

Girl Scouts in the Heart of Pennsylvania

2010 Outdoor Odyssey Conference

Adult Enrichment Weekend
August 20 - 22, 2010
Camp Golden Pond



The 2010 Outdoor Odyssey Conference will be held at Camp Golden Pond in Huntington County. August 20 – 22, 2010. The conference will begin with registration from 6:00 to 8:30 p.m. on Friday night and will end at noon on Sunday. All registered adults are encouraged to attend.

Friday evening activities will include a self guided tour of the camp, campfire with accompanying campfire songs, as well as yummy snacks! Saturday morning registration is 8:00 to 8:30 a.m.

This conference is designed for adults to gain fresh ideas through enrichment workshops to share with your girls as well as making new friends (or reconnecting with old friends)

The conference fee of \$30 and includes workshops, lunch, dinner and two breakfasts, as well as snacks, a conference gift and patch. The registration deadline is August 1, 2010.

Accommodations will be the standard campsites consisting of “Tabins” and small cabins. Participants need to bring sleeping bags and toiletries.

SWAPS are encouraged! Confirmation letters will include the number of participants.

In an effort to “Go Green” confirmations will be sent via e-mail unless you indicate differently on your registration form

T-shirts with the Outdoor Odyssey logo will be available but must be pre-ordered. Sizes S-M-L-XL are \$7, sizes 2X and 3X are \$9.

Outdoor Odyssey Conference 2010 Registration

Name: _____ Phone: _____ E-Mail: _____

Address: _____

City: _____ State: _____ Zip: _____ Council (if not GSHPA) _____

Position: _____ Service Unit #: _____ Age Level: D B J C S

☼ I will be staying for the following meals: Saturday Breakfast ___ Lunch ___ Dinner ___ Sunday Breakfast ___

☼ List any food allergies, dietary restrictions or other special needs: _____

Please choose a 1st and 2nd choice for each session time

WORKSHOP	1 ST CHOICE	2 ND CHOICE
~ Saturday Session A ~ 10:45 -12:15 P.M.		
Dutch Oven – Beyond the Basics		
Box Oven Banquet		
Tree Weaving and MORE		
Safe on Water		
Fun Outdoor Swaas		
~ Saturday Session B ~ 2:00 – 3:30 P.M		
Letterboxing		
Canoe Sampler		
Lash It Up		
Follow the Tracks and Look at the Poop!		
~ Saturday Session C ~ 3:45 - 5:45 P.M		
Leave No Trace		
How to Get Here From There		
Smart Angler		
The Ultimate Bandana		
~ Sunday Session A ~ 9:15 - 10:15 P.M.		
Fun Nature Activities for Troops		
Let's All Sing!		
Tied in Knots		
Generating Ideas for Wildlife Education		
~ REGISTRATION FEE ~		
Registration Fee -	30.00	\$
T-Shirt Size – S M L X	7.00	\$
T-Shirt Size - XXL XXXL	9.00	\$
Total Amount Enclosed		\$

Make checks payable to:
Girl Scouts in the Heart of Pennsylvania

Registration Deadline:
August 1, 2010

Mail registration and payment to:
Kaethe Laub
100 Peace Drive
Lewistown, PA 17044

**Registration fees are non-refundable.
You are welcome to find a substitute**

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~ Saturday ~ 9:30 ~10:30 A.M.

Meet & Greet/Make & Take

Our conference will begin with a Meet & Greet / Make & Take session. We will network; catch up with old friends; make new friends and at the same time produce several outdoorsy items in this make 'n take session!

~ Saturday Session A ~ 10:45 -12:15 P.M

Dutch Oven - Beyond the Basics

Bake bread in a Dutch Oven? Cook an entire meal at one time? Come to this workshop to go the next step in Dutch Oven cooking. This workshop will continue through lunch time with participants cooking their own lunch. Pre-requisite - must have appropriate training that included fire building.

Box Oven Banquet

You've seen the box ovens and probably made English Muffin Pizzas in them, but what else can you do? This workshop will give you plenty of ideas to use your oven. This workshop will continue through lunch time with participants cooking their own lunch. Pre-requisite - must have appropriate training that included fire building.

