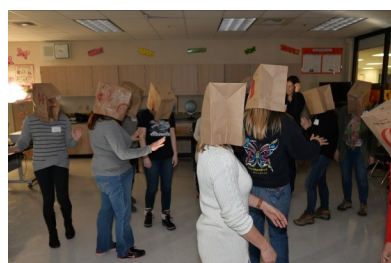


# 50th Anniversary Discoveree

## January 20, 2018

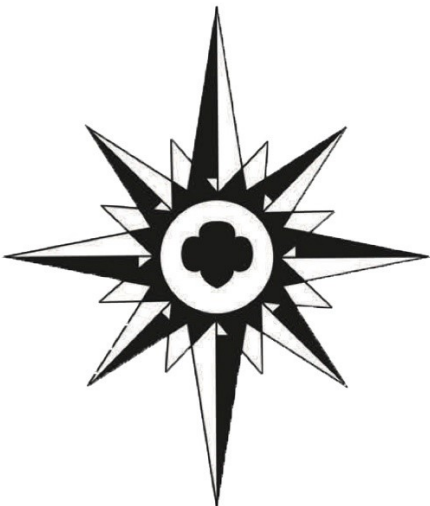


Training Event for Adults and  
Girl Scouts in Grades 9-12



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## Symbols

-  **Daisies (K-1)**
-  **Brownies (2-3)**
-  **Juniors (4-5)**
-  **Cadettes (6-8)**
-  **Seniors (9-10)**
-  **Ambassadors (11-12)**
-  **Adult**

# Discoveree

Jan. 20, 2018  
7:30 am - 4:30 pm

*Early Bird Registration Ends Dec. 11*

**Discoveree** - Girl Scouting made easy! Join us for a one-day event focused on learning new skills and helping girls thrive. Discoveree gives you the opportunity to meet other Girl Scout enthusiasts while exploring topics that are interesting to you. Learn new crafts, outdoor skills, positive youth development techniques, and just about anything in-between. Choose your favorite workshops or pick a learning path that corresponds with your girls' age level.

January 20, 2018

7:30 am - 4:30 pm

Cesar Chavez Middle School

2801 Hop Ranch Road, Union City, CA 94587

- Doors Open, Check-in and Walk-in Registration Begins at 7:30 am  
*(Come visit the Girl Scout Store and the Girl Scout Concession Stand)*
- Opening Ceremony begins at 8:30 am
- Workshops begin at 9:00 am  
*(Due to the number of people attending, we recommend arriving no later than 8:00 am for parking and registration.)*

To register, visit:

<http://www.gsnorcal.org/en/for-volunteers/training-and-resources/learning-events.html>

or call: (800) 447-4475 x 2091

## No children or babies please

\$30.00 Early Bird (ends December 11, 2017)

\$35.00 (December 12, 2017 thru January 11, 2018 and walk-ins on day of)

\$7.50 per Workshop for Girl Scout Seniors\* (9th-10th Grade) and Girl Scout Ambassadors (11th-12th Grade)

\* Only those workshops denoted with ★ on page 4 are open to Girl Scout Seniors (all workshops are open to Ambassadors)

\$8.00 Deli Lunch (*optional*)

Extras such as patches, snacks, etc. will be available for purchase

Any Questions?

[Registration@GirlScoutsNorCal.org](mailto:Registration@GirlScoutsNorCal.org)



