

GGC Lougheed Area's
 Training Weekend - Fishing for New Ideas: Guiders Reboot
 January 20 - 22, 2023 Schedule

Friday, January 20, 2023		
5:00 PM	Set up site	set up crew
6:30 PM	Registration	Sharon & Sandy
6:50 PM	Welcome & Housekeeping Announcements	Sharon Shuttleworth
~7:00 - 9:00 PM	Activity - Main Hall	Audrey Wang
9:00 PM	Mug up	
Saturday, January 21, 2023		
7:45 - 8:15 AM	Breakfast	
8:15 - 8:50 AM	Clean up & Dishes	
8:45 - 10:15 AM	Branch Sharing Sessions:	
	FIRE PLACE	Sparks -Crystal Boser
	MUD ROOM	Brownies - Sue Sochasky
	HAYWARD ROOM	Guides - Andrea Klockenbrink
	DOWNSTAIRS	Pathfinders - Lisa Williams
	DOWNSTAIRS	Rangers - Lisa Williams/Audrey
10:15 - 10:30 AM	Coffee Break	
10:30 - 12:00 PM	Outdoor Cooking	Lisa Williams
10:30 - 12:00 PM	Refresher on Girls First Program - Navigating the Platform	Andrea Klockenbrink
10:30 - 12:00 PM	Wild Water Cycle Program	Layla Haslinger
10:30 - 12:00 PM	Craft: Boho Rainbow Macrame	Riley Haslinger
10:30 - 12:00 PM	Demystify Red Level Safe Guide Paperwork	Adele Cooshek
12:05 - 12:35 PM	Lunch	
12:35 - 1:10 PM	Cleanup & Dishes	
1:15 - 2:45 PM	Themes for Camps & Enrolment	Alannah Olah
1:15 - 2:45 PM	Planning & Organizing your Unit	Andrea Klockenbrink
1:15 - 2:45 PM	Guiding Bucket List	Crystal Boser
1:15 - 2:45 PM	Survivor Naka Naka Naka - session continues after break	Adele Cooshek
2:45 - 2:55 PM	Coffee Break	
3:00 - 5:00 PM	Survivor Naka Naka Naka - continues	Adele Cooshek
3:00 - 5:00 PM	Wilderness Cooking Challenge or Adventure Cooking	Riley Haslinger
3:00 - 5:00 PM	Alcohol Ink Art	Audrey Wang
3:00 - 5:00 PM	Dance	Sue Sochasky
5:30 - 6:30 PM	Dinner	
6:30 - 7:00 PM	Cleanup & Dishes	
7:00 - 9:00 PM	Goal Setting & Steps to Adventure Camping	Crystal Boser & Riley Haslinger
9:00 PM	Mug Up	
9:15 PM	Campfire ?	

	Sunday, January 23, 2022	
7:45 - 8:15 AM	Breakfast	
8:15 - 8:45 AM	Clean up & Dishes	
9:00 - 10:30 AM	Traders Craft	Alannah Olah
9:00 - 10:30 AM	Getting Girls Leading	Andrea Klockenbrink
9:00 - 10:30 AM	Flags & Ceremonies	Janet Haworth-Lee
10:45 AM	Closing	
11:00 - 12:00 PM	Final Cleanup	

Training Weekend - Fishing for New Ideas: Guiders Reboot
January 20 - 22, 2023

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

Fun & Games—Minute-to-Win-It Style

Friday night activity using a variety of games to inject some fun into the Girls Flrst program. Also an opporunity to share your experiences working with the Girls First program and what activities have worked with your unit.

Saturday 8:45-10:15 am

- Sharing: Sparks Presenter: Crystal Boser
- Sharing: Brownies Presenter: Sue Sochasky
- Sharing: Guides Presenter: Andrea Klockenbrink
- Sharing: Pathfinders Presenter: Lisa Williams/Audrey Wang
- Sharing: Rangers Presenter: Lisa Williams/Audrey Wang

Saturday 10:30-12:00 pm

Outdoor Cooking Presenter: Lisa Williams

Do you struggle with ideas of what to cook in the outdoors? Do you want to try new things and ways to cook? Then this course is for you. Come and enjoy some food, while learning different ways to cook in the outdoors!! Dress for outdoors.
*Please let us know if there are any physical or dietary restrictions.

Saturday 10:30-12:00 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 10:30-12:00 pm

Wild Water Cycle Project Presenter: Layla Haslinger

Investigate the water cycle and determine the connections between lakes, rivers, and streams here in the

Alouette Watershed. Analyze the effects of pollution on waterways through use of an EnviroScape. Learn what storm drain markings mean and discover new ways that you can help protect the local watershed with your unit.

