use with your troop or family like equipment, packing, progression ideas, Q&A time built into this interactive workshop.

**304**  **Flowers as an art medium and other nature crafts** with Audrey Schaeffer & Marie Lord. Let's use nature like the Indians did. We'll pound some flowers and decorate a bandana, create nature artwork & stationary cards.


*Participants should bring:* Hammer

**306**  **Introduction to Letterboxing** with Kathi Nemeth & Ann Hoff. What better way to explore our planet, but on a treasure hunt! Learn the basics of Letterboxing. Make your own stamp. Then put what you've learned to use as you go on a Letterboxing hunt on Tweedale Trails. *Participants should bring:* Exacto Knife, comfortable walking shoes


**410**  **Discover Tree Identification & Painting with Nature's Colors** with Nancy Thompson & Pat McFarland. Learn to use a tree "key" book and wilted flowers as crayons. *Participants should bring:* Wear outdoor clothing, bring fading flowers.


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## With this workshop, you will learn the outdoor skills while you cook and enjoy your lunch at FALL...


**701**  **Advanced Outdoor Cooking** with Janet Rosenberg. Now that you have the basics, do you want to learn some advanced cooking techniques and recipes? Does advanced dutch-oven, surprise under a box, back packer cooking and more interest you? Bring your mess kit, come hungry and add to your outdoor cooking experience. *Participants should bring:* Mess kit or dishes and utensils. Bring your own drink.

## Learn how to facilitate games girls will love...


**206**  **Games to Celebrate Diversity** with Faith Koons. Play Stranger Bingo, Gift Box Marathon, The Label Table, Name That Clique, and more to learn how to challenge yourself and your girls to feel unique and to see others for who they are. Combat stereotypes and myths about prejudice with these fun games.


**209**  **Parachute Games** with Linda Hotzman. Play games where the majority of them are co-operative rather than competitive. Use these interactive games to build teamwork and a group spirit with your girls....using a parachute.




**405**  **Goofy Games** with Faith Koons. Aardvark/Baboon, The Egg Game, Jamackwack, Harry One Spot, Spoons. Have fun learning some silly (and quick) games that your girls will love! Suitable for all age levels; older girls will enjoy teaching these to younger girls.

**502**  **International Games** with Linda Hotzman. Looking for games to teach your troop for Thinking Day? Come and learn games from other countries and enhance your Thinking Day activities.












## Workshops focused on Environmental awareness, loving the earth and recycling...

**107**  **Leave No Trace, Outdoor Ethics** with Marj Eby. Fun and thought provoking activities to help your girls understand how to leave a place better than they found it. *Participants should bring:* Pencil and notebook.


**210**  **Recycled Cards** with Beth Evangelisto. "Go green" and turn your used greeting cards into something new and different. *Participants should bring:* Old greeting cards, primarily pictures, little to no wording.


- 111**  **Stream Monitoring** with Nancy Thompson. Learn how to monitor and map a stream in your own community. *Participants should bring:* Long pants and shoes that can get wet; no flip-flops.
- 402**  **Composting with Herman the Worm** with Linda Conrad. Learn about reducing kitchen waste into land fills by composting with worms. You will make a mini-composter, including red worms to take home. The worms eat your kitchen scraps and turn it into compost for your garden. *Participants should bring:* Cutting board
- 603 AND 802**  **Recycled PLARN (plastic yarn) Bag** with Renee Glover. If you crochet, this one is for you! Keep plastic bags out of a landfill! Girls will have a tangible item to show they are doing a project to save the environment. Bring 20-30 clean but used plastic bags (colors are nice), metal K crochet hook, long scissors.  
**DOUBLE SESSION OFFERED TWO TIMES on Saturday.**


