

GGC Lougheed Area's
Fishing for New Ideas - Guiders First
January 18 - 20, 2019 Schedule

Friday, January 18, 2019		
6:30 PM	Registration	Sharon & Sandy
7:15 PM	Welcome & Housekeeping Announcements	Sharon Shuttleworth
7:30 - 9:00 PM	Luring More Fun out of Girls First - Q & A	Audrey Wang
9:15 PM	Mug-up	
Saturday, January 19, 2019		
7:45 - 8:30 AM	Breakfast	
8:30 - 9:00 AM	Cleanup & Dishes	
9:15 - 9:45 AM	Forms Refresher	Lisa Williams
9:50 - 10:20 AM	So You Want to Go to Camp	Alannah Olah
10:20 - 10:35 AM	Coffee Break (grab & go)	
10:35 - 11:05 AM	SOAR: Spirit of Adventure Rendevous	Alannah Olah
11:10 - 11:40 AM	Fundraising	Darlene Kent
11:45 - 12:45 PM	Branch Sharing Sessions	Sparks - Crystal Boser
		Brownies -
		Guides -
		Pathfinders -
		Rangers -
1:00 - 1:30 PM	Lunch	
1:30 - 1:45 PM	Cleanup & Dishes	
1:50 - 3:20 PM	First Aid Refresher	Sue Sochasky
	Quarter Master: cooking for a crowd	Pat Stavem
	Getting Outside: aimed at Sparks & Brownies	Karen Griffiths
	Budgeting	Nancy Adams
	Goal Setting Workshop	Crystal Boser
3:20 - 3:30 PM	Coffee Break (grab & go)	
3:30 - 5:00 PM	Rhythm & Welness: drumming & percussion	Teri Shaw
	Rainbow Magic	Crystal Boser
	Reflections, Mindfulness, Guides' Own	Cheryl Guise & Sue Sochasky
	Outdoor Cooking	Lisa Williams & Lorraine Pogue
5:00 - 5:45 PM	Free Time - take a walk around camp	
6:00 - 6:45 PM	Dinner	
6:45 - 7:30 PM	Cleanup & Dishes	
7:30 - 9:00 PM	Trivia Fun: History of Guiding	Sue Sochasky & Cheryl Guise
9:00 PM	Mug-up	
9:15 PM	Campfire at the fire pit	Cheryl Guise
Sunday, January 20, 2019		
7:45 - 8:30 AM	Breakfast	
8:30 - 9:00 AM	Cleanup & Dishes	
9:00 - 10:00 AM	Calligraphy, Workshop 1: learn the basics	name
	Bath Bombs	Sharon Shuttleworth
10:00 - 10:10 AM	Coffee Break (grab & go)	
10:10 - 11:10 AM	Calligraphy, Workshop 2: more in-depth	name
	Frog Comfort Bags	Sandy Maloney
11:15 AM	Closing	
11:30 - 12:30 PM	Final Cleanup	

Fishing January 18-20, 2019

Friday 7:30-9:00 pm Presenter: Audrey Wang

Luring More Fun out of Girls First - Q&A

An opportunity to share your experiences working with the new Girls First program, and ask any questions you may have now that you've had a chance to explore its potential with the girls. If time permits, there will be new activities to try out.

Saturday 9:15-9:45 am Presenter: Lisa Williams

Forms Refresher

Overview on Safe Guide forms for activities, outings, camps etc.

Which forms are needed, reminder of how to fill them out, when they need to be completed, when to send them for approval and who to send them to.

Saturday 9:50-10:20 am Presenter: Alannah Olah

So you want to go to camp

First time campers? How to plan a camp? Where to go: GGC camp suggestions.

Saturday 10:35-11:05 am Presenter: Alannah Olah

SOAR: Spirit of Adventure Rendevous

A one week camp held in July usually every 3 years, rotates locations throughout B.C.

This camp is available to Girl Guides from around the world who are a 3rd year Guide to 3rd year Ranger.

Saturday 11:10-11:40 am Presenter: Darlene Kent

Fundraising

Find out what types of fundraising to do for a Girl Guide trip, what percentage of cookie sales are required and what is the minimum each member should pay.

Saturday 11:45-12:45 pm

Sharing: Sparks

Presenter: Crystal Boser

Sharing: Brownies

Presenter:

Sharing: Guides

Presenter:

Sharing: Pathfinders

Presenter:

Sharing: Rangers

Presenter:

Saturday

1:50-3:20 pm

First Aid Refresher

Medical forms: find out where to find them, who fills them out & who keeps them.
Go over some scenarios: sprains, nose bleeds, time permitting - games too.
Discuss items in First Aid kit and put one together.

Presenter: Sue Sochasky

Quarter Master - cooking for a crowd

Quantities and a few simple tips. Serving ideas, planning a menu, samples of patrol cooking.
Outdoor vs Indoor cooking.
Bring your questions regarding Quarter Mastering.

Presenter: Pat Stavem

Getting Outside

Aimed at Sparks & Brownies
Girls just want to play, so let's take them outside and practise the Japanese art of Forest Bathing! At the end of this session you will have some activities to do outside in any season.
Wear your wollies, bring your rain hat & an umbrella if you like. We will start this session inside and end under one of Kanaka's lovely trees.

Presenter: Karen Griffiths
maximum 12 Guiders

Budgeting

Discuss Camp, Unit & District budgets. Ask questions.
Practice with your own sample budget and find out it's simpler than you think.

Presenter: Nancy Adams

Goal Setting Workshop

Make 2019 your best year!

Presenter: Crystal Boser

Saturday

3:30-5:00 pm

Rhythm & Wellness

Enjoy a drumming session, learn how to make beautiful sounds in a relaxing atmosphere.
If you have your own hand drum / percussion, you are welcome to bring it.

Presenter: Teri Shaw

Rainbow Magic

Find out if a Rainbow unit is right for you.

Presenter: Crystal Boser

Reflections, Mindfulness, Guides' Own

Some suggestions on how to help the girls reflect on their camp time or how to share their feelings about the time they enjoyed at camp.
Suggestions on where to find appropriate readings or stories that would be helpful to the age of girls in your units.

Presenter: Cheryl Guise &
Sue Sochasky

Outdoor Cooking

Campfire food - many choices and many dishes to create.
Try something new or be reminded of favourites that you can cook at camp.
Dress for outdoors.

Presenter: Lisa Williams &
Lorraine Pogue

Saturday 7:15-9:00 pm

Trivia Fun: History of Guiding

Presenter: Sue Sochasky &
Cheryl Guise

An enjoyable way of learning past & present Guiding information in a game format.

Some topics: History, camping, outdoors, traditions, songs etc.

Saturday 9:00 PM

Campfire - outside

Presenter: Cheryl Guise

Sunday 9:00 - 10:00 am

Calligraphy

Presenter:

Lettering is an amazing practice we can use to connect us into the present and share inspiration with others in a tactile way, amidst a world of being constantly plugged in.

Workshop 1: Taste an appetizer sample of how you can start small with the basics of lettering, using what you have right now (Crayola markers!).

Bath Bombs

Presenter: Sharon Shuttleworth

Make yourself a bath bomb to help you relax in the tub when you get home.

Sunday 10:10-11:10 am

Calligraphy continued ...

Presenter:

Workshop 2: Explore how you can use lettering as a form of creative self care, reflection, and gratitude.

Frog Comfort Bag

Presenter: Sandy Maloney

Pamper yourself. Help ease the aches & pains that everyday life may throw at you. The final result of this session may help you put a bit more hippity hop' back into your step.