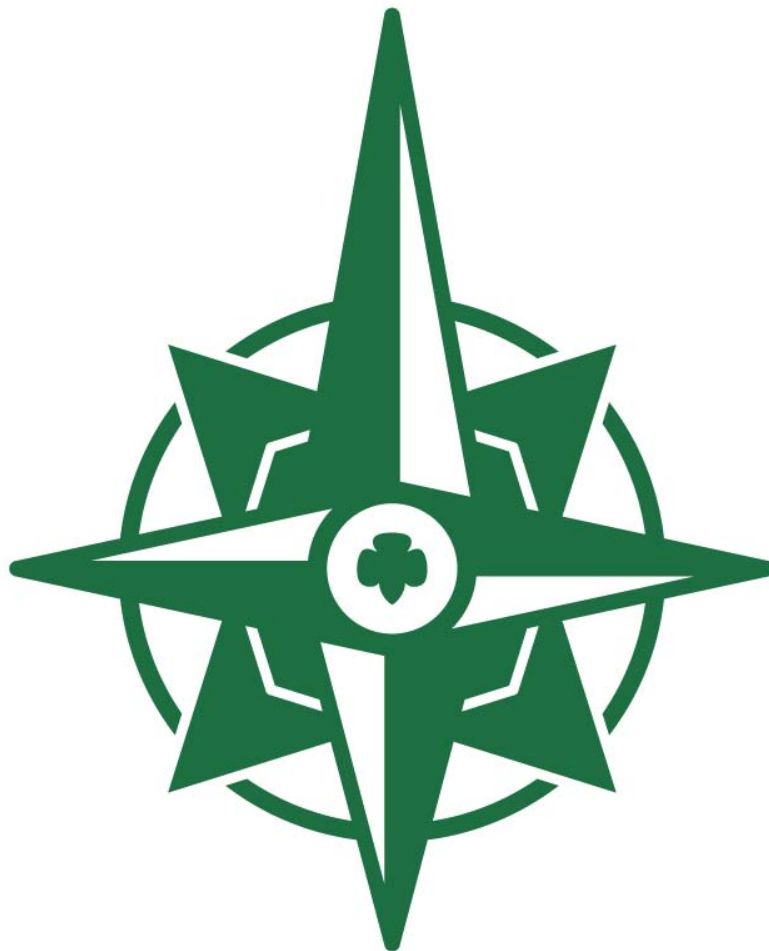


**TRAINING CONFERENCE FOR ADULTS & GIRLS IN GRADES 10-12**

**Presented by Girl Scouts of Northern California**

# **DISCOVEREE**



# **2010**

**Saturday, February 6, 2010  
8:00 AM – 4:30 PM**

**Alvarado Middle School  
31604 Alvarado Blvd  
Union City, CA 94587**

# What is DISCOVEREE, anyway?

## The most awesome Girl Scout training event ever!

- To be part of it, here's what to do!
- Questions?** If you have any questions, or are not too sure what you need to do or bring, contact our registrar Sandi: 925.439.3382 or brakes225@aol.com

- Right away—classes fill on a first-come, first served basis
- Pick your classes:**  
Read entire brochure to find the incredibly fun and informative workshops that appeal to you. Page 3 has an “At A Glance” view of the schedule. Some workshops span 2 or 4 sessions. Page 4-9 have detailed workshop descriptions.
- Classes are listed by category and then alphabetically.
  - Required or enhancement leadership classes offered regularly throughout the council are highlighted in green and listed at the beginning of each section.
- Right away—don't delay to ensure that you get your first choices and get the early bird price of \$30
- Register for classes:**  
**Registration Fee**                      **Before January 15: \$30**                      **After January 15: \$35**
- Online: (Fastest and most secure method) Go to [www.GirlScoutsNorCal.org/discoveree](http://www.GirlScoutsNorCal.org/discoveree) Note that classes that are already closed will not appear on the registration page.
  - Mail registration form on page 10 with payment to Discoveree 2010 7700 Edgewater Dr. Suite 340 Oakland, CA 94621-1049. Be sure to include 1st, 2nd, 3rd, and 4th choices for each session.
  - Fax registration form on page 10 with credit card payment to (510) 633-7925. Be sure to include 1st, 2nd, 3rd, and 4th choices for each session.
- Please share your brochure when you're finished with it—we only mail to one person per troop/group.
- When you receive registration confirmation
- Mark here for items you should bring for your workshops:**
- After January 15
- Check website for directions and parking information**  
[www.GirlScoutsNorCal.org/discoveree](http://www.GirlScoutsNorCal.org/discoveree)
- February 5, 2010
- Get ready**  
Be “green”—carpool if possible! Confirm logistics with your carpool buddies.  
**What to bring:** Wear comfortable clothing and shoes, extra money for DISCOVEREE patches/rockers, merchandise in the Girl Scout Shop, or snacks and sodas sold by Girl Scout troops, any items needed for your particular workshops.
- February 6, 2010
- Go to **Alvarado Middle School, 31604 Alvarado Blvd, Union City, CA 94587**  
Signs will lead you to Participant Parking. Note: No children or babies for this adult event, please!

7:30 am: Registration begins	<b>Important! You must check in at registration when you arrive!</b> When you arrive, follow signs to gym to check in and pick up your registration card and participant's bag, which includes the site map, special DISCOVEREE pen and some other surprises. After you've checked in, if you still have some time, go to the concession troop area and buy some coffee, bagels, & other goodies or shop at the Girl Scout shop that will be open from 8:00 am—4:30 pm. If you arrive after 10:00 am, check in at the Multi-Purpose Room.
8:30 am	Opening Ceremony in Multi-Purpose Room. Be prepared to have a really fun day!
9:00-10:30 am	Session 1
10:45 am-12:00 pm	Session 2 (note that some Session 2 workshops are two hours long through lunch)
12:15-1:00 pm	Lunch—meet up with friends, or meet some new friends! If you purchased a lunch, pick it up at lunch lines outside the Multi-Purpose Room—have your lunch ticket you received at Check-In ready.
1:15-2:45 pm	Session 3
3:00-4:30 pm	Session 4 Please be sure to drop your workshop and event evaluation forms before you leave! Your feedback is important to us!
4:30 pm	Go home—be sure to share all the great things you've learned with girls in your troop/group and other people you know. Plan to attend DISCOVEREE again next year!

## LOCATION & TRAVEL INFORMATION

### Driving Directions and parking instructions:

Check the website after January 15

[www.GirlScoutsNorCal.org/discoveree](http://www.GirlScoutsNorCal.org/discoveree)

Alvarado Middle School is located approximately 10 minutes away from the I880 and Hwy 92 interchange (eastern end of the San Mateo Bridge)

Approximate travel times from:

Chico	3 hrs. 15 mins
Eureka	5 hrs 4 mins
Fairfield	1 hr 5 mins
Novato	1 hr 11 mins
Pleasanton	29 mins
Redding	3 hrs 30 mins
San Francisco	39 mins
San Jose	30 mins
San Mateo	22 mins
Santa Rosa	1 hr 22 mins
Walnut Creek	39 mins

### Free Accomodations for Travelers

We have arranged for two free locations for DISCOVEREE participants to stay on February 5 and 6, 2010. You must bring your sleeping bag, linens, etc.

