

GGC Lougheed Area's
Fishing for New Ideas - We're Zooming & Reconnecting
January 21 - 23, 2022 Schedule

Friday, January 21, 2022		
5:00 PM	Set up site	set up crew
Saturday, January 22, 2022		
8:00 - 8:30 AM	Arrival & Sign In	Sharon
8:30 - 8:40 AM	Welcome & Housekeeping Announcements	Sharon
8:45 - 10:15 AM	Branch Sharing Sessions:	
	Sparks	Crystal Boser
	Brownies	Sue Sochasky
	Guides	Andrea Klockenbrink
	Pathfinders & Rangers	Lisa Williams
10:15 - 10:25 AM	Coffee Break (grab & go)	
10:30 - 12:30 PM	Diversity & Inclusivity Part 1 of 2	Audrey Wang
10:30 - 12:30 PM	Wilderness Cooking Challenge	Riley Haslinger
10:30 - 12:30 PM	Anxiety & Me - Sharing the load	Rebecca Helps
10:30 - 12:30 PM	Red Level Paperwork	Adele Cooshek
12:35 - 1:15 PM	Lunch	
1:15 - 1:45 PM	Cleanup & Dishes	
1:15 - 3:15 PM	Adventure Lab Caching	Adele Cooshek
1:45 - 3:15 PM	Alcohol Ink Art	Audrey Wang
1:45 - 3:15 pm	Event Planning	Alannah Olah
1:45 - 3:15 pm	Goal Setting Workshop	Crystal Boser
1:45 - 3:15 pm	Refresher on Girls First Program Navigating the Platform	Andrea Klockenbrink
3:20 - 3:30 PM	Coffee Break (grab & go)	
3:30 - 5:00 PM	Planning & Organizing your Unit	Andrea Klockenbrink
3:30 - 5:00 PM	How to do an Escape Room Theme	Crystal Boser
3:30 - 5:00 PM	Active Games: Action/Music	Misty McGill
3:30 - 5:30 PM	Outdoor Cooking	Lisa Williams
6:00 - 6:30 PM	Dinner	
6:30 - 7:00 PM	Cleanup & Dishes	
7:00 - 9:00 PM	Dr. Kathleen Ross	guest speaker
Sunday, January 23, 2022		
8:00 - 8:30 AM	Arrival & Sign In	Sharon
8:30 - 8:40 AM	Welcome & Housekeeping Announcements	Sharon
8:45 - 10:45 AM	Diversity & inclusivity Part 2 of 2	Audrey Wang
8:45 - 10:45 AM	Crafts with Sandy	Sandy Maloney
8:45 - 10:45 AM	Survivor Naka Naka Nake	Adele Cooshek
11:00 AM	Closing	
11:15 - 12:30 PM	Final Cleanup	

Fishing for New Ideas - We're Zooming & Reconnecting

January 21 - 23, 2022

Saturday 8:45-10:15 am

Sharing: Sparks

Sharing: Brownies

Sharing: Guides

Sharing: Pathfinders

Sharing: Rangers

Presenter: Crystal Boser

Presenter: Sue Sochasky

Presenter: Andrea Klockenbrink

Presenter: Lisa Williams

Presenter: Lisa Williams

Saturday 10:30-12:30 pm

Diversity & Inclusivity Part 1 of 2

Presenter: Audrey Wang

This Diversity and Inclusion session will aim to give you the tools and confidence to take inclusion into consideration when you plan your Guiding activities. Whether it's at a unit meeting, camp or training weekend, we want every girl and woman to feel like she can fully participate and doesn't have to face barriers in GGC because of their identity or culture.

Saturday 10:30-12:30 pm

Wilderness Cooking Challenge

Maximum 22

Presenter: Riley Haslinger

Cooking in the wilderness provides many real-life challenges. Animal invaders, unexpected weather, faulty equipment. It happens. You will be challenged to make a delicious meal cooked on a backpacking stove from a mystery 'pack' of typical backcountry ingredients. Along your culinary journey, you will get unexpected challenges and bonuses. This chopped-style challenge will test your problem solving, creativity and teamwork.

Sign up with a buddy or we can pair you with a teammate.

*Please let us know if there are any physical or dietary restrictions.

Saturday 10:30-12:30 pm

Anxiety & Me, Sharing the Load

Presenter: Rebecca Helps

Are you feeling extra anxious? With Guiding and the new COVID restricts?