# Workshops at a Glance

Session I 9:00-10:30 am		Session II 10:45 am—12:15 pm	LUNCH 12:15—1:00 pm	Session III 1:15—2:45 pm	Session IV 3:00—4:30 pm
Troop Program	101 Troop Camping Certification ( <i>lunch is prepared in this workshop</i> ) - This is a 4 Session Workshop				
	102 First Aid/CPR - This is a 3 Session Workshop				
	103 Build an Amazing Brownie Troop - This is a 2 Session Workshop			303 Ceremonies Demystified	403 College Roadmap ★
	104 College Roadmap ★	204 Bringing Out The Best In Your Girls		304 Go for the Gold! ★	404 Conflict Management
		205 Go for the Gold! ★		305 Outdoor Journey & Badges	405 Juliette Low Workshop
	106 Extended Troop Travel - This is a 2 Session Workshop			306 Strive for Silver ★	
	107 Self Defense ★ - This is a 2 Session Workshop				
		208 Where in the Would You Like to Go? ★		308 Living with a 10-15 Year Old - This is a 2 Session Workshop	
STEM	109 GLEE	209 STEM Journeys & Badges			309 Is it Art or Science?
Outdoor Skills	110 Dutch Oven Cooking - This is a 2 Session Workshop			310 Advanced Camp Stove Cooking	410 Knife Safety - Whittling Chip
	111 Go Take a Hike	211 Exploring Backpacking		311 Basic Knots	
	112 Astronomy 101	212 Geocaching - This is a 2 Hour Session		312 Orienteering	
Songs, Games & Dance	113 Games Your Troop will Love	213 Action Packed Games		313 Minute to Win It	413 Line Dancing for GS
		214 Pocket Programs		314 Song Leading	414 Girl Scout Songbook
Crafts & Personal Interest	115 Beginning Knitting	215 Advanced Knitting		315 Banners Gone Wild	415 Boho Wall Art (aka Macramé!)
	116 BLOOM - Paper Flowers	216 Button Trees		316 Book Page Art	416 Designing with Denim
	117 Decorated Cookie in a Box	217 Ear Cuff Creations		317 Grab Bag of Fun	417 Dragonfly & Butterfly Key Mobile
	118 English Paper Piecing - Hexagon	218 Fairytale Magic		318 Kid Friendly Spa Crafts	418 Glass Etching
	119 Floral Pen Vases	219 Kid Friendly Spa Crafts		319 Kumihimo Beading	419 Painting with Daisy
	120 Latch Hooking	220 Leathercraft - This is a 2 Hour Session		320 Nature Art	420 Pocket Pals
	121 Mixed Media Fiber Pendant			321 Ribbon & Yarn Leis	421 SWAPs
				222 Needle Felting Fun	322 Taking Better Photographs
		123 Quilling	223 Survive Social Media		323 Woodburning

★ Senior Girl Scouts (Grades 9-10) may attend these workshops only.  
*[All workshops are open to Ambassador Girl Scouts (Grades 11-12)]*

# Daisy & Brownie

## Learning Paths

Learning Paths designed to help get your Daisy and Brownie Troops off to a great start and many ideas for your meetings...



Complementary workshops & those geared toward Daisies & Brownies include:

### ★ SESSION I: ★

- 101 Troop Camping Certification (*Needed for outdoor camping*)
- 102 First Aid/CPR (*A certified First Aid/CPR adult is needed for some field trips and outings*)
- 111 Go Take a Hike
- 113 Games your Troop will Love
- 117 Decorated Cookie in a Box
- 119 Floral Pen Vases
- 120 Latch Hooking

### ★ SESSION II: ★

- 204 Bringing Out the Best In Your Girls
- 209 STEM Journeys & Badges
- 213 Action Packed Games
- 214 Pocket Programs
- 216 Button Trees
- 218 Fairytale Magic
- 220 Leathercraft (Brownies)

### ★ SESSION III: ★

- 303 Ceremonies Demystified
- 305 Outdoor Journey and Badges
- 309 Is it Art or Science?
- 311 Basic Knots
- 313 Minute to Win It
- 314 Song Leading
- 315 Banners Gone Wild (Brownies)
- 316 Book Page Art
- 317 Grab Bag of Fun
- 320 Nature Art