Saturday 10:30-12:00 pm

Boho Rainbow Macrame

Presenter: Riley Haslinger

This is a relaxing project you can do while discussing program content. The materials are inexpensive and can be done with wool scraps. The project fits well with program area themes like Exploring Identities or Global Guiding. I have found some tricks to make the project manageable for youth as young as Guide age.

Saturday 10:30-12:00 pm

Demystify Red Level Safe Guide Paperwork

Presenter: Adele Cooshek

Learn what a red level Safe Guide assessor is looking for when they review your paperwork and what Guiders often miss when completing their forms. If you have any questions about a red level activity or about paperwork you are working on for an upcoming red level event bring them along.

Saturday 1:15 - 2:45 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 1:15 - 2:45 pm

Guiding Bucket List

Presenter: Crystal Boser

Want to know all the best places to take your Unit for outings and camps? Which big adventures are out there that you may not have heard of? Time slips by quickly ... if you don't want to end up doing the same old things that you did last year, come check out these ideas. Crystal Boser will be sharing her secret colour-coded Guiding Bucked List developed after 25 years of being a Unit leader in Pitt Meadows! She has worked with Sparks through to Rangers! Crystal's Guiding Stories are sure to get you adding to your own Guiding Bucket List!

Saturday 1:15 - 2:45 pm

Themes for Camps & Enrolment

Presenter: Alannah Olah

Theming camp and events is a fun way to guide your activities, crafts, food and so much more! Come see and learn some new themes and how to implement them. We'll be doing an interactive exercise at the end where electronic device would benefit you. Please bring your phone, laptop or iPad if you have one- it's not crucial to the session.

Saturday 1:15 - 2:45 pm - Session continues @ 3:00 - 5:00 pm

Survivor Naka Naka Naka

Presenter: Adele Cooshek

Come "Outsmart, Outwit, Outlead, Outlaugh, and Outcamp" for as you challenge yourself and your tribe to complete survivor-themed camping skills and challenges. Survivors ~ are you ready? This is directed at Guide/Pathfinder/Ranger and TREN leaders who want to learn fun survivor themed camp activities.

Saturday 3:00 - 5:00 pm Session continues

Survivor Naka Naka Naka

Presenter: Adele Cooshek

continues

Come "Outsmart, Outwit, Outlead, Outlaugh, and Outcamp" for as you challenge

Saturday 3:00 - 5:00 pm 2 hours

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 3:00 - 5:00 pm 2 hours

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 3:00 - 5:00 pm 2 hours

Dance: Presenters: Sue Sochasky

Dance! - Come learn a couple different dance styles including Scottish Country and Line Dance as well as the history behind them. Bring this new knowledge back to your unit with our session of fun and light fitness. Two left feet? No problem.

All are welcome. Bring a water bottle, wear runners, and dress to move freely. See you soon!

Saturday 7:00 - 9:00 pm

Presenters:

Goal Setting and Steps to Adventure Camping

Crystal Boser & Riley Haslinger

Let's get ready for 2023! In this session we will take the time to work through the actual steps you need to turn your goals into actions. You can apply this in your personal or your Guiding life, the choice is yours. We will be using real-life Guiding examples such as how to get your group ready to do adventure camping. Hands-on activities and take-home materials will have you ready to take the next step toward your goals whatever they may be.

How to start organizing your **adventure camping** trip, learn what & how much to take, how to distribute the gear, food & 'stuff'. Where you should plan to camp and which paperwork and how to fill it out.

Sunday 9:00 - 10:30 am

Traders Craft

Presenter: Alannah Olah

An interactive session where you get to take home samples of a few traders (also known as SWAPS or hat crafts). Girl Guides are famous for having camp hats full of odd-looking things pinned to them. It's a fun tradition and every year crafts get more and more creative.

Sunday

9:00 - 10:30 am

Getting Girls Leading

Presenter: Andrea Klockenbrink

The Girls First program does not end at choosing activities- girls can lead and participate in planning at all levels. This session will provide ideas for how to get girls more involved with weekly meeting leadership as well special events.

Sunday

9:00 - 10:30 am

Flags & Ceremonies

Presenter: Janet Haworth-Lee

Fun with Flags'

Learn flag etiquette.

How to hold a simple ceremony (what to say and do), practicing as we go along.

What flags are available and how to order flags from Provincial Office.