## Weaving, and Sewing and Crafting... oh, my!


- 101**  **Bead Weaving Bracelet** with Marie Lord & Audrey Schaeffer. Learn a modern version of Indian bead weaving by making a fun and beautiful bracelet. *Participants should bring:* Small scissors, small plain colored terrycloth towel. If your up-close vision isn't sharp, then please, bring magnifying eye glasses.
- 312 OR 407**  **Introduction to Basket Weaving** with Karen Moatz. Learn how to make a 5"x5" basket. *Participants should bring:* Scissors, ruler or tape measure, flathead screwdriver, 10 clothespins. Same class offered twice.
- 602**  **Introduction to Reed Basketry - make a vase basket** with Debbi Zvanut. Learn to teach and weave a beginner basket for your troop. This basket has a wooden pre-drilled base and uses only two types of reed and two weaving stitches. You will have a basic bowl or vase suitable to teach the basics of this heritage craft for girls. *Participants should bring:* 10 clothespins, measuring tape, towel, garden shears, pencil, basin and 12 clip clothespins. **Double Session 1 & 2.**
- 803**  **Weave a Fall Pumpkin** with Debbi Zvanut. Connect to the heritage craft of basketry that was once a Girl Scout art badge in the 1940's and 50's. You'll learn how to follow a pattern, lay out the supplies, at least three stitches, rimming and all how to's. All skills are transferable to weaving with your troop. *Participants should bring:* 10 clothespins, measuring tape, towel, garden shears, pencil, basin and 12 clip clothespins. **Double Session 3 & 4.**
- 503**  **Weave an Oval Table Top Basket** with Debbi Zvanut. A beautiful oval base with start and stop weave creates a beautiful flower holder or mail basket. There is a ceramic ornament woven into the weave. (choice of cattails, pine, blueberry, pumpkin or holly design). Skills: Discover start and stop weaving. Skills: beginners. *Participants should bring:* 10 clothespins, measuring tape, towel, garden shears, pencil, basin and 12 clip clothespins.
- 211**  **Sewing Projects for Girl Scouts** with Teresa Santalucia. Learn how to sew like Martha Stewart making day bags, baby blankets and a hooded scarf. *Participants should bring:* Note pad
- 301**  **Bandanna Backpacks** with Susan Donahue-Sinback. Learn how to create a unique backpack that is simple enough for your girls to create. All you need to know is how to sew a straight line!
- 409**  **Sock Hobbie Horse** with Karen Zimmerman. Calling all Cow Girls and Boys, make your very own Hobbie Horse to keep or give as a gift. Learn and share the skill of sewing with your scout troop. Some basic sewing skills will be included, like sewing on a button. *Participants should bring:* One man's crew sock – the kind with a heel, one pound bag of poly-fill stuffing, one dowel or broom stick – one inch thick and 3 - 4 foot long, one pair of shoe laces, scissors. Everything else included.
- 601**  **Crochet for beginners** with Barb Melnyk. Learn the basics of crochet, how to chain, do single and double crochet. Use these basic skills to move on to many projects. *Participants should bring:* Size H or G crochet hook. Yarn will be provided. **Double Session 1 & 2.**
- 801**  **Knitting for beginners** with Barb Melnyk. Learn the basics of knitting, how to cast on, knit and cast off. Use these basic skills to move on to many projects. *Participants should bring:* Size 8 knitting needles. Yarn will be provided. **Double Session 3 & 4.**
- 501**  **Crochet and Knitting UFOs** with Barb Melnyk, Do you already know the basics of crochet or knitting but you are stuck completing your project or need help with some technique? Bring your project and receive help.


*Participants should Bring:* Bring your UFO (unfinished object), pattern and sit with our resident expert. Not for beginners

**309 & 509**  **Mosaic Tile Trivet** with Diane Nordmark. **309 - PART 1** Girls of all ages can make a simple tile trivet- pretty and usable too! And **509 – PART 2**. Be sure to sign up for Sunday Am session to finish this project. *Participants should bring:* Hammer, eye protection, special color tiles if you desire (I will have a limited selection)

**310**  **Reverse Glass Painting** with Kristy Boon & Bonnie Lewis. Painting on glass using pictures as guides to create memorable framed artwork. No special talent needed.

