

## POT OF GOLD COURSE DESCRIPTIONS

(In alphabetical order)



### **312 A Girl Scout Tradition for All Ages- SWAPS** - Liz Kilcullen (ALL)

From the beginner to experienced – something for everyone. Learn the history, etiquette, and the hows and whys of swapping. Make as many different swaps as time permits.

### **412 Advanced Girl Scout Ceremonies** - Cindy Sattizahn (C/S/A)

Beyond the Basics - this workshop takes your ceremonies to the next level. Learn to incorporate all kinds of stuff in ceremonies. Plan a "Scouts Own" and other special ceremonies.

### **217 An aMAZing JOURNEY** - Dale Moelter (C)

Feels like everything around you is out of control and changing? Bring your imagination and journey through aMAZE with me as a girl in the troop. With each twist and turn, gain strategies for creating healthy relationships and long-lasting friendships.

*Bring: Age level books, including aMAZE*



### **107 Badge Marathon** - Michele Burke (J/C/S/A)

Learn how to present, organize and run a Badge Marathon for your troop! A fun-filled 24 hours for girls to earn 3-4 badges/IP's or focus on a Journey in a fast paced, energetic atmosphere!

*Bring: Age level books, including a Journey Book*

### **112 Basic Girl Scout Ceremonies** - Cindy Sattizahn (D/B/J)

Learn about the basic ceremonies in Girl Scouting - there are five. We will go through planning and conduct an example of each ceremony.

### **402 Beaded Crystal Bracelet** - Denise Danko (C/S/A)

Learn how to create an easy to make bracelet. The bracelet outlines a row of glass barrel (8mm x 5 mm) beads with a leather cord and will use your favorite flat, two holed button as the fastener.

*Bring: Hand towel, scissors, and craft/white glue, Optional: One Flat, 2 holed, pretty button the size of a nickel or quarter.*

### **403 Beaded Lanyards** - Audrey Schaeffer and Marie Lord (J/C/S/A)

Your name and identity are one of a kind and so are you. Express your personality while being stylish and fashionable while identifying yourself.

*Bring: plain terry hand towel, needle nosed pliers*

### **104 Beaded Spoons** - Kristy Boon (C/S/A)

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.

*Bring: Spoon of your choice, wire cutters/pliers, 14 gauge wire*

### **207 Birds of a Feather** - Michele Burke (All)

Birds of a Feather is a roundtable discussion for you to gain knowledge from experienced GS leaders/advisors plus share ideas and experiences. This is an informal roundtable to share great ideas, find out what other troops and service units are doing and learn new ways to incorporate the GSLE into your GS experience.

*Bring: Age level and Journey books*

### **315 Brownie Journey Roundtable Discussion** - Suzanne Weiss (B)

Explore all the possibilities that the Brownie Journeys have to offer! Meet with other Brownie leaders and discover ways that you can integrate the traditional and usual into the Brownie Journeys.

*Bring: Age Level and Journey Books*



**305 or 405 Catholic Recognitions Coordinator Training** - Pat Antonacci (ALL)

Help the Catholic girls in your troop earn their Religious Recognitions.

*Bring: \$8.00 book fee for facilitator*

**311 Crochet for Beginners (double session)** - Barb Melnyk (ALL) 

Learn the basics of crochet, how to chain, do single and double crochet. Use these basic skills to move on to many projects. Also a good refresher class for those who have not crocheted in a long time.

*Bring: Size H or G crochet hook (yarn will be provided)*

**414 Composing with Herman the Worm** – Linda Conrad (D)

Learn the basics of worm composting and make it a mini composting box that is simple to teach girls...you'll take home your own worms!

*Bring: small cutting board if possible*



**209 Daisy Journey Roundtable Discussion** - Liz Henry and Christina Donis (D) 

What does it take to build an innovative Daisy troop with parent involvement, fun crafts that combine the Journey Program with petals, finding the right service projects, building a safe/secure troop website and how to become a Super Troop! We'll discuss and answer everything you need to know and more!