Camp Arequipa, Fairfax CA

Travel time to Alvarado: approx 59 mins

Beds, showers available; small rooms for 2-4 people each

Rainbow's End, San Jose CA

Travel time to Alvarado: approx 27 mins

Showers available, sleeping on floor in one large room

To reserve a spot at either location, contact our registrar Sandi: 925.439.3382 or [brakes225@aol.com](mailto:brakes225@aol.com)

**If you have a Disabled Persons (DP) placard and need preferred parking, contact Sandi at 925.439.3382**

Check our website for more information about DISCOVEREE:  
[www.GirlScoutsNorCal.org/discoveree](http://www.GirlScoutsNorCal.org/discoveree)

### DISCOVEREE 2010 Committee

<b>Martha Bratton</b>	Committee Member At Large
<b>Lydia Cox</b>	Secretary and Service Unit Contact Liaison
<b>Barbara Jean Guiot</b>	Concession Troop Liaison, Shop Manager
<b>Melinda Jensen</b>	Workshop Leader Coordinator
<b>Robyn Laurin</b>	Site Liaison
<b>Lori Lagosh</b>	Food Services
<b>Denise Kruskamp</b>	Web Mistress
<b>Jean Morris</b>	Evaluations
<b>Sandi Mulkey</b>	Registrar
<b>Sue Nicol</b>	Hospitality Hostess
<b>Merryn Oliveira</b>	Brochure Creator
<b>Sheila Pallotta</b>	Workshop Leader Coordinator
<b>Shari Teresi</b>	Council Liaison
<b>Ann Watrous</b>	Committee Chair, Logistics
<b>Ali VanSyckle</b>	Committee Member At Large
<b>Anna VanSyckle</b>	Discoveree Assistant Coordinator

### Thank You Workshop Leaders!

It is with deep appreciation that we thank and acknowledge all of our wonderful workshop leaders, without whom DISCOVEREE would not be a reality. They are all volunteers who have spent countless hours preparing their workshops.

### Other Acknowledgements

**Clorox Corporation:** Graciously donated the charcoal used for our cooking classes.

**Discoveree Assistants:** Girls in grades 7-9 volunteer from sun-up to sundown. Thanks for all the hard work!

**Volunteers:** In addition to our committee members and workshop leaders, the efforts of countless volunteers make DISCOVEREE possible—thanks to the people who help out with parking, staffing the shop, and so many other things!

# DISCOVEREE 2010 SCHEDULE

	Session I 9:00-10:30 AM	Session II 10:45AM—12:15 PM	LUNCH 12:15—1:00 PM	Session III 1:15—2:45 PM	Session IV 3:00—4:30 PM
Troop Program	101 First Aid & CPR—This is a four session workshop				
	102 Teen Advisor Training—This is a two session workshop			302 First Aid & CPR Level I Recertification and Level II Certification—This is a two session workshop	
	103 All About Birds	203 Demystifying Flag Ceremony		303 Leadership Essentials—This is a two session workshop	
	104 Basic Ceremonies	204 Destinations		304 The Art of Facilitation	404 Beyond Crowd Control
	105 Celebrating Random Holidays	205 Go for the Gold!		305 Bag of Tricks	405 Bringing Out the Best in Your Girls
	106 Co-Op Troops	206 GS Nor Cal Properties		306 Disneyland	
	107 Design Time	207 NASA Astronomy—2 hour workshop		307 Fabulous Fillers for Down Time	406 Making Community Service Fun
	108 Developing Your Event Program	208 Nature Techie		308 Getting Started and Keeping Going	
	109 GS Promise and Law	209 Navigating the Silver Award		309 Go for the Gold!	407 Money Earning for Older GS
	110 Journeys: Cad, Sr, Amb.	210 Power it Up		310 Make it Green	
				311 Rocking with the Elder	408 Thank you, Thank you!
Outdoor Skills	112 Troop Camping Certification—This is a four session workshop				
	113 Astronomy 101	213 Backpacking 101		313 Geocaching 201	409 Geocaching 101
	114 Knots for the Outdoors	214 Chocolate in the Outdoors—2 hour workshop		314 Inside Scoop on Skills Camporee	410 Never Eat Soggy Waffles
	115 Leave No Trace	215 Dutch Oven Delights —2 hour workshop			411 Tidepooling & Seashore Life
	116 Orienteering	216 Fiesta Fun		315 Navigating the EBRP District	413 Troop Backpacking
217 Outdoor Cooking —2 hour workshop					
Songs, Dance & Games	117 Easy Line Dancing	218 Beyond the Campfire		316 Group Games for Girls	414 Action Packed Team Building Games
	118 Non-Competitive Games	219 Good Old GS Songs		317 Let's Play	415 Mystery Dance
		220 Grab Your Partner and Dance!		318 Singing w/Cad., Srs, & Amb	416 Play an Ocarina!
Personal Interest	119 Food: Nutrition and Safety	221 Corsages and Boutonnieres		319 Living w/Your 10-15 Year Old —2 session workshop	
	120 Old Fashioned Soap Making	222 Going to College!		320 Genealogy is Fun!	417 The Art of Coaching Adults
	121 Raising Confident Young Women	223 Speak Up!		321 Introduction to Social Media	418 Turn Your Digital Pictures Into A Slide Show
	122 Taking Better Photographs	224 Tea Time		322 Yoga for Relaxation	
Arts & Crafts	123 Bottlecap Pin Cushion	225 Bandanarama		323 Beginning Knitting	420 Advanced Glass Etching
	124 Brownie Level Crafts	226 Bedazzled Creations		324 Brownies Can!	421 Balloon Animals
	125 Button, Button	227 Bee Porch Pals		325 Dragonfly Porch Pals	422 Beginning Cake Decorating
	126 Cupcake Decorating	228 Bunnies, Rabbits & Hares		326 Flights of Fancy	423 Beginning Knitting
	127 Duct Tape 101	229 Fun & Easy Leathercraft — 2 hour workshop		327 Folded Paper Flowers	424 Clever Cards
	128 Embroidery	230 Girl Scout Bling		328 Friendship Bracelets	425 Crafts for All Occasions
	129 Envelope Memory Album	231 Glass Etching		329 Glass Etching	426 Fantasy Keepsake Box
	130 Gift Mixes in a Jar	232 Handmade Bookmaking		330 Itty-Bitty	427 Gocco!
	131 Intro to Woodburning	233 Paper Treats and Sweets		331 Lanyards	428 Incredible Edible Crafts
	132 Scrapbook Techniques	234 Pine Needle Basket Weaving —2 hour workshop		332 Miniature Photo Albums	429 Learn to Crochet
		235 Squashbooks		333 Project Recycle—Fashion Doll	430 Pocket Weaving
	133 Snap, Fold and POP!	236 S.W.A.P.S		334 Shaving Cream Marbling	431 Shrink Art Fun
		237 Troop Identifiers			432 Simple Crafts
	134 Teen Angst and Crafts	238 Ukrainian Egg Decorating		335 Shrink Art Fun	433 S.W.A.P. Meet
239 Wheat Weaving — 2 hour workshop					

# DISCOVEREE 2010 WORKSHOP DESCRIPTIONS

## TROOP & GROUP PROGRAMS

### 101 First Aid & CPR

**Workshop Leaders: Carol & Michael McMillan**

This is an ASHI Level 1 Emergency Medical Planning First Aid and CPR course and provides a 2-year certificate. This certificate fulfills the requirements for a Level 1 first aider for activities as specified by Safety-Wise and the Council Resource Book. Materials and supplies will be provided. Please wear comfortable clothes as you will need to be on the floor for the skills portion of this training. There is a written test at the end – it is given in a supportive environment with a review before it. This is a four-session workshop. [D, B, J, C, S, Amb, A, DC]