### ★ SESSION IV: ★

- 405 Juliette Low Workshop
- 409 Design Challenges:  
New Engineering Journey Sampler
- 410 Astronomy 101
- 411 Knife Safety - Whittling Chip (Brownies)
- 413 Line Dancing for Girl Scouts
- 414 Singing from the GS Songbook
- 415 Designing with Denim (Brownies)
- 416 Dragonfly & Butterfly Key Mobile (Brownies)
- 417 Glass Etching
- 420 SWAPs
- 421 Ultimate T-Shirt Crafts (Brownies)

# Session I



**Workshop Descriptions:** The workshops are organized by session and category. If a workshop is offered more than once, it will be listed in each session it is offered. Workshops are listed in order by number. The leadership and leader enhancement workshops (trainings) regularly offered by the council throughout the year are outlined in blue.

## TROOP PROGRAM

### 101 Troop Camping Certification

This course is required for at least one adult who will accompany the troop on a camping trip and who will be involved in the planning process with the girls. Emphasis is on how to teach skills to the girls and prepare them for their outdoor experiences, as well as health and safety concerns. **You will be preparing your lunch during the class, so please do not order a Discoveree lunch.**

**This is a four session workshop.** (You must attend all four sessions to get certified.)

**Workshop Leaders:** Carol Avina and Gail Glenn

**Program Focus:** d b j c s a

**Items to bring:** A mess kit (an unbreakable plate, bowl and cup with eating utensils), and a camping chair.



### 102 First Aid/CPR/AED

First Aid/CPR/AED by American Red Cross. You will learn approved lifesaving techniques and have an opportunity for hands on practice. Upon completion of this class, you will be eligible to act as a Troop or Event First Aider. Please dress in comfortable clothes as we will be practicing on the floor.

**This is a three session workshop.**

**Workshop Leaders:** Tina Amber and Pat Buckley

**Program Focus:** d b j c s a

**Items to bring:** A mat or towel for the floor.



### 103 Build an Amazing Brownie Troop

Learn hands-on how to make your Brownie meeting happier for you and more fun for the girls while helping them develop good leadership skills.

Find out how to calm the chaos by harnessing the tools of games, crafts and songs. Come away with activities you can use at your very next meeting as well as skills that you'll use for years.

**This is a two session workshop.**

**Workshop Leaders:** Nancy Pullen

**Program Focus:** b



### 104 College Roadmap ★

Plan ahead and define YOUR dream! High school students - where do you start your college shopping? How do you tell the difference between college myths and reality? Parents - where is the best financial aid available? Plan early and know your facts! Come have fun with us as we enlighten and entertain students and parents alike with college prep activities.

**Workshop Leaders:** Audrey Slaughter and Eileen Doster

**Program Focus:** c s a



**A Roadmap  
for College**

## Why do you attend Discoveree?

***"Inspires me to be the best leader I can be and keeps me going."***

**- 2017 Discoveree Attendee**

# SESSION I

## 106 Extended Troop Travel

Is your troop talking about taking a trip that will be three nights or more? This training is a council requirement for those troops. The trained adult must help with the troop's trip planning and attend the trip. We will cover planning, paperwork and safety checkpoints for all types of trips and help answer any questions you may have about the process.



**This is a two-session workshop.**

**Workshop Leaders:** Sandy Norman and Diane Hall

**Program Focus:** j c s a

## 107 Self Defense ★

Come learn simple, yet effective, self defense techniques including striking, blocking, and escapes. It is important for all to learn self defense and awareness. Fight off mock-attackers, ask questions about your safety concerns, and gain the confidence of knowing that you can defend yourself if the need arises. Come dressed comfortably and ready for movement and action.



**This is a two-session workshop.**

**Workshop Leader:** Rebecca Rodriguez

**Program Focus:** c s a

**Items to bring:** Please bring water.

## Why do you attend Discoveree?

*"Inspiration! I learned new skills. I talked with other leaders. By the end of the day, I had lots of new ideas. I felt recommitted to Girl Scouts."*

- 2017 Discoveree Attendee

## STEM (Science, Technology, Engineering and Math)

## 109 GLEE - Girls