



**Girl Scouts in the Heart of Pennsylvania's
"Girl Scouts Splash!"
Friday – Sunday, January 11-13, 2019**

- Who:** All registered Adult Girl Scouts.
- What:** A fun, get-away for learning and sharing at a Splash - themed and inspirational enrichment weekend for adult Girl Scouts! **This weekend is formerly known as "York County Adult Weekend" and we will be celebrating the 35th edition of this weekend!!** Event will be closed at a *maximum of 50 people*.
- Where:** Camp Happy Valley (Fairfield, PA – Adams County) in Skyloft and Gobbler's Glen - electricity, heat, kitchen facilities, indoor plumbing, and showers are all available.
- When:** Any time after 5:00 PM on Friday, January 11 until approx. 11 AM on Sunday, January 13, 2019. You are welcome to come for Saturday only if you do not want to stay overnight. You can also stay over only one night if you would like – either Fri. or Sat. - you choose!!
- Cost:** \$25.00 plus any workshop fees for the weekend (see registration form for pro-rated fees for Saturday day-only attendance). If you are staying overnight (even for only 1 night), please pay the weekend price.

Workshops: Attendance at workshops is **not mandatory**. Choose only one workshop per time frame by indicating your choice on the registration form. **Let the registrar know if you would like to purchase materials for the other workshops to do at another time during the weekend, such as late on Saturday evening or during free time.**

Friday Night Fun Time (8 – 9:30 PM):

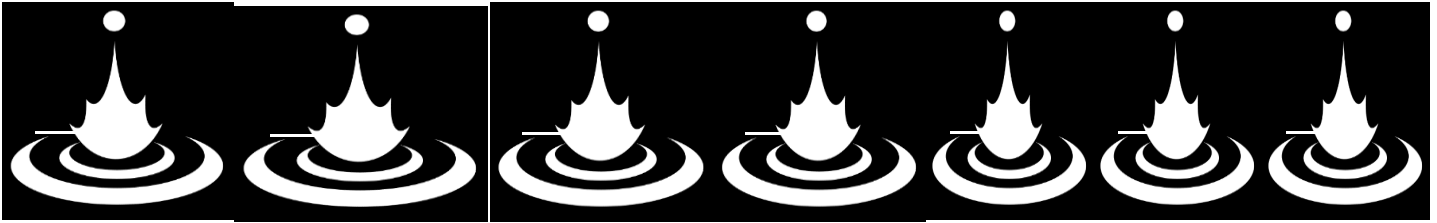
1. Please bring a simple craft to share and some craft ideas and some supplies so people can work on it anytime during the weekend. A great way to give ideas to each other, especially for first time leaders. And try your hand at board or card games. Socialize with Silver and Gold or New and Old friends! **Bring:** Bring supplies, directions, and any needed hot glue, scissors, etc. **No Cost**

2. Friday Evening Round Table: Resources

As troop leaders, we find ideas and inspiration from many sources. The internet has made it MUCH easier to find ideas, but I know that each of you has some ideas of things that REALLY WORK WELL and maybe some things to avoid! We will discuss troop meeting activities, trips, crafts, service project ideas and more.

Start thinking now . . .

Several 'quick & easy' crafts will be available for you to "make and take". You are also welcome to bring a craft idea (with or without necessary supplies to share) . . . (This is a great way to use some of those "left-overs".)





Saturday Workshops:

Morning Session 1 (9:00 – 12:00 PM) – choose only 1 workshop from AM Session 1 or 2:

1. **AMERICAN HEART ASSOCIATION – HEARTSAVER FIRST AID** **Margaret King**
This course teaches rescuers the knowledge and skills necessary to recognize emergencies and give first aid. This course includes the latest book with information from the basic overview of situations to include medical, injury and environmental emergencies. This AHA First Aid Course includes the latest book and a two-year certification card. Minimum of 4 / maximum of 8 people.
Cost: \$30.00

Morning Session 2 (9:30 – 11:30 AM) – choose only 1 workshop from AM Session 1 or 2:


2. **BEADED NECKLACE – Donna Dandy** -  Learn how to make a chain using seed beads. A pendant of some sort will be attached to complete the necklace. **Bring:** scissors.
Cost \$10.00
3. **SCULPEY CLAY Splash**  – **Claire Moore** – Step by step directions to make a “fun” Splash items from sculpey clay.
Cost: \$3.00 per item
4. **LEADER ORIENTATION – Claire Gilbert** – Come and learn the ins and outs of Girl Scouts! This a time for all Troop Leaders and Assistant Leaders to ask any questions or issues about troop meetings, cookies, and trips.
No Cost
5. **FREE TIME** – free time to work on your own crafts, or to play board games / socialize, etc. **Bring:** whatever you want to work on or items to share with others.
No Cost
6. **TIE DYE - Jennifer Klimchock** - Please bring a white t-shirt & / or a white handkerchief. Will supply tie dye & other supplies.
Cost: \$5.00