### 302 First Aid & CPR Level I Recertification & Level II Certification

**Workshop Leader: Crystal Korbas**

This is a Medic First Aid and CPR Recertification Course for anyone who has been certified as a Level I First Aider within the past 2 years and wants to receive their Level II certification as well. This certificate fulfills the requirements for a Level I and Level II first aider for activities as specified by Safety-Wise. Materials and supplies will be provided. Please wear comfortable clothes as you will need to be on the floor for the skills portion of this training. This is a two-session workshop. [D, B, J, C, S, Amb, A, DC]

### 303 Leadership Essentials

**Workshop Leader: Pat Buckley**

An effective Girl Scout troop is not all about awards & cookies. The Leadership Essentials course provides structure to help your girls develop leadership skills. This course includes an overview of the Girl Scout Leadership Experience, and teaches how to effectively partner with your girls to make their plans & goals a reality. You'll also learn how to be able to see the impact you have on girls' lives. You must bring a copy of the Adult and Girl Journey books for the grade level of the girls you work with (borrow a copy, or purchase from our retail shop). This course must be taken within four months of your appointment as a Girl Scout volunteer. This is a two-session workshop. [D, B, J, C, S, Amb, A, DC]

### 102 Teen Advisor Training

**Workshop Leader: Wanda Earl**

This course, for adults working with girls in Girl Scout Cadettes, Girl Scout Seniors, or Girl Scout Ambassadors will help you to effectively partner with Girls ages 11-17. Learn the process to support your girls' ideas to help them achieve the program they developed and planned. There is limited information on Silver & Gold Awards within this course. Bring your Basics Binder with Silver or Gold Go For It insert, Interest Project Book, and any Focus Books, if you have them. This is a two-session workshop. [C, S, Amb, DC]

### 103 All About Birds

**Workshop Leaders: Lisa Gorrell & Karen Sandri**

Birdwatching fits into a number of badges & IPA's, and provides quick program when you're out of doors with your troop. Birds are everywhere! Learn to identify 10+ birds, how to identify unknown birds, & the best places for birdwatching. Ideas included for the All About Birds IPA and GSNorCal's *In the Flyway* awards. Bring any Guidebooks and binoculars you have. [J, C, S, Amb]

### 304 The Art of Facilitation: Coaching and Mentoring Young Women

**Workshop Leader: Yvonne T. Ryan**

When it comes to interacting with & guiding young women, are your results as a facilitator often less than you desire? If so, this workshop will help you become more effective, as you learn to employ a few realistic coaching & mentoring techniques targeted to girls. [C, S, Amb, A]

### 104 Basic Ceremonies

**Workshop Leader: Jeanette Bemis**

Hands-on activities for Daisy and Brownie leaders. This workshop will include Investiture, Thinking Day, and Court of Awards songs and crafts. Please bring scissors for cutting paper. [D, B]

### 305 Bag of Tricks

**Workshop Leader: Jill Pospisil**

Uh oh! Your planned activity took half the time you thought it would & you've got a whole troop full of girls who need something fun to do. Here are tons of great ideas that require little or no equipment or preparation. [D, B, J, C, S, Amb, A]

### 404 Beyond Crowd Control: Strategies & Tips for Managing Your Troop

**Workshop Leaders: Karen Christensen & Janelle Cabining**

Learn positive discipline techniques, how to transition activities smoothly & preventive strategies that stop discipline problems in their tracks. Included will be examples of different ways to put girls into random groups in fun ways. [D, B, J]

### 405 Bringing Out the Best in Your Girls

**Workshop Leaders: Esther Heller & Nick Corsano**

How do you build girls of courage, confidence & character? Discover successful strategies for partnering with girls as they develop into leaders & take on bigger challenges. Our workshop leaders draw on their 25 years of bringing out the best in their troop members. [D, B, J, C, S, Amb, A]

### 105 Celebrating Random Holidays

**Workshop Leader: Sheryl Graab (Council Staff)**

Celebrate National Limerick Day, Tree Frog Month or any number of silly random holidays with your girls. We will talk about these crazy holidays & learn what they can do to celebrate them with their troops. [D, B, J, C, S, Amb, A]

### 106 Co-Op Troops

**Workshop Leader: Leslie Toy**

Co-op (shared leadership) troops offer some great advantages, but they can also pose some challenges. Come explore ways to allow girls to participate more in their planning & decision-making, how to provide a sense of continuity in troop program, ways to divide the workload "fairly," ways to communicate effectively with the adult leadership team, & much more! Learn to cooperate effectively with your adult leadership team, instead of just dividing responsibilities & meeting dates. Helpful for co-op troop leaders as well as organizers, coordinators, CDDs & others who work with co-op troops. [D, B, J, C, S, Amb, A]

### 203 Demystifying the Flag Ceremony

**Workshop Leaders: Debbie Brusco & Helen Stichter**

Learn to do a proper Flag Ceremony. You will learn to plan & carry out both indoor & outdoor flag ceremonies. Included will be hands on folding of the flag, proper retiring of a worn flag. Make a kit for "Recipe for a Flag" to take home with you. [C, S, Amb]

### 107 Design Time

**Workshop Leaders: Alice Lemieux & Martha Pena (Council Staff)**

This is your chance to become a designer & inventor, as you learn about the design process. This enables you to check out GSNorCal's Design Time Program Boxes to share the designing fun with your troop. A "Council's Own" IPA has been created from this program. [J, C]

### 108 Developing Your Event Program

**Workshop Leader: Pamela Atkinson**

You have volunteered to chair an event & have taken Event Director & Camporee Director Training through the council. How do you begin to develop the program? Is the theme too big or too small? How do you develop workshops or learning/activity stations? Where do you get help? We will talk about all these topics & tying it all into evening program. Please take Event Director training prior to attending this training as it will answer so many of the basic questions about event planning that will not be covered. This is only about program. Please bring paper, pencil & a tape recorder if you wish. [D, B, J, C, S, Amb, A]

### 306 Disneyland - Exploring the Magic Kingdom with Your Troop

**Workshop Leader: Kathee Tyson**

Learn the ins & outs of taking your troop to Disneyland. Learn about transportation, accommodations, food, tickets, & how to best explore Disneyland with your troop for maximum enjoyment & minimum stress. [J, C, S, Amb, A]

### 204 Destinations

**Workshop Leader: Val Armento**

Learn how to help your troop members prepare for and apply to participate in the national and international Destinations travel program. [J, C, S, Amb, A]

### 307 Fabulous Fillers for Down Time

**Workshop Leader: Geri Creque**

Fun things to fill the down time at camp or at a troop meeting. Silly songs and games, bubbles and wands from wire hangers, homemade musical instruments, and some easy foods. [D, B, J, C, S, Amb, A, DC]

D: Daisy Program Focus  
S: Senior Program Focus

B: Brownie Program Focus  
Amb: Ambassador Program Focus

J: Junior Program Focus  
A: Focus on Adults

C: Cadette Program Focus  
DC: May be applied toward the training requirements for day camp.

