



**GGC Lougheed Area's  
Fishing for New Ideas – Catch & Release**  
January 19 - 21, 2018 Schedule



FRIDAY, January 19th		
7:00 pm	Registration	Sharon
7:30 – 8:30 pm	<b>Welcome – Housekeeping Announcements</b> <i>Get to Know You Activities</i>	Sandy Adele
8:30 – 9:00 pm	<i>Star Gazing Session</i>	PJ
9:00 pm	Mug Up + Sing Along &/or Networking (optional)	
SATURDAY, January 20 <sup>th</sup>		
7:30 – 8:15 am	Breakfast	
8:30 – 9:00 am	Registration	Sharon
9:00 am	<b>Welcome – Opening</b>	Sandy
9:15 – 10:45 am	<i>Branch Sharing Sessions</i>	Sparks ~ Sharon Shuttleworth Brownies ~ Lisa Martin Guides ~ Lisa Williams Pathfinders ~ Adele Cooshek Rangers ~ Audrey Wang
10:45 – 11:00 am	Coffee Break (grab & go)	
11:00 – 12:30 pm	<i>Area Advisers Round Robin</i>  Everyone to participate 5 stations ~ 14 min./station, 5 min. to move between stations	Camping ~ Lorraine Pogue Membership ~ Lisa Martin International ~ Alison Hathaway Awards ~ Audrey Wang Program ~ Becca Stephen
12:45 – 1:30 pm	Lunch	
1:45 – 3:15 pm	<i>Session 1</i>	Fishing (part 1 of 2) ~ Adele Cooshek Safe Guide (part 1 of 2) ~ Pat Stavem Cooking – Menu Magic ~ Julie Ramsey/Lisa Martin How to Plan a Campfire ~ Cheryl Guise
3:15 – 3:30 pm	Coffee Break (grab & go)	
3:45 – 5:15 pm	<i>Session 2</i>	Fishing (part 2 of 2) ~ Adele Cooshek Safe Guide (part 2 of 2) ~ Pat Stavem Cooking Outdoors ~ PJ Borghardt/Karen Griffiths Awards ~ Audrey Wang
5:30 – 6:30 pm	Dinner/Dessert	
7:00 – 8:30 pm	<i>Jeopardy</i>	Julie Ramsey/Adele Cooshek
8:45 – 9:15 pm	<i>Campfire</i>	Cheryl Guise
9:30 pm	Mug Up &/or Networking (optional) Housekeeping Announcements	Sandy
SUNDAY, January 21 <sup>st</sup>		
8:00 – 8:45 am	Breakfast	
9:00 – 10:30 am	<i>Session 3</i>	Orienteering ~ Adele Cooshek Games ~ Karen Griffiths Instant Meetings ~ Julie Ramsey Crafters Unite ~ Lisa Martin/Sandy Maloney
10:30 – 10:45 am	Coffee Break (grab & go)	
10:45 – 12:15 pm	<i>Session 4</i>	Geocaching ~ Adele Cooshek Flags "School" ~ Cheryl G(TBC) Photo Scavenger Hunt/Campsite Tour ~ Pat S./PJ Yoga ~ Taryn Coupland
12:15 – 12:30 pm	Closing and final clean-up	



### 1b) **Safe Guide (part 1 of 2)**

Audience: All Branches

Presenter: Pat Stavem

Description: Do you still need to take the Safe Guide training to fulfill the mandatory requirement before you become a Guider? Has it been a while since you took it and need a refresher? Do you have Safe Guide questions? If you answered yes to any of the questions, then this session is for you.

### 1c) **Menu Magic – Tips & Tricks for Special Diets at Camp**

Audience: All Branches

Presenters: Julie Ramsey / Lisa Martin

Description: Need some ideas for accommodating multiple dietary needs or allergies at camp? We will share tips, recipes, and tasty treats with you at this session.

### 1d) **How to Plan a Campfire & Learn New Songs**

Audience: All Branches

Presenter: Cheryl Guise

Description: Need new song ideas? Want to learn how to make a memorable campfire? Then this session is for you. This will be a hands on session as you plan our Saturday night campfire and help run it.