*Bring: Age level books, including a Journey Book*



**105 or 205 E-Council Online Membership Entry** - Eleanor Malkemas (SUM/Registrar)

You have asked and we are able to provide you as a leader the ability to enter your troop's information into the database. After you have attended this training, you will have the necessary tools to update the information for your troop. Receive the procedure on how this process works.

**216 Engaging Parents** - Jennifer Allebach (ALL) 

Do your girls have great ideas and big plans-but not enough adult help to pull it off? Then come to "Engaging Parents" to learn how to better communicate your troop's needs with parents. Discover ways to establish your expectations of parents, engage them in meaningful ways, and understand their needs too!

**213 Envelop It!** - Sylvia Goldsmith (J/C/S/A) 

Recycle old calendars and gift wrap or re-use fabric to create an envelope for your mailing, correspondence, award presentations, or anything you want!


*Bring: Scissors, glue stick, old calendar, used gift wrap*



**101 FAQs about Older Girl Programs** - Joan Hannahoe (C/S/A) 

Get the latest information on Destinations, Scholarships, and the new requirements for Silver and Gold Awards. Be prepared to help your girls earn these awards.

*Bring: Age level books, including a Journey Book, notebook*

**408 Flinker** - Faith Koons (ALL) 

Can you make a paper bridge strong enough to hold a pile of coins? Can you keep a Styrofoam peanut from sinking or floating? Whether you sink or float or are a flinker, you will have fun experiencing these hands-on fun activities for girls which will help you learn how to share fundamental engineering principles with your troop. (It's Your World – Change It)

**212 Fun and Quick Science Activities B** - Liz Kilcullen 

Fun learning activities focusing mostly on air and water-table bubbles, table 'rockets', hover craft, puff mobile, Oobleck, floating and sinking, plus a balancing acrobat, and more!


*Bring: Hand towel and scissors*

**313 Furoshiki** - Sylvia Goldsmith (ALL) 

Paper or plastic? Neither, I have a furoshiki! We'll learn to wrap shopping purchases, embellish important gifts and make a handbag as we practice a traditional Japanese art form.

*Bring: bandanna, handkerchief, box of cookies, and bottle of water*



**306 Geocaching** - Barb DeSantis (J/C/S/A) 

Discuss the organization of a Geo event for your unit. Round table discussion of what is involved, how the GPS unit works, what worked and what didn't at a first time event.

**214 Get Moving** - Maggie Megill (ALL) 

Have fun moving and dancing to your favorite songs. Learn some easy ways to encourage your girls to exercise and remain physically fit. Learn some easy ways to exercise at home so you can GET MOVING!

*Bring: Dress in comfortable clothing/shoes*


**210 or 410 Girl Led** - Tanya Couch (J/C/S/A) 

Learn ways to get your girls to plan their own events/activities/meetings. "Girl Led" is one of the key components of the Girl Scout Leadership Experience. Won't you love it when you can sit back and watch your girls do all the work?

*Bring: Age level books, including a Journey Book, notebook*

**316 Girltopia/Your Voice Your World** - Jennifer Allebach (S/A) 


Experience the older girl journey as a girl would- create your ideal world and then . . . Advocate to make Girltopia a better place. Bring your imaginations and a willingness to learn how to facilitate the older girl journeys.

**308 Goofy Games** - Faith Koons (ALL) 

Aardvark/Baboon, the Egg Game, Jamackwack, Harry One Spot! Have fun learning some silly (and quick) games that your girls will love! Suitable for all age levels, older girls will enjoy teaching these games to younger girls.



**302 How to Make the GSEP World a Better Place: Effective Girl Governance** - Olivia Selinger and

Deb Walters (C/S/A) 


Are you interested in learning more about the Girl Scout democratic process? Or about how to influence GSEP policy and strategic direction? Would you like to know about governance best practices? This interactive session will cover the Bylaws, Board, and Delegate Council roles. GSEP strives to have a vibrant and transparent governance process and this session will help you to successfully participate in decisions. This session is strongly recommended for current GSEP Delegates even if you have previously attended training but is open to any Girl Scout member age 14 or older.