## DISCOVEREE 2010 WORKSHOP DESCRIPTIONS

- 308 Getting Started and Keeping Going...Everything you didn't get from your online trainings**  
**Workshop Leader: Genella Williamson**  
 So, you took all your required trainings online – good for you! Now you probably still have questions about how to put it all together, how to plan & organize those meetings, how to work with parents & so much more. Here is a real, live person to answer those questions. It will be fun! You will love it! [D, B, J, C, S, Amb, A]
- 109 Girl Scout Promise and Law**  
**Workshop Leader: Kate Tennant**  
 The values of the Girl Scout Promise and Law are at the heart of the entire Girl Scout program. This workshop will give you some great ideas to help your girls learn and embrace the Promise and Law. [D, B, J]
- 205 Go for the Gold!**
- 309 Workshop Leaders: Nancy Corbin, Carol Horaitis, Jean Follette, Pinki Khatri, Helen Coleman & Karen Rodriguez**  
 Orientation for Girl Scout Seniors and Girl Scout Ambassadors who wish to pursue the Girl Scout Gold Award. Girls, their leaders, and Gold Award Project Advisors are strongly encouraged to attend this session. **9th grade Girl Scouts are welcome to take this workshop.** [S, Amb, A]
- 206 GS Nor Cal Properties**  
**Workshop Leader: David Pooch (Council Staff)**  
 Did you know that we have 18 different camps and other properties that you can use for your troop/group or service unit adventures? Come on a fun "road trip" with your tour guide, David, and learn what each site has to offer, and how to reserve GSNorCal sites for your next adventure. [D, B, J, C, S, Amb, A]
- 110 Journeys for Cadettes, Seniors and Ambassadors**  
**Workshop Leader: Deborah Holden (Council Staff)**  
 The new requirements for Bronze, Silver & Gold awards list completing Journeys as a prerequisite. Whether or not your girls are earning these awards, Journeys take the guesswork out of partnering with your girls while doing some fun & challenging program activities. Sessions are planned out for you – it's the perfect resource for busy adults working with girls of any age. How do Journeys work? How can you guide Cadettes, Seniors, or Ambassador girls through their Journey? Find out the whole scoop on working with these great program resources. Fasten your seatbelt & get ready to go on a journey! [C, S, Amb, A]
- 310 Make it Green**  
**Workshop Leaders: Alice Lemieux & Martha Pena (Council Staff)**  
 This workshop will teach you about green design & how we can make existing buildings more environmentally friendly. This workshop enables you to check out the Make it Green Program Boxes (in which girls create their own "green" dollhouse). A "Council's Own" IPA has been created from this program. [J, C, S]
- 406 Making Community Service Fun**  
**Workshop Leader: Leanne Aboumrad**  
 If you make community service fun, youth will want to do more. But how do you make it fun & get all of your group involved? Take on a project without spending too much money? We will also go over guidelines that you should follow to ensure the safety of your group. This class will help you have a successful ending for any service project. [D, B, J, C, S, Amb, A]
- 407 Money Earning for Older Girl Scouts**  
**Workshop Leader: Jill Pospisil**  
 If your girls want to travel, they will need to earn money. It isn't difficult, but it can be a strain if you don't plan well & have lots of buy-in from the girls & support from their parents. Information will be presented about using program events for troop money-earning projects, service & craft sales ideas. Jill has taken 18 girls on a cruise to Mexico & 10 girls to Pax Lodge! [C, S, Amb]
- 207 NASA Astronomy**  
**Workshop Leaders: Mary Allen (Council Staff), Jenna Loceff, Kathryn Allen, Grace Hamann**  
 Your GSNorCal Astronomy Team has exciting activities and materials to teach you from NASA Goddard Space Flight Center and GSUSA. We will teach you how to present astronomy concepts to other adults and older girls for teaching others and for presenting to girls of all ages. **This is a two hour workshop.** [D, B, J, C, S, Amb, A]
- 208 Nature Techie**  
**Workshop Leaders: Heather Vilhauer & Kymberly Miller (Council Staff)**  
 Ever wonder how you can connect today's tech-savvy girls with nature? This is your chance to learn about a program that combines technology & nature to get girls outside! Through audio, video, & geolocation you'll learn to weave nature & technology into one & have fun doing it! **Please bring a laptop if you have one.** [J, C, S, Amb, A]
- 209 Navigating the Silver Award**  
**Workshop Leaders: Esther Heller & Nick Corsano**  
 New requirements, old requirements...confused? Wondering how to help your girls decide on their path to the Silver Award? This workshop will cover the highlights of the existing requirements as well as the newly announced ones. Either way, the goal is a positive growth experience for your troop. [J, C]
- 210 Power it Up**  
**Workshop Leaders: Alice Lemieux & Martha Pena (Council Staff)**  
 We'll play with electricity (safely) and even learn new skills – like soldering. This enables you to check out the Power it Up! GSNorCal Program Boxes in which your girls solder a working, lit circuit board. A "Council's Own" IPA has been created from this program. [C, S]
- 311 Rocking with the Elder**  
**Workshop Leader: Patty Bannon**  
 Learn how your girls can perform community service and work towards awards, all while having fun and making friends with the elder. The young and old have a lot to offer each other! The workshop will provide you the resources needed to help you get started. [D, B, J, C, S, Amb, A]
- 408 Thank you, Thank you!**  
**Workshop Leader: Sheryl Graab (Council Staff)**  
 Don't you love those people who make your life easier? What would we do without them? Tell them! Participants will learn about different ways to thank those very special volunteers or family members (i.e. husband, significant other, daughter). Come with ideas to share! [D, B, J, C, S, Amb, A]

## OUTDOOR SKILLS

- 112 Troop Camping Certification**  
**Workshop Leaders: Gail Glenn (Council Staff), Anne Sorenson, & Sue Smith / E. Gilliam, Millie Nylander & Shobie Beaudin**  
 This course is required for at least one adult who will accompany the troop on a camping trip and who will be involved in the planning process with the girls. Emphasis is on how to teach skills to the girls and prepare them for their outdoor experiences, as well as health and safety concerns. **Lunch will be provided. This is a four-session workshop.** [D, B, J, C, S, Amb, A]
- 113 Astronomy 101**  
**Workshop Leader: Val Armento**  
 When you are out at night, away from the city lights, don't forget to look up! Come learn some basics about the night sky and activities to prepare everyone to enjoy a starry night. **Please bring an empty, clean pint- or quart-sized ice cream carton.** [D, B, J, C, S, Amb, A, DC]
- 213 Backpacking 101**  
**Workshop Leader: Kathy Gallagher**  
 You too can backpack!! Learn about the joys, and the nuts and bolts, of getting out into some of our beautiful California "outback". Learn how to get started, what you will need, where to go, what to cook. Discover how to get further practice (like our spring training trip). Already know how to backpack, but want to get your troop started? Take Troop Backpacking (Workshop #413). [C, S, Amb, A]
- 214 Chocolate in the Outdoors**  
**Workshop Leader: Pat Buckley**  
 Don't go anywhere without your chocolate! Learn how to make some delicious chocolate dishes in the out of doors with a Dutch oven, box oven, propane stove and more. **This is a two hour workshop.** [C, S, Amb, A]

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## DISCOVEREE 2010 WORKSHOP DESCRIPTIONS

### 215 Dutch Oven Delights

**Workshop Leaders:** Nancy, John & Becky Berry

Learn the basics of Dutch oven cooking, what to look for when purchasing equipment, & how to take care of the ovens. You will prepare & taste yummy dishes (but the tastes won't be meal-sized). [Please bring your lunch, eating utensils & a plate for tasting. This is a two-hour workshop.](#) [B, D, J, C, S, Amb, DC]

### 216 Fiesta Fun

**Workshop Leader:** Colleen "MacGyver" Schoenthal

Learn how to cook a yummy Mexican meal at camp using Dutch oven, box oven, stove top & foil packet methods. The techniques covered are appropriate for all age girls & work for other meals as well. Come prepared to have fun. [D, B, J, C, S, Amb, A]