Afternoon Session 1 (12:30 – 4:00 PM) – choose only 1 workshop from PM Session 1 or 2:

7. **AMERICAN HEART ASSOCIATION – HEARTSAVER CPR AND AED – Margaret King**
This program teaches the basic techniques of adult/child/infant CPR with the use of an AED. Participants learn about using barrier devices in CPR, recognizing the signs of major emergencies including cardiac arrest and choking for adult, child and infant victims. Participants also learn to recognize warning signs of heart attack and stroke as well as breathing difficulties in children and infants. This AHA CPR Course includes the latest book and a two-year certification card. Minimum of 4 / maximum of 8 people. **Cost: \$40.00**

Afternoon Session 2 (1 – 3 PM) – choose only 1 workshop from PM Session 1 or 2:

8. **BEADED NECKLACE – Donna Dandy -**  Continuation of learning how to make a chain using seed beads. A pendent of some sort will be attached to complete the necklace. **Bring:** scissors.
9. **SHELL SHIRT – Sandra Shaffer –** We will paint different shell shapes on a shirt. **Bring:** 2 white shirts **Cost: \$2.00**
10. **SPLASH DOWN UNDER – Karen Zutell -** Dress comfortable and bring warm clothes in case we are outside. Learn about what maybe down under. **No Cost**
11. **FREE TIME –** free time to work on your own crafts, or to play board games / socialize, etc. **Bring:** whatever you want to work on or items to share with others. **No Cost**
12. **STARFISH – Dot Markle –** Wooden spools will be transformed into a starfish with paper strips or ribbon. **Bring:** hot glue gun or dots. **Cost: \$3.00**
13. **AMERICAN HEART ASSOCIATION – HEARTSAVER FIRST AID AND HEARTSAVER CPR AND AED – Margaret King-** If you need **both** First Aid and CPR, this is **ALL DAY morning and afternoon**, choose this option. See 1 and 8 for details. **Cost: \$45.00**

Evening Session (7 – 8:30 PM):

14. **YOU CAN SPLASH CRAFTS!** Pay workshop leader. Write letter(s) on the registration form.
- a. **SCULPEY CLAY:** Pens, ornaments, & more. Clay and tools provided. Bring your imagination! **Cost: Pay as you go**
15. **FREE TIME –** free time to work on your own crafts, or to play board games / socialize, etc. **Bring:** whatever you want to work on or items to share with others. **No Cost**

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If you would like more information about the weekend, please call:

Donna Dandy, Director – (717) 229-0681 - OR – Sandra Shaffer, Asst. Director - (717) 993-5785

Registration deadline is Monday, November 26, 2018 (or when a maximum of 50 participants is reached). Late registrations may be accepted based upon availability – please call the registrar – her number is below.

Send Registration Form, resource form, health history and Check made payable to "GSHPA Leader Enrichment Weekend" to our event registrar ONLY:

Becky Brenner
1015 Hay Street
York, PA 17403
phone: (717) 825-5048

**DO NOT SEND FORMS or MONEY into the Harrisburg or York Offices
– to our event registrar only, please!**

Weekend Schedule – all times **are** approximate and **subject** to change

Friday:	5:00 – 7:00 PM	Registration at Happy Valley / Name Tags / Set-up / Free Time
	7:00 – 8:00 PM	Welcome / Opening and Get Acquainted Activities
	8:00 – 9:30 PM	Evening Workshop / Free Time
	9:30 – ???	Free Time / Board Games / Snacks / Sleeping, etc.
	Midnight	Quiet Time
Saturday:	8:00 – 8:45 AM	Breakfast / Breakfast Clean-up / "Day Only" Participant Check In
	8:45 – 9:00 AM	Flag Ceremony / Announcements
	9:00 – 12 noon	Morning 1 Workshop
	9:30 – 11:30 AM	Morning 2 Workshops
	11:30 – 12 noon	Lunch Set Up (for those patrols that are involved)
	12 – 12:45 PM	Lunch for First AID and CPR Workshops
	12 – 1:00 PM	Lunch / Lunch Clean up
	12:30 – 4:00 PM	Afternoon 1 Workshop
	1:00 – 3:00 PM	Afternoon 2 Workshops
	3:00 – 3:30 PM	Flag Ceremony / Announcements
	3:30 – 5:00 PM	Free Time
	5:00 – 5:30 PM	Dinner Set up (for those patrols that are involved)
	5:30 – 7:00 PM	Dinner / Dinner Clean up / Free time
	7:00 – 8:30 PM	Splash singing with Gus
	8:30 – ????	Free time to finish other workshops or crafts that you brought / Board Games / Snacks / Sleeping, etc.
	Midnight	Quiet Time
Sunday:	8:00 – 9:00 AM	Breakfast
	9:00 – 10:00 AM	Clean-up / Pack-up / Move & load cars
	10:00 – 11:00 AM	Scout's Own / Closing / Evaluations
	11:00 AM	Depart Camp Happy Valley