**103 or 203 Introduction to Basketmaking** - Karen Moatz (C/S/A) 

Make a small basket that you can teach your girls who are earning the Weaving IPP

*Bring: Scissors, clothespins, ruler/tape measure, flat head screwdriver*

**413 It's Your World, Love It!** - Susan Donahue-Sinback (D/B/J) 

Reduce your carbon footprint and Make the World a Better Place with crafts and activities using recycled materials.

*Bring: Tacky glue, scissors, and ruler*



**303 Junior Journeying through Leadership** - Kristen Hughes (J) 

Learn how the Wharton School of Business students designed and implemented this exciting motivational program based on the "Agent of Change" Journey. Then learn how to facilitate this program in your troop setting (will be available on GSEP website by June 1)



**111 Knitting (double session) – 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! Also a good refresher class for those who have not knitted in a long time.

*Bring: Size 8 knitting needles (yarn will be provided)*



**309 Leadership Essentials (double session)** - Coleman Fiorenza and Rose Warner (ALL)

This 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. You will learn about the age-specific factors that directly affect your girls and your group and “dive” into the Journeys – the Girl Guide and the companion “how-to” adult Facilitator’s Guide. You will learn how to incorporate the “old” badge activities with the “new” Journeys, which will enrich the total Girl Scout Experience.

*Bring: Age level books, including a Journey Book and Leader Guide*

**117 Let the QUEST Begin!** - Dale Moelter (B) 

Shhhhhh! You are a girl in the troop, about to enjoy the fun and mystery on a quest to uncover the three important keys for leadership-and begin to meet life's challenges.

*Bring: Brownie Quest Journey Book*



**202 Make New Friends, But Keep the Old-** Diane Bartlett (ALL) 

It's Your World-Change It - focus on making new friends, relating to others, GS traditions through ice breaker games, unique name tags, songs, games, etc. Help girls feel good about themselves and feel more comfortable with friends, old and new.



**115 Nothing Like Each Other** - Devon Miller and Jill Sober (ALL) 

Everyone is different. We have different hair, different clothes, different cultural backgrounds, different habits and different incomes. How do those differences affect how we view ourselves, each other and the world we live in? During this session you will learn some fun activities that will help your girls explore diversity and express their thoughts in the safe space of their Girl Scout troop meeting.

**406 Native American Crafts** – Barb DeSantis (ALL)

Planning a camporee? Working on Native American activities for a themed event? Here are a few neat crafts that may be just what you need for that special event.


*Bring: Scissors*



**201 On Our Way to the Senior Visionary Award** - Sonia Foderaro (S) 

Help your Girls complete the second step of the Senior Visionary Award of Girltopia. Guide your girls toward discovering themselves via exercises in analyzing leadership qualities, ethics, courage, character, confidence and a global bill of rights.


*Bring: A copy of Girltopia*

**304 Origami Jewelry** - Kristy Boon (J/C/S/A) 

Learn how to fold paper into unique, decorative and wearable origami jewelry-pins and bracelets.

*Bring: Ruler, pencil*




**110 Papercrafting Fun!** - Alicia Wilhem (ALL) 

New projects! Make two different pouches for badges/cards/small items out of a file folder and an envelope. Also make a flower pin out of scraps of fabric.


*Bring: Glue stick or tape runner, small scissors, sewing needle*




**404 Rainy Day Boxes** - Kristy Boon (D/B/J) 

For new leaders of younger girls – what to do when it rains all weekend on your camping trip or your scheduled speaker fails to appear at your meeting – games, crafts and activities which can be packed in a portable box for any situation– it's easy to be prepared.

*Bring: Scissors, glue stick*

**208 Rhythm Games** - Faith Koons (ALL) 

Learn how to teach girls several fun rhythmic table games to play while camping or at a troop meeting using only your hands or cups while seated at a table

**206 Rope Runners** - Barb DeSantis (ALL) 


Ever watch a Pinewood Derby? Interested in learning about a GS version? Get your own rope runner, discuss setting up an event, building the frame, decorating, and the science behind it all.