### 409 Geocaching 101

**Workshop Leader:** Laura McKeegan

Do you have a love for the outdoors, a fondness for high-tech toys & an adventurous spirit? Do you like treasure hunts or exploring new areas? If so, geocaching might just be the hobby for you! We'll learn a little about the history of geocaching, how to read a GPS, & then set out to test your new knowledge. [Please do not sign up to take both Geocaching 101 & 201.](#) [D, B, J, C, S, Amb, A]

### 313 Geocaching 201

**Workshop Leader:** Laura McKeegan

Already know a little about Geocaching & want to learn more? Come to this workshop & learn about ways to set up courses for your troop, then go out on an advanced hunt. Outdoor activity takes place rain or shine, so be prepared. [Please do not sign up to take both Geocaching 101 & 201.](#) [D, B, J, C, S, Amb, A]

### 314 Inside Scoop on Skills Camporee

**Workshop Leaders:** Debbie & Diana Brusco

Learn the secrets of how to have fun at Skills Camporee. The Cadette/Senior Skills Camporee is an outdoor competition weekend put on every spring by the Redwood City Service Unit. Find out why many older girls from all over the Bay Area come back year after year. Pictorial overview, tips on effortless camping & hints on participation in the events will be offered. [C, S, Amb]

### 114 Knots for the Outdoors

**Workshop Leader:** Karen Oliver

Basic knots for camping & outdoor use: Square knot, bowline, taut line, clove hitch, sheep shank, & sheet bend will be taught. Tips for teaching your Girl Scouts & knot board ideas. [B, J, C, S, Amb, A, DC]

### 115 Leave No Trace (LNT)

**Workshop Leaders:** Barbara Rigby & Barbara Novak

We will explore activities & resources that you can take home to your troops & families, including outdoor ethics. LNT promotes minimum impact enjoyment & recreational use of the land. [D, B, J, C, S, Amb, A]

### 315 Navigating the East Bay Regional Park District

**Workshop Leader:** Elizabeth Hales

Looking for fun ideas to engage your troop in nature and the great outdoors? Learn how to navigate the East Bay Regional Park District! Session will feature basic information on the EBRPD, Self-Guided Programs, Recreation & Naturalist Programs. Come learn all the ways you can explore. [D, B, J, C, S, Amb, A, DC]

### 410 Never Eat Soggy Waffles

**Workshop Leader:** Tina Amber

Take this opportunity to learn a great skill. Don't let the fear of compass stop you! A compass tells you which way is north so if you can remember to never eat soggy waffles you will know which way is east, south & west too. Learn the basics of using a compass and a map. Of course she also has a few games your troop can play to practice. [J, C, S, Amb, A]

### 116 Orienteering

**Workshop Leaders:** Vicki Woolworth & Nick Corsano

Understanding a map and compass can open the way to more adventure, safety, and fun in the outdoors. Learn the basic skills of the sport of orienteering, and how to introduce it to your troop at a local event. Please bring a compass if you have one. [J, C, S, Amb, A, DC]

### 217 Outdoor Cooking – Delicious Camping Treats

**Workshop Leader:** Peter Klein

We will make delicious camping-style entrees, side dishes and desserts using Dutch ovens, box ovens, foil packets and more. You will get

tastes of all the food prepared and may not need a lunch. [This is a two-hour workshop.](#) [D, B, J, C, S, Amb, A, DC]

### 411 Tidepooling & Seashore Life

**Workshop Leader:** Leslie "Trooper" Swan

Find out what are animals vs. plants, learn how sea stars move, what sea urchins eat and how they are related to sand dollars. Let's jump in and have some fun as we learn more about seashore life. Bring a notepad, pen and your curiosity. [D, B, J, C, S, Amb, A]

### 413 Troop Backpacking: Offering Girls the Out of Doors

**Workshop Leader:** Kathy Gallagher

Already know how to backpack, but want to get your troop started? Learn about the special requirements, challenges & rewards of taking your girls out. Get tips on starter hikes, assembling group gear, easy meals & progressive skill building. New to backpacking? Take Backpacking 101 (Workshop #213). [C, S, Amb, A]

## GAMES, SONGS & DANCE

### 414 Action Packed Team Building Games

**Workshop Leaders:** Michelle and Karen Rodriguez

Participate as you learn a variety of ice breakers, get-to-know-you games, and team-building activities. Wear comfortable shoes and come prepared to interact! [D, B, J, C, S, Amb, A, DC]

### 218 Beyond the Campfire: Making Music in Camp

**Workshop Leader:** Rena Dein

There are MANY ways to incorporate music and singing into your camp besides the tried-and-true. Inject new ways for your group to bond with the fun and joy of song (even if it is off-key). Learn challenging competitions and games, (no, we're not talking American Idol here!) rules for effective song-leading, and how to use songs to unify your group throughout the day. [D, B, J, C, S, Amb, A, DC]

### 117 Easy Line Dancing

**Workshop Leaders:** Kari Thompson & Geri Creque

Put on your dancin' shoes! Come & learn (or re-learn) various line dances including the Hustle & the Electric Slide. Let's play! Wear comfortable shoes. [D, B, J, C, S, Amb, A]

### 219 Good Old GS Songs for Everyone!

**Workshop Leader:** Pamela Atkinson

Whether you just want to sing some great GS songs with us, or you want to come learn some oldies (and some new songs too) but goodies to teach your troop, this is the workshop for you. I've been a Girl Scout for 51 years and have been leading songs since I was 10. In Girl Scouting you don't need a voice like an angel to join in, you just have to have that Girl Scout spirit & sing your heart out! [You may bring a tape recorder to get the tune right. Please bring a pencil & a small spiral bound notebook that will end up being your songbook in the future.](#) [D, B, J, C, S, Amb, A, DC]

### 220 Grab Your Partner and Dance!

**Workshop Leaders:** Maureen Wikander & Nancy Pullen

Learn some American and International Folk Dances, including Cotton Eyed Joe, Elvira, Patty Cake Polka, and the ever popular Wooden Shoes. Wear comfortable shoes (no sandals, please!) and clothing, and bring your water bottle. [D, B, J, C, S, Amb, A]

### 316 Group Games for Girls

**Workshop Leader:** Lisa Chrisman

Group games for all ages. Have fun with your girls & at the same time help them learn to appreciate others & develop team-building & communication skills. Take home games you & your troop will be playing for years! [B, J, C, S, Amb, A, DC]

### 317 Let's Play

**Workshop Leader:** Ann Watrous

Interactive games are a fun and easy way to learn facts about Girl Scouting and Girl Guiding - Baden-Powell story game for World Thinking Day, Conductor game for Girl Scout Birthday, Kim's Game, and Girl Scout Jeopardy. [D, B, J]

### 415 Mystery Dance

**Workshop Leaders:** Kari Thompson & Geri Creque

Up for a surprise? Come join us for a fun-filled dance class! Maybe we'll learn a little cha-cha or mambo? Who knows? It's a mystery, but it will be fun! [D, B, J, C, S, Amb, A]

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# DISCOVEREE 2010 WORKSHOP DESCRIPTIONS

## 118 Non-Competitive Games

**Workshop Leader: Daisy Kiehn**

Release your troop's pent-up energy through active, engaging games that everyone will love to play, even (maybe especially) the non-athletic! No one goes out, everyone wins--because they all have fun. Learn by playing. Lots of pointers about how to teach & lead games easily. Wear comfortable shoes & clothes. [D, B, J, C, S, Amb, A, DC]