**108 OR 408**  **Sharpie T-Shirt Art** with Kristy Boon, & Bonnie Lewis. Discover a skill, and create beautiful art with multi-colored sharpie pens and alcohol diffusion on T-shirts or any cotton object. No special talent needed. *Participants should bring:* White cotton T-shirt or other cotton object

**508**  **Crafty Spoons/** – Kristy Boon and Bonnie Lewis Create attractive and unique beaded spoons based on your own choice of color, size, and style of beads uses-baby spoons, serving spoons, ladles, etc-whatever spoon you choose to bring. Connect to the family traditions, or start one of your own.

**510**  **Tie Dye Spritz/Fashion Patrol** with Arleen Bloss-Tapler. A modern twist on an old fashioned craft. This is a craft that older girls can do independently & that they can easily teach to younger girls. Also, we will be exploring pathways to using this with the older girls' Journey books. Please bring a white bandana or t-shirt. There will also be an exciting presentation by the new trend setting Fashion Patrol, for girls in 8th grade on up!

<b>Saturday</b>	<b>Saturday</b>	<b>Saturday</b>	<b>Saturday</b>	<b>SUNDAY MORNING</b>
<b>Single Session 1 8:30 – 10:30 AM</b>	<b>Single Session 2 10:50 – 11:50 PM</b>	<b>Single Session 3 1:45 – 3:45 PM</b>	<b>Single Session 4 4:05 – 5:35 PM</b>	<b>Single Session 5 9:30 – 11:30</b>
101 Bead Weaving Bracelet	201 – 101 uses of a Bandana	301 Bandana Backpacks	401 Boondoogle Gimp - Basics	501 Crochet and Knitting UFO's
102 Ceremonies	202 Archery for Fun	302 FAQ's – Older Girl Programs	402 Composting with Herman the Worm	502 International Games
103 FAQ's – Older Girl	203 Backpacking	303 First Aid for Girls	403 Discover Our Girl Scout Roots	503 Oval Table Top Basket
104 Girl-Led Getting Started	204 Boondoogle Dragonfly	304 Flowers as an art and other Nature Crafts	404 Forever Friends Journal	504 Sing, Sing, Sing
105 GS Patchwork Memory Banner	205 Daisy Flower Garden Journey "tour"	305 Hey! Is this Science or Fun?	405 Goofy Games	505 Be Prepared!
106 Journey Through Girltopia	206 Games to Celebrate Diversity	306 Introduction to Letterboxing	406 How do I do a Journey with Brownies?	506 GS Timeline with Juliette Low
107 Leave No Trace, Outdoor Ethics	207 Girl-Led Keeping the girls going	307 Journey Roundtable & Toolkit sharing	407 Introduction to Basket Weaving	507 Just for Fun!
108 Sharpie T- Shirt Art	208 GirlTopia	308 Love a Leader	408 Sharpie T- Shirt Art	508 Beaded Spoons
109 Sing, Sing, Sing	209 Parachute Games	309 Mosaic Trivet Part 1 of 2	409 Sock Hobbie Horse	509 Mosaic Trivet Part 2 of 2
110 Step 2 – Volunteer Essentials	210 Recycled Cards	310 Reverse Glass Painting	410 Tree ID and Painting with Nature's colors	510 Tie-Dye Spritz/ Fashion Patrol
111 Stream Monitoring	211 Sewing Projects for GS	311 SWAPS, SWAPS, SWAPS!	411 Troop Travel Tips	
	212 Updated Bronze Award Specifications	312 Introduction to Basket Weaving	412 GET MOVING Journey with Juniors	
113 Leadership i the Digital Age	213 WHY KNOT?		413 SOW WHAT? Senior Journey	
	214 Ambassador – JUSTICE!		414 Badge Marathon –	
	215 aMAZE Cadette Journey			
601 Crochet for Beginners Double Session		801 Knitting for Beginners Double Session		
602 Introduction to Reed Basketry Double Session				
603 Recycled PLARN (plastic yarn) Bag Double Session		802 Recycled PLARN (plastic yarn) Bag Double Session		
	701 Advanced Outdoor Cooking (this workshop continues through lunch)	803 Weave a Fall Pumpkin Double Session		
	702 Leadership Essentials Double Session with break for lunch			
901 Archery Certification Training Special instructions and fees apply – please check description				
902 Medic First Aid, CPR Training Special instructions and fees apply – please check description				
903 Outdoor 102 and Outdoor 103 Pre-requisite is completion of Outdoor 101 Special instructions and fees apply – please check description				