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What to Bring:

Favorite Snack or Drink – Please check what you will contribute on the registration form

Hot / Cold Drinking Mug (label it with your name)

Workshop items needed (listed within the workshop info. above & will be in your confirmation letter)

Scissors / Pen / Pencil

Board games to play with others

Craft or GS items, games, or ideas to share with others (great way to get rid of some craft items that you may no longer be using or want) ☺

Crafts that you may want to work on during free time

Personal Gear: Change of clothes each day plus 1 extra

Flashlight with new batteries

Sit-upon or seat cushion

Sturdy shoes with warm socks

Slippers and Boots

Jacket / Sweatshirt / Head Covering / Rain gear

Personal Toiletries including face cloth, towels, etc.

Sleeping attire / bedroom slippers

Sleeping Bag or bedroll with a bottom sheet & extra blanket, and a pillow

If you need First Aid and CPR, please choose #13.

Saturday Night Splash

Come and relive your time as a girl Girl Scout
or learn new songs as a leader!

Gus is here to teach everyone songs of old
and songs of new.

Gus is a Girl Scout for a long time
and a Camp Counselor.

She will explain some of the song origins.

Saturday evening from 7:00 pm to 8:30 pm.



Friday Evening Round Table: Resources

Moderated by Claire Moore

(a junior troop leader with more than 40 years experience.)

In order to help you come prepared to share your ideas & suggestions, please jot down a few of YOUR favorites under each category below. Bring MANY suggestions: the more you share, the more you will take home in return! I will be compiling your suggestions and sending a “master list” out to everyone after the event. Keep in mind that there is no internet access at Happy Valley, and phone connections can be spotty.

If your troop has resources you would like to find a new home for, please bring those to share.

Troop Meeting Activities:

Can be badge related, or just something your girls LOVE to do!

For example: At the end of some of our meetings in the spring, when the weather cooperates, we will spend about 15-30 minutes outside jumping rope – especially double dutch. My girls don’t get the opportunity to do this at school, and having adults “turn” the rope gives them the consistency to practice skills like “jumping in”, “jumping out”, double dutch, etc.

Service Project Ideas:

If possible, list agency contact & phone #, website info, what you did, and how it “helped”.

Local Trips:

Places to visit that will present a program; Places to take girls to earn part or all of a badge; Places to go “just for fun”.

Bigger Trips:

All Day, or even overnight trips that your girls LOVED!

Craft Ideas:

Bring a “finished” product or a picture - don’t forget the instructions. Can be badge related or not.

You are welcome to bring a “simple” craft to share . . . (This is a great way to use some of those “left-overs”)

Any other resources you would like to share:

Personal Information

Name _____ Birth Date _____

Address _____

City _____ State _____ Zip Code _____
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Phone _____ Other Phone _____

Emergency Contact Information

Name(s) / Relationship(s) _____

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Phone _____ Other Phone _____

Physician Information

Name _____ Phone _____

Medical/Hospital Insurance Carrier _____ Policy/Group Number _____

Date of last health exam _____ Are activities restricted? Yes No If yes, please explain. _____

Health History

I. Allergies: Check all that apply and elaborate if necessary.

- | | |
|--|---|
| <input type="checkbox"/> Animals _____ | <input type="checkbox"/> Plants _____ |
| <input type="checkbox"/> Food _____ | <input type="checkbox"/> Pollen _____ |
| <input type="checkbox"/> Insect bites/stings _____ | <input type="checkbox"/> Medicine _____ |
| <input type="checkbox"/> Hay Fever _____ | <input type="checkbox"/> Other _____ |

II. Chronic/Recurring Conditions: Check all that apply.

- | | | |
|---|--|---|
| <input type="checkbox"/> Asthma/Respiratory Problems | <input type="checkbox"/> Epilepsy | <input type="checkbox"/> Seizures |
| <input type="checkbox"/> Kidney Disease | <input type="checkbox"/> Headaches | <input type="checkbox"/> Constipation |
| <input type="checkbox"/> Musculoskeletal Disorders | <input type="checkbox"/> Fainting | <input type="checkbox"/> Hearing Impairment |
| <input type="checkbox"/> Sickle Cell Trait or Disease | <input type="checkbox"/> Nosebleeds | <input type="checkbox"/> Emotional Disturbances |
| <input type="checkbox"/> Ear Infections | <input type="checkbox"/> Bleeding/Clotting Disorders | <input type="checkbox"/> Diabetes |
| <input type="checkbox"/> Dietary Restrictions | <input type="checkbox"/> Hypertension | <input type="checkbox"/> Heart Disease |
| <input type="checkbox"/> Other _____ | | |

III. Check if you wear any of the following:

- Contact Lenses Glasses Dental Appliance Other _____

Please List All Current Medications

Signature: _____ Date: _____