## 416 Play an Ocarina! (a simple type of song flute)

**Workshop Leader: Lisa Chrisman**

Teach your girls how to play Girl Scout songs on cute, but inexpensive ocarinas. These little musical instruments are easy to learn to play, yet fit in a child's pocket. They are played all around the world and will bring a lot of fun to your troop's meetings and trips. [J, C, S, Amb, A]

## 318 Singing with your Cadettes, Seniors, & Ambassadors

**Workshop Leader: Lauren Oliveira**

Are your girls looking for new songs to sing? Are you tired of them singing the same songs over & over for years? Come learn some songs that are more challenging but still fun. People with all singing abilities welcome (& encouraged). [C, S, Amb, A]

## PERSONAL INTEREST

## 417 The Art of Coaching Adults

**Workshop Leader: Yvonne T. Ryan**

Facilitation often requires coaching skills, but few have been trained in how to be an effective coach. In this interactive workshop, learn from a professional coach what differentiates 'coaching' from 'mentoring', when coaching is appropriate, and some practical techniques for coaching adults. [A]

## 221 Corsages and Boutonnieres

**Workshop Leaders: Brena Bailey & Michelle Luster**

An event is made more memorable by the addition of fresh flowers. Join Brena & Michelle at this fun workshop, where you'll learn to make beautiful corsages & boutonnieres for those special occasions. Flowers & materials will be provided. [Please bring scissors & garden cutters or wire snips.](#) [C, S, Amb, A]

## 119 Food: Nutrition and Safety

**Workshop Leader: Mary Ellen Taylor, FDA**

The nutrition portion will cover the importance of reading and interpreting the food label and the need for calcium in the diet of young women. This will be an interactive workshop with games and prizes! The safety portion of the program will highlight food microbiology and strategies to avoid foodborne illness. It will include a video presentation. [C, S, Amb, A]

## 320 Genealogy is Fun!

**Workshop Leaders: Lisa Gorrell & Karen Sandri**

Genealogy is one of the most popular hobbies in America. Come learn what it's all about. We will get you started and you'll learn how to continue your research. Also learn how to expand to Junior badges and Cadette/Senior/Ambassador IPAs. [J, C, S, Amb, A]

## 222 Going to College!

**Workshop Leader: Tina Amber**

The hard part is behind you - being accepted into college. Learn how to make the transition from high school to college easier & become familiar with some of the challenges that freshman face. We will discuss money, living arrangements, staying connected & remaining safe. This is an opportunity for you to ask questions as well as hear recommendations. The instructor is the parent of six daughters - all recent college graduates. [S, Amb, A]

## 321 Introduction to Social Media

**Workshop Leader: Kate Tennant**

Come learn about social media - internet-based tools for sharing & discussing information. Your kids are using them, & so should you! Learn about blogging, Twitter, Facebook, LinkedIn, wikis, & more. [A]

## 319 Living with Your 10-15 Year-Old at Home

**Workshop Leader: Ann Johnston**

Enhance your understanding of adolescents; learn age-appropriate communication skills & how to set limits. [This is a two-session workshop.](#) [J, C, S, Amb, A]

## 120 Old Fashioned Soap Making

**Workshop Leader: Merryn Oliveira**

Ever wondered how our grandmother's used to make soap? Come &

find out & take home a bar of soap with you! Soap will be made by demonstration, with participants picking final scent (or not) & color. Soap will be vegan. It's good clean fun! Please bring a 6-8 ounce clean & empty yogurt or cottage cheese container. [Amb, A]

## 121 Raising Confident and Motivated Young Women

**Workshop Leader: Tina Amber**

As a parent or leader, you have a tremendous impact on the young women around you. Learn how to help these young women increase their confidence and problem solving skills. Taught by a parent of six daughters and one of her recent college graduates, this workshop will present ideas from both the parent's point of view and the young woman's point of view - what works with teenagers and why it works. We will discuss topics such as curfews, money and the changing role of parents. [J, C, S, Amb, A]

## 223 Speak Up!

**Workshop Leader: Genella Williamson**

Do you find yourself terrified of speaking to a group whether large or small? You are not alone as the fear of public speaking is right up there with a fear of snakes and spiders. Let's explore some methods to get past that fear. You, too, can speak up with confidence. [A]

## 122 Taking Better Photographs

**Workshop Leader: Esther Heller**

Whether you use a digital or film based camera, good photo composition principles remain the same. In this workshop you'll learn several of these principles as well as useful tips for photographing people, animals, and scenery. [Bring your camera to practice \(and the manual if you can find it.\)](#) Optional: [bring one or two photographs for sharing.](#) If a print, 8x10 size; if electronic on a flash drive or an SD disk [D, B, J, C, S, Amb, A]

## 224 Tea Time

**Workshop Leader: Kathee Tyson**

Come & enjoy a High English tea. In this workshop you will have the opportunity to sample various types of tea, prepare & eat traditional tea foods such as trifle, scones, tea sandwiches, etc. & get ideas for holding a tea party with your troop. [D, B, J, C, S, Amb, A]

## 418 Turn your Digital Pictures into a Slide Show

**Workshop Leader: Liz Crocker**

Learn the basics of how to create a memorable slide show using Windows Movie Maker. We will import, edit, add transitions and effects, incorporate titles and captions and choose the perfect music. [Bring your PC laptop if you'd like to play along!](#) [S, Amb, A]

## 322 Yoga for Relaxation

**Workshop Leader: Susan Johnston**

Give yourself the gift of yoga! Our focus will be on stress relief and relaxation. We'll explore poses to help release tension in the neck, shoulders, hips and lower back, as well as learn breathing techniques to help quiet the mind and calm the body. We will lay on the floor. Beginners welcome! [Bring a yoga mat or beach towel.](#) [A]

## ARTS & CRAFTS

## 420 Advanced Glass Etching

**Workshop Leaders: Martha & Melina Bratton**

Learn to cut your own stencil to make a unique design on a mirror or glass. [C, S, Amb, A]

## 421 Balloon Animals

**Deborah Rodriguez**

Learn to make balloon animal and also how to teach your girls. Great skill to have for personal use and for service opportunities at school carnivals, parties and fairs. Balloon animals are all the rage at every event and you'll want to be part of it. [D, B, J, C, S, Amb, A]

## 225 Bandanarama

**Workshop Leaders: Martha & Melina Bratton**

Learn the many ways to use bandanas and have fun decorating and personalizing one for your very own. [D, B, J, C, S, Amb, A]

## 226 Bedazzled Creations

**Workshop Leaders: Christie Wheeler & Jackie Peters**

Learn how to make this very pretty glass beaded spoon that can be used for a party favor for all occasions, an heirloom treasure, or just the perfect gift. Great for party crafts. Crafts that are sure to delight. [J, C, S, Amb, A]