## Saturday Lunch Hoagie/Soup Order Form

Your lunch will be prepared to order and bagged and tagged for you on Saturday.  
This will give you the flexibility to gather with friends—either inside or out of the dining hall!

***Please return this with your registration form.***

Name \_\_\_\_\_

Address \_\_\_\_\_

Phone \_\_\_\_\_ Email \_\_\_\_\_

Please circle your choice

### **Hoagie:**

American – American cheese, Ham, Bologna & Salami

Ham – Only

Ham & Cheese

Bologna – Only

Bologna & Cheese

Salami – Only

Salami & Cheese

Turkey – Only

Turkey & Cheese

Cheese – Only

### **Sandwiches:**

Peanut Butter - only

Peanut Butter & Jelly

Jelly – only

### **Soup:**

Chicken Noodle

Vegetarian Vegetable

**These items are bagged individually; please indicate how many of each you would like:**

Mustard & Mayonnaise packets \_\_\_\_\_

Onions \_\_\_\_\_

Tomatoes \_\_\_\_\_

Lettuce \_\_\_\_\_

Pickles \_\_\_\_\_

Salt & Pepper packets \_\_\_\_\_

# F.A.L.L. - Fall Adult Learn and Lead

Adult Leadership Development and Enhancement Weekend  
October 1 - 3, 2010 – Camp Tweedale – 500 Bethel Road – Oxford PA 19363

*Please print your name as you would like it to appear on your name tag!*

First name \_\_\_\_\_ Last name \_\_\_\_\_

Camp name (optional) \_\_\_\_\_ Service Unit Name and/or #: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ Zip: \_\_\_\_\_ Email address \_\_\_\_\_

Day Phone: \_\_\_\_\_ Eve Phone: \_\_\_\_\_

(Please Circle) **Girl Scout Position:** Leader Co-Leader Other \_\_\_\_\_  
**Grade Level:** Daisy Brownie Junior Cadette Senior Ambassador

Is this your first time at FALL? YES  NO  How did you hear about FALL? \_\_\_\_\_

Do you want to be on the carpool list?  I will drive  I need a ride

Please provide your email for the carpool list: \_\_\_\_\_

Have you completed Medic-First Aid? YES  Date: \_\_\_\_\_

Have you completed Outdoor 102/103 YES  Date: \_\_\_\_\_

If you are 103 trained and experienced, are you willing to be a Unit Hostess?  YES

(Unit Hostesses must arrive early, have special duties and are responsible for staying until the unit is checked out)

Would you like to help the committee with set up?  YES

Would you like to help the committee with clean up?  YES

Would you like to help during the event  YES

## Sleeping Arrangements

Please check which sleeping arrangements you would prefer: Cabin  or Tent  & select one other option below

Early to Bed (Everyone in the unit is in bed and quiet by 11:00 PM)

Pitch Your Own (in the game field)

Night Owls (Quiet time is still 11:00 PM, you can stay up late but Night Owls does not mean up all night!)

Special Health Needs (For health & mobility reasons) = Early to Bed

Please indicate your special health needs:

**OPTIONAL:** You may list **ONE** volunteer with whom you would like to be assigned to the same unit, however, you and your buddy must list EACH OTHER & must choose the same sleeping arrangements listed above. **You must send your registrations together.**

Please keep in mind that this does not guarantee placement in the event for your buddy.