With life in general and trying to manage during a pandemic?

Or have you just always felt anxious & stressed? Whatever the source of your anxiety, sharing & talking about it in a supportive group can help. Join me for a sharing & support circle where we will check-in and see how everyone is doing, hearing from each other, supporting each other and learning a few strategies which can help us to better manage our anxieties at this time or anytime. Because in the end, life can be as simple as "I promise to share and be a friend."

Saturday 10:30-12:30 pm

Red Level Paperwork

Presenter: Adele Cooshek

This session will guide you to venture out on more adventurous activities with your girls!

Learn which forms are required for red level activities, how to navigate through the Safe Guide and the ideal way to complete Red Level Paperwork.

Saturday 1:15-3:15 pm

Adventure Lab Caching

Presenter: Adele Cooshek

Learn about **Lab Caching** - a type of geocaching that is suitable for all Guiding levels - by completing an adventure lab cache. This session will involve easy walking for about 30 minutes and requires the use of a smart phone.

2 hours needed incl travel time.

Saturday 1:45-3:15 pm

Alcohol Ink Art

Maximum 25

Presenter: Audrey Wang

Have fun with Alcohol Ink Art!! No previous art experience required. During this 1.5 hour workshop, you'll learn the basic alcohol ink techniques. After a brief introduction & demonstration, you will have the chance to experiment with the inks to create your own unique colourful artwork on a ceramic piece. An assortment of ceramics will be available for you to choose from. Please note the following: bring a jacket or extra layer as doors will need to be opened for ventilation. If you have scent sensitivities to isopropyl alcohol you may want to skip this session or wear a mask. Masks will also be provided.

Saturday 1:45-3:15 pm

Event Planning

Presenter: Alannah Olah

Wanting to organize an event for your Unit or your District or a Bridging activity? Find out how, when, where & why to get started.

Saturday 1:45-3:15 pm

Goal Setting Workshop

Presenter: Crystal Boser

Make 2022 your best year!

Saturday 1:45-3:15 pm

Refresher on Girls First Program - Navigating the Platform

Presenter: Andrea Klockenbrink

Need a reminder on how to do things within the Girls First Program? This session will help you gain more confidence navigating in the platform. You will also learn how to alter and adapt activities to suit learning outcomes.

Saturday 3:30-5:00 pm

Planning & Organizing your Unit

Presenter: Andrea Klockenbrink

Get stuck on organizing your unit meetings, outings, events for the Guiding year. This session could combine some sharing of strategies used by other leaders with some instructional time.

Saturday 3:30-5:00 pm

How to do an Escape Room theme

Presenter: Crystal Boser

Learn simple techniques for how to use an escape room theme to teach program material. This is a hands-on workshop where you will finish with a plan and some tools.

Saturday 3:30-5:00 pm

Active Games: Action/Music

Learn some games with actions & music to have fun with the girls.

Presenter: Misty McGill

Saturday 3:30-5:30 pm

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.

*Please let us know if there are any physical or dietary restrictions.

Presenter: Lisa Williams

Saturday 7:00-9:00 pm

Speaker: Dr. Kathleen Ross

President, Doctors of B.C.

A lot of you might know Kathleen, she was a Guider with Como Lake District for many years.

Kathleen will be sharing a presentation with us and will be chatting & answering questions that we might like clarification on.

Presenter: Kathleen Ross

Sunday 8:45 - 10:45 am

Diversity & Inclusivity Part 2 of 2

This Diversity and Inclusion session will aim to build on topics from Module 1. Discussions will include an examination of unconscious bias. Whether it's at a unit meeting, camp or training weekend, we want every girl and woman to feel like she can fully participate and doesn't have to face barriers in GGC because of their identity or culture. Prerequisite: Diversity & Inclusivity Module 1

Presenter: Audrey Wang

Sunday 8:45 - 10:45 am

Crafts with Sandy

Sew a bag (dish bag or shopping bag) and while waiting for a sewing machine - make a unique bracelet.

Presenter: Sandy Maloney

Sunday 8:45 - 10:45 am

Survivor Naka Naka Naka

Embark on an adventure to outwit, outsmart, outplay, out lead and out camp both the elements and the other tribes. Learn ideas to create a fun survivor-themed camp for your Pathfinders, Rangers or TRENX unit. Survivors ready . . . Go! This challenge is on. Minimum 2 hours.

Presenter: Adele Cooshek