### 2a) **Fishing – The “REEL” Deal!!! (part 2 of 2)**

Audience: All Branches

Presenters: Adele Cooshek / BC Fisheries

Description: Continuation of Session 1a

### 2b) **Safe Guide (part 2 of 2)**

Audience: All Branches

Presenter: Pat Stavem

Description: Continuation of Session 2a

### 2c) **Cooking Outdoors – A day in the life of a Greek Camping Kitchen**

Audience: Guide level Guiders & up

Presenters: PJ Borghardt / Karen Griffiths

Description: Imagine Naka Naka is the Mediterranean Sea...join this fun outdoor cooking session and “catch” some great camp menu, recipe and method ideas to take back to your units. This year we will transform in to “a day in the life of a Greek camping kitchen” and prepare and taste meals from breakfast through dessert. “Release” your inhibitions – we will show you that fun, easy cooking really can be gourmet at camp!

### 2d) **Awards – Catch a Wave, Good Vibes, and Release Gratitude**

Audience: DC's & All Guiders

Presenter: Audrey Wang

Description: Get hooked on the many ways to show your girls, parents, and fellow Guiders thanks and gratitude in Guiding – from fun tokens of thanks to formal Guiding awards. Learn the steps to nominate each other for awards, and how to write effective support letters.

### ***Saturday Evening Program for all***

#### **Jeopardy**

Audience: Everyone

Presenters: Julie Ramsey/ Adele Cooshek

Description: How much do you know? Join this fun group activity to test your knowledge in a variety of surprise categories.

#### **Campfire**

Audience: Everyone

Presenter: Cheryl Guise and her campfire crew

Description: Join us for an indoor campfire in the LL Main Hall. We'll be sure to teach you some “catchy” tunes!

## **Sunday Program Selections**

### **3a) Orienteering – Get “HOOKED” on Orienteering!**

Audience: All Branches

Presenter: Adele Cooshek

Description: Navigate routes between control points using a map and compass.

\*Remember to dress for the weather – you will be outside. Session will run rain or shine. Wear comfortable shoes as we will be walking (easy to fairly easy walking or light running). \*Bring a compass if you have one.

### **3b) Games – Have Fun & Learn On the Run**

Audience: Brownie/Guide & other interested Guiders

Presenter: Karen Griffiths

Description: Join this session and learn some new ideas for games the girls can play at your meetings or at camp. Have fun playing games and then we will explore how to get the girls planning and leading the games.

### **3c) Instant Meetings – Take the Stress Out, Bring the Fun In**

Audience: All Branches

Presenter: Julie Ramsey

Description: Energize your weekly program with Instant Meetings and other online Guiding resources.

### **3d) Crafters Unite – “School” of Crafters**

Audience: All Branches

Presenters: Lisa Martin / Sandy Maloney

Description: A chance to share your crafting ideas. There will be a couple of crafts provided for you to do as well as a chance to win the supplies for your unit to complete a craft.

\*We ask that everyone bring craft samples (and if possible with a copy of the instructions).

### **4a) Geocaching – Geo “CATCHE” of the Day!**

Audience: All Branches

Presenter: Adele Cooshek

Description: A fun activity that involves searching for hidden treasures, deciphering clues, and learning to use a basic GPS (Global Positioning System) receiver.

\*Remember to dress for the weather – you will be outside. Session will run rain or shine. Wear comfortable shoes as we will be walking (easy to fairly easy walking).

### **4b) Everything you ever wanted to know about Flags! Join “Flag School”**

Audience: All Branches

Presenter: Cheryl Guise (TBC)

Description: The entire topic of flags (protocol, color parties, flag etiquette, knots, raising-lowering of the flag, folding & care of the flag) has become a lost art. Join this session to learn all there is to know about flag etiquette – important knowledge to take back to your unit!

### **4c) “Release” the mysteries of Camp Kanaka through a “catchy” photo scavenger hunt tour!**

Audience: All Branches

Presenters: Pat Stavem / PJ Borghardt

Description: Join us as we explore Camp Kanaka through a photo scavenger hunt. You will be amazed at what you learn about our camp surroundings as you scavenge through a lens. Campsite history, facilities, trails and amenities.

\*Photos may end up on the Loughheed Area website. Photo releases will be required.

\*\*For this walkabout you will need a camera (cell phones are fine), be dressed for the weather and good trail shoes are recommended. Session will run rain or shine.

### **4d) Yoga**

Audience: All Branches

Presenter: Taryn Coupland

Description: In this yoga class we will unite movement with breath and develop awareness of our inner strength. Yoga postures will stretch, tone and relax your entire body. Modifications will be provided to make this an accessible all-level class and you will be reminded and encouraged to slow down and rest as needed.

\*Remember to dress appropriately for yoga. Bring a yoga mat if possible & a water bottle.