# DISCOVEREE 2010 WORKSHOP DESCRIPTIONS

- 227 Bee Porch Pals**  
**Workshop Leader: Lee Nave**  
Make a whimsical Porch Pal. They are easy-to-paint patio paver characters who enjoy making themselves right at home on your porch, around your yard &, if you let them, inside your house. Painted with acrylic paints, they are inexpensive projects with a lot of charm. No prior painting experience needed! [J, C, S, Amb, A]
- 422 Beginning Cake Decorating**  
**Workshop Leader: Kathie & Katie Woolard**  
Join us for a start to finish class in cake decorating. We will prepare the cardboard base then watch a "crumb-coat" demonstration & frost a 5" cake. Then using different decorating tips we will create flowers & borders. [D, B, J, C, S, Amb, A]
- 323 Beginning Knitting**  
**423 Workshop Leader: Rosemary West**  
Knit 1, Purl 2.....come and learn the basics including how to cast on, knit, purl, and cast off. Learn a fun new hobby! [D, B, J, C, S Amb, A, DC]
- 123 Bottlecap Pin Cushions**  
**Workshop Leader: Rita De Lucchi**  
This adorable craft uses recycled plastic bottlecaps & felt scraps to create mini pin cushions. We will be making a chocolate truffle cushion & a second design of your choice. **Please bring sewing scissors to cut the felt.** [C, S, Amb, A]
- 124 Brownie Level Crafts**  
**Workshop Leader: Laura Andrews**  
Lots of craft ideas to make with your Brownie troop. Brownies love to make crafts, so we will have lots of great ideas; many with written instructions. We will make bandana sit-upons, & snowman socks. There will also be samples of ideas to make on your own, outside of the class. **Bring 2 full size bandanas & a sharp pair of scissors.** [B, DC]
- 324 Brownies Can!**  
**Workshop Leader: Sheree Styrlund**  
GOT BROWNIES? Then you already know. The more they succeed, the happier they grow. The happier they grow, the harder they try. So K.I.S.S. and wipe tears good-bye. Come create crafts for the younger girls, including tray favors, troop identifiers & more. Share tips for THEIR success. **Bring scissors & a ¼ yard of a colored cotton fabric** [B]
- 228 Bunnies, Rabbits & Hares**  
**Workshop Leader: Tia**  
Some bunny loves you! And you are never too old to love some bunny! We will create adorable bunnies from a variety of different materials. Take some bunny (or bunnies) home! **Bring a sharp pair of scissors for cutting fabric.** [D, B, J, C, S Amb, A]
- 125 Button, Button**  
**Workshop Leaders: Martha Bratton & Carleen Butz**  
Learn to make fun jewelry to teach your girls including charming button & bead bracelet, unique button & ribbon necklace & more. [D, B, J, C, S, Amb, A, DC]
- 424 Clever Cards**  
**Workshop Leader: Marcia Friedman**  
In this workshop we will learn how to make the Never-Ending card & a Japanese Kimono card (that can also be used as an invitation). Graphic designer Marcia Friedman will guide you step-by-step in creating these unique cards that your girls will love. [J, C, S, Amb, A]
- 425 Crafts for All Occasions**  
**Workshop Leaders: Nancy Deras & Eva Watson**  
Ever need a fun craft for a holiday party or gift? Come & make crafts for 4-5 different holidays including: Christmas, Easter, Mother's/Father's Day, & Halloween. [B, J, C]
- 126 Cupcake Decorating**  
**Workshop Leaders: Stephanie Chamberlin & Samantha Francois**  
Let your girls use their creativity & eat what they make. Stephanie will teach you basic cake decorating techniques outlined in the Wilton "Icing Fun" patch program. You will create fun cupcakes your girls can enjoy at their favorite celebrations. [B, J, C, S, Amb, A]
- 325 Dragonfly Porch Pals**  
**Workshop Leader: Lee Nave**  
Make a whimsical Porch Pal. They are easy-to-paint patio paver characters who enjoy making themselves right at home on your porch, around your yard &, if you let them, inside your house. Painted with acrylic paints, they are inexpensive projects with a lot of charm. No prior painting experience needed! [J, C, S, Amb, A]
- 127 Duct Tape 101**  
**Workshop Leader: Michelle Rodriguez**  
Learn the "know how" of working with Duct Tape. Make a cell phone pouch, a tote bag, a purse or any number of fun accessories. Gray duct tape will be provided but bring a roll of your favorite color to share. [D, B, J, C, S Amb, A]
- 128 Embroidery**  
**Workshop Leader: Lee Nave**  
The art of embroidery is old but still popular today. Using a needle, thread and a few simple embroidery stitches your ideas can become luxurious handmade articles. You'll learn outline, lazy daisy, French knots and chain stitch. Today people are using embroidery on greeting cards and in scrapbooks too. [Amb, A]
- 129 Envelope Memory Album**  
**Workshop Leader: Karen Murphy**  
Utilizing two envelopes, one card, cardstock & decorative paper, you will create this adorable envelope album. These make perfect gifts for grandparents, moms-to-be & anyone celebrating a special day. I made a Tinkerbell themed album for my daughter that was very popular. [C, S, Amb, A]
- 426 Fantasy Keepsake Box**  
**Workshop Leader: Karen Murphy**  
Make this fantasy keepsake box with four drawers and lid, for your small treasures. Use Japanese Washi paper, book-making techniques and Japanese paper folding to create this fabulous box. The fantasy keepsake boxes make great gift items by themselves or as a gift box to put other treasures inside. **Please bring a pair of small sharp scissors.** [J, C, S, Amb, A]
- 326 Flights of Fancy**  
**Workshop Leaders: Becky Simpson & Sara Johnson**  
Come make an easy, sassy felt bird that can either be hung or sit on the edge of a shelf it's legs dangling down. Limitless color combinations are possible, my particular favorite is a Parisian model-pink with black feathers. [J, C, S, Amb]
- 327 Folded Paper Flowers**  
**Workshop Leaders: Stacie Ho & Sue Nicol**  
Fold it this way & make a tulip. Fold it that way & make a daffodil. In the dead of winter come & make a spring time posy of paper flowers. [J, C, S, Amb, A]
- 328 Friendship Bracelets**  
**Workshop Leader: Karen Oliver**  
Easy fun friendship bracelet direction, amaze your Girl Scouts! Be stylish! We will teach four different bracelets, discuss materials & teaching methods. [D, B, J, C, S, Amb, A]
- 229 Fun and Easy Leathercraft**  
**Workshop Leader: Sue Best**  
Learn fun and easy leathercraft projects to teach/do with your Girl Scouts. We'll make coasters, bookmarks, braided bands/belts & pouches to hold small items using soft & hard leather. **This is a two-hour workshop and ends at 12:45** [B, J, C, S, Amb, DC]
- 130 Gift Mixes in a Jar**  
**Workshop Leaders: Deborah & Karen Rodriguez**  
Explore the secrets to mixes in a jar. Class will give you the opportunity to layer delicious ingredients in a jar, decorate for presentation, & make a personalized card. Take home jars to share & lots of ideas. Great gifts for personal use or service project for your girls. [D, B, J, C, S, Amb, A]
- 230 Girl Scout Bling**  
**Workshop Leader: Karen Oliver**  
Learn the knots for decorative accessories that will be off the hook! Let your Girl Scout skills shine! We will use many different materials & give you lots of ideas for working with girls. Knot tying experience helpful. [C, S, Amb, A]
- 231 Glass Etching**  
**329 Workshop Leader: Debbie Bailey**  
Learn how to turn plain, ordinary glass items such as jars, mirrors, and glasses in to beautiful objects suitable to be given as a gift. Please bring a plain glass item such as a jam or pickle jar. [J, C, S, Amb, A]