Tree Weaving and MORE

Experiment with several types of weaving that can be done indoors on a rainy day using straws, paper plates, and cardboard. Then move outdoors to create your own "tree weaving" using natural materials found around camp. This workshop includes activities for all age levels

Safe On The Water

Using resources from the PA Fish and Boat Commission, the National Safe Boating Council and the United States Coast Guard Auxiliary, this workshop will include great ideas and fun ways to learn and practice safe habits for children and adults while enjoying sports in, around and on the water.

Fun with Outdoor Swaps

Swaps with an outdoor flair will be produced in this make 'n take workshop. In addition to making a variety of swaps, you will learn the history and etiquette of this long time Girl Scout tradition.

~ Saturday Session B ~ 2:00 - 3:30 P.M

Letterboxing

No, it's not about mailing letters; Join us in this workshop to find out more about letterboxing which is an intriguing mix of treasure hunting, art, navigation, and exploring scenic and sometimes, remote places

Canoe Sampler

Be prepared to get wet in this hands on workshop as you learn the basics of canoeing. You will have an opportunity to canoe around our very own Camp Golden Pond Lake.

Lash It Up

Participants in this workshop will review basic knots, identify and practice the four types of lashing, construct one piece of camp equipment using two of the basic types, and discuss how lashing can be integrated into ongoing troop program

Follow the Tracks and Look at the Poop!

Learn the basics of animal tracking through activities for girls of all age levels. Join in some basic tracking games to help increase observation skills and end by hunting for clues left behind by animal visitors around camp. And yes, you will learn how to tell who's been there by looking at piles of poop!



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~ Saturday Session C ~ 3:45 - 5:45 P.M

- Leave No Trace** What exactly does "Leave No Trace" mean? How does it affect ME and MY girls? You will learn the answers to these questions as well as several fun activities you can share with your girls to help them learn how they can help save our environment for their grandchildren
- How To Get There From Here** Even in the age of the GPS, a compass is a very useful tool for the hiker and camper. Using the Grab 'N' Go Resource "Compass Capers" we will learn how to use a compass and determine your bearings, read simple maps, and play some games that you can use to teach your girls.
- Smart Angler Program** SMART Angler program covers all of the basics of fishing. The program explains the equipment needed for fishing, casting techniques, fishing knots, and how to fishing. It is a very basic course for beginners but even an avid angler can take a few things away from this program.
- The Ultimate Bandana** In this make & take workshop you will add a few stitches to a convert two standard bandanas into a SuperCharged Bandana plus a neck cooler! What is a SuperCharged Bandana? Come to this workshop to find out.

~ Saturday Evening ~

- Saturday Campfire** The Saturday evening campfire will be worth waiting for. Fun, songs and of course S'mores. But not just any S'mores - we won't say any more you need to come to find out.

~ Sunday Session A ~ 9:15 - 10:15 P.M

- Fun Nature Activities For Troops** Would you like to do more Nature activities with your girls, but just don't know where to begin, or have you used up all your ideas and need some fresh material? If so, this is the workshop for you! You will do a Nature ID Grid, learn how camouflage is all around us in nature. You will find out "Who Lives Under a Rotting Log?"; do a Nature's Accident Cases Hunt and play the Toxins in the Food Chain game.
- Let's All Sing** Girl Scout traditions include singing around the campfire. Come to this workshop to learn some new songs, or perhaps remember some old ones. Pick up some tips on teaching the songs to your scouts, when to use silly songs, and when to add the traditional songs.
- Tied in Knots** In this workshop you will discover basic knots and how to tie them, learn to identify and care for different types of rope, and finally practice games to teach girls knot tying techniques. You will then put together all you learned by making friendship bracelets
- Gathering Ideas for Wildlife Education** Learn some fun ways to teach about our wildlife resources. A Wildlife Conservation Officer from the PA Game Commission will share some example kits that leaders can create with their girls (of various ages) to help teach them about various aspects of wildlife. Some examples could be wildlife tracks, skulls and pelt kit. Also included could be wildlife adaptation programs.