*Bring: \$6.00 rope runner kit fee for instructor*



**407 Science Can Be Fun!** - Victoria Galowitch (J) 

Learn some easy and fun science activities that you can do in your meetings to help your girls incorporate science into their Journey adventures and earn science related badges.

**108 Sing, Sing, Sing** - Faith Koons (ALL) 


Have you ever seen a penguin drinking tea? Who Stole My Chicken? Learn a variety of silly songs, action songs, and some traditional Girl Scout songs and how to teach them to girls.

*Bring: battery operated tape recorder*

**102 Sit a Spell** - Anne Fuller (ALL) 


Learn a few ways to make sit-upon - a dry seat makes for a better camping experience! Take trash and common household items to create something useful for camp.

*Bring: 1/4" or 1/8" hole punch, scissors, 4-5 photos, gallon zip baggie of colorful "bits" (clean candy/chip wrappers, fabric scraps, ribbons, bows, tissue paper, balloons, etc.)*


**204 Stretchy Beady Bracelet** - Diane Nordmark (C/S/A) 


Learn how to make a stretchy colorful bracelet that older girls can make for their Jewelry IPP.

*Bring: e-size beads if you like specific colors*


**106 SWAPS** - Barb DeSantis (ALL)  The who, what, when, where, why and how of those Special Whatchamacallits Affectionately Pinned Somewhere.




**310 Talking to Teen and Tweens about Dating Violence** - Nancy McCullar (J/C/S/A)  1 in 3 teens experience dating violence; 3 out of 4 tweens report knowing of “disrespectful” relationships among their peers. The Centers For Disease Control call dating violence in epidemic. Come to this workshop and learn how to talk with tweens and teens about healthy relationships and preventing dating violence.

**114 or 314 The Yoga Way to Wellness** - Linda Delenick (ALL)  Daily maintenance of body and soul can make everything you do more enjoyable and more efficient. Learn asanas (yoga poses) and pranayama (stress reducing/relaxing breathing techniques) which will have you feeling relaxed yet energized.


*Bring: loose fitting clothing that you can bend and stretch in, water bottle*

**109 Treasures in Trash** - Lee Carr (ALL)  Learn simple activities to reduce your footprint with the creation of trash and recycled items to create a work of beauty.

*Bring: scissors and glue*

**307 Tree and Plant Identification** - Nancy Thompson (ALL)  What tree is that? Learn tree and plant identification so you can give your girls the ability to recognize and identify the trees they encounter in their neighborhood.

*Bring: Be prepared to go outside.*


**113 Troop Memory Box** - Sylvia Goldsmith (J/C/S/A)  Recycle those cookie boxes into adorable containers for Girl Scout mementos of your journey in scouting.

*Bring: Scissors, glue sticks, 2 cookie boxes, and brown stamp pad*




**215 Volunteer Essentials** - Suzanne Weiss (ALL)  
This workshop 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. The workshop is followed by a question and answer session.




**116 Welcome to the Daisy Flower Garden** - Jennifer Allebach (D)  You be the girls and the facilitator will be the Volunteer!!!! Take this workshop to experience, first hand, a session right out of the Daisy Journey- Welcome to the Daisy Flower Garden. Come ready to have fun and learn exactly what a session might look like!!

*Bring: Age level books, including a Journey Book*

**401 What Makes a good Gold Award Project?** - Michele Hollenbach (S/A)  You ask, what makes a good Gold Award Project? Come and participate in discussions as to what makes up a good and acceptable Gold Award project.

*Bring: Age level books, including a Journey Book*

**301 What Makes a good Silver Award Project?** - Michele Hollenbach (C)  You ask, what makes a good Silver Award Project? Come and participate in discussions as to what makes up a good and acceptable Silver Award project.

*Bring: Age level books, including a Journey Book*

**A note book and note taking materials are recommended for all sessions.**