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- 427 Gocco!**  
**Workshop Leaders: Cammie Clark & Heather Maxey**  
Gocco is a Japanese, self contained, color printing system. Instead of “dragging” ink across the screen, you press it onto the screen, with much less hassle & mess. Print quality is outstanding & it’s super easy to do with kids of all ages. [D, B, J, C, S, Amb, A]
- 232 Handmade Bookmaking**  
**Workshop Leader: Patricia Anderson**  
Join in the fun in making a Concertina style book with hard covers and sewn in signatures. You will leave the workshop with a book and the confidence and skills to teach this versatile book structure to others. [S, Amb, A]
- 428 Incredible Edible Crafts**  
**Workshop Leaders: Sandi Mulkey & Jean Morris**  
Clever craft idea made with cereal, candies and cookies. Great treats for your girls to eat or to give as gifts. [D, B, J, C, S, Amb, A]
- 330 Itty-Bitty**  
**Workshop Leaders: Martha Bratton & Karen Johnson**  
Come & learn to make an itty-bitty purse, book, scrapbook & more. [D, B, J, C, S, Amb, A]
- 131 Introduction to Woodburning**  
**Workshop Leaders: Tom & Melina Bratton**  
Learn easy techniques to offer this craft to your older girls. Decorate a small box and wood frame. [C, S, Amb, A]
- 429 Learn to Crochet**  
**Workshop Leader: Bonny Mannina**  
Learn chain stitch, double crochet & how to create a granny square. Please bring a size H Crochet hook. [C, S, Amb, A]
- 331 Lanyards**  
**Workshop Leader: Patti Singer**  
Learn how to start, stitch & end several different lanyard designs including basic square, round, brick & zipper stitches. The older the scout the more difficult stitches they are able to do. Workshop will include materials as well as printed instructions for you to take home with you. [D, B, J, C]
- 332 Miniature Photo Albums**  
**Workshop Leader: Kim Busichio**  
Make a miniature photo album to carry with you & treasure. Please bring 8–11 pictures that can be cut to approximately 2”x 2”, paper, scissors, & any small embellishments you’d like to use. (Other supplies will be provided). [S, Amb, A]
- 233 Paper Treats and Sweets!**  
**Workshop Leaders: Teresa Ehteshami & Nobuko Chiminiello**  
Discover new ways to present sweets for Valentine’s Day or any occasion! Using cutting and paper-folding techniques, we’ll teach you how to make holders for Ghirardelli squares, Hershey’s Nuggets and oversized Lifesavers. They’re so cute, you won’t want to open them! [A]
- 234 Pine Needle Basket Weaving**  
**Workshop Leaders: Beth Thrash & Normandie Ross-Rocans**  
Using modern binding and hand found pine needles learn basic skills to create your own basket. The class will supply all the materials including pine needles, synthetic sinew, tapestry needle, straw gauge, written instructions & seashells. You bring your patience, curiosity, inventiveness & joy. This is a 2 hour workshop. [J, C, S, Amb, A]
- 430 Pocket Weaving**  
**Workshop Leader: Lauren Oliveira**  
Learn to weave simple and fun bags on cardboard looms. These bags are perfectly sized to hold an iPod, cell phone or keepsakes. [J, C, S, Amb, A]
- 333 Project Recycle—Fashion Doll**  
**Workshop Leader: Daisy Kiehn**  
Learn a green craft girls love! Using 95% materials saved from landfill, you will create a doll with a fashion look that’s all your own. Please bring an empty 16 ounce water bottle. [J, C, S, Amb, A]
- 132 Scrapbook Techniques**  
**Workshop Leader: Bonny Mannina**  
Learn the latest & greatest of Scrapbooking tips & techniques. Chipboard, Glimmer Mist & much more to see. All your questions will be answered. [J, C, S, Amb, A]
- 334 Shaving Cream Marbling**  
**Workshop Leader: Marcia Friedman**  
A fun twist on a traditional craft. Using shaving cream, paper plates and several different types of color media (watercolors, dyes, stamp pad inks) we’ll make beautiful marbled papers that can be used for cards, invitations, scrapbooking and more. [D, B, J, C, S, Amb, A]
- 335 Shrink Art Fun**  
**431 Workshop Leaders: Michelle Pooler, Janice Sandy & Carrie Grothman**  
Explore the world of shrink art. Discover the history and learn to make items that will inspire your troop’s creativity! Bring Scissors, simple designs to trace on shrink art sheets. (Designs no larger than 3x3) [D, B, J, C, S, Amb, A]
- 432 Simple Crafts**  
**Workshop Leader: Mary Garfein**  
Craft ideas to fill in time at a meeting that are simple, easy & cheap! Also, some fun craft ideas that are a little more challenging. We will be making bandana bags, paper napkin dolls, tin foil creatures and more! [D, B, J]
- 133 Snap, Fold, and POP!**  
**Workshop Leader: Kayla Laurin & Catherine Swenson**  
Come learn what you can do with 3 feet of PVC pipe that will keep girls of all ages busy for hours. We will be making marshmallow teasers and decorating them. We will also have other projects that will keep girls occupied for hours such as lanyards, quacking cup. [D, B, J, C, S, Amb, A]
- 235 Squashbooks**  
**Workshop Leader: Jane Ullrich**  
The art of squashbooks: where memory keeping meets origami. Squashbooks are a great way to save a special event memory for yourself, your friends or the girls in your troop! They can be used as memory books, journals & even special cards. We will work together to make a simple explosion type squashbook for you to take home as well as share ideas on how to embellish future projects to keep or give away. [J, C, S, Amb, A]
- 433 S.W.A.P. Meet**  
**Workshop Leader: Sheree Styrlund**  
Come SWAP till we drop. Last year we completed a dozen SWAPS. This year we’ll attempted a dozen more, ALL NEW, per your requests, & share lots of ideas for SWAPS. Plus let’s talk tips & tricks, & adhesive options for younger girls. Bring your favorite SWAPS (10-20) to trade with the class. Bring an egg carton. [D, B, J, C, S, Amb, A]
- 236 S.W.A.P.S**  
**Workshop Leaders: Carleen Butz & Rita DeLucci**  
Special Whatchamacallits Affectionally Pinned Somewhere that are Shared With A Pal. They should be small, inexpensive and easy to make with few ingredients. Make and take 10 different SWAPS. [D, B, J, C, S, Amb, A]
- 134 Teen Angst and Crafts: Construction Zone**  
**Workshop Leader: Rena Dein**  
Here’s an opportunity to create crafts that will appeal to the pre-teen/teen age crowd. Connect the needs and interests of teens and how that relates to arts and crafts. Make your own to take home. [C, S, Amb]
- 237 Troop Identifiers/ Beaded Scarves**  
**Workshop Leaders: Georgina Dannatt & Jeanne Spahr**  
Need a better way to identify your girls in a crowd? Come learn how to make an easy-to-teach beaded scarf that’s unique to your troop. We’ll also go over all sorts of other types of troop identifiers. Please bring scissors that will cut fabric. [D, B, J, C, S, Amb, A]
- 238 Ukrainian Egg Decorating**  
**Workshop Leader: Kimberly Busichio**  
This beautiful art has been handed down through generations of Ukrainians for more than 2,000 years! Come learn all the techniques to create your own pysanky egg. [J, C, S, Amb, A]
- 239 Wheat Weaving**  
**Workshop Leaders: Nan Rohan & Judy McCaskey**  
Introduction to the ancient art of plaiting with wheat straw. Learn wheat preparation steps & a few simple wheat weavings for you to pass on to your girls ages 9 to adult. Bring a pair of small scissors & a ruler or measuring tape. This is a two-hour workshop & ends at 12:45 [D, B, J, C, S, Amb, A]

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**Saturday, February 6, 2010**

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