**BUDDY'S NAME:** \_\_\_\_\_

Meals - **Please check which meals you will be sharing with us & list any food allergies:**

Sat. Breakfast \_\_\_\_\_ Sat. Lunch \_\_\_\_\_ Sat. Dinner \_\_\_\_\_ Sun. Breakfast \_\_\_\_\_

**(Sat.-only participants will receive Lunch only -\* Please return your Hoagie form with your registration)**

Food Allergies: \_\_\_\_\_

(You will be contacted if necessary)

**Turn over to complete other side**

**Workshops:** Using the workshop codes, please give your first four choices for each of the workshop sessions.

**Session 5: is Sunday only**

Choice- Use Code #'s	Session 1 8:30-10:30	Session 2 10:50-11:50	Session 3 1:45-3:45	Session 4 4:05-5:35	Session 5- <b>Sunday</b> 9:30 - 11:30
1 <sup>st</sup> Choice					
2 <sup>nd</sup> Choice					
3 <sup>rd</sup> Choice					
4 <sup>th</sup> Choice					

**Register now! Registration deadline is Sept 10, 2010.**

By completing and mailing your registration form early, your chances of being placed in your first choice workshop selection increases. However to make sure we place you in a workshop that interests you, please make sure to indicate your 2<sup>nd</sup>, 3<sup>rd</sup> and 4<sup>th</sup> choices.

**Souvenir Event Shirt ORDERING**

Red Tee Shirt .....Circle Size: S M L XL 2X 3X (\$15.00).....\$ \_\_\_\_\_  
 Red Long Sleeve Tee Shirt .....Circle Size: S M L XL 2X 3X (\$20.00).....\$ \_\_\_\_\_  
 Red Hoodie.....Circle Size: S M L XL 2X 3X (\$25.00).....\$ \_\_\_\_\_  
 (SHIRTS WILL HAVE EVENT PATCH DESIGN ON FRONT)

**Event Fee:** \$50 for weekend \$30 for Saturday only

**Amount Due for Pre-Ordered Souvenir Shirt(s).....\$ \_\_\_\_\_**

**Amount Due for Event Registration.....\$ \_\_\_\_\_**

**TOTAL AMOUNT ENCLOSED (or to be charged to my credit card).....\$ \_\_\_\_\_**

Payment Information below:

Fees are due in full with your registration. Registrations without complete payment will not be processed.

- I have enclosed my check payable to GSEP
- Please charge my credit card (complete information below)

**Credit Card Charge Authorization Form**

Credit Card (circle) VISA / MC / AmEx / Discover Card # \_\_\_\_\_

Expiration Date: \_\_\_\_/\_\_\_\_ CW/CID code \_\_\_\_\_ (last 3 number of back of card)

Name as it appears on your card \_\_\_\_\_

Signature: \_\_\_\_\_

**SEND PAYMENT AND THIS FORM TO:**

Girl Scouts of Eastern PA, P.O. Box 309, Lafayette Hill, PA 19444 or FAX: 215-483-5695

- Event fee is non-refundable after September 23<sup>rd</sup>, 2010. Registrants who are not placed in the event will receive a complete refund.
- You will receive your workshop assignments and other information via email on September 23<sup>rd</sup>, 2010. Those without email will receive confirmation and workshop assignments in the mail.
- Don't forget to include your hoagie order form for Saturday lunch!
- If you have any questions or concerns, contact Dale at [dmoelter@gsep.org](mailto:dmoelter@gsep.org)

FOR OFFICE USE ONLY:

Date processed \_\_\_\_\_

Registrant # \_\_\_\_\_ Committee \_\_\_\_\_ Presenter \_\_\_\_\_

Amount received \_\_\_\_\_ Check # \_\_\_\_\_

Credit Card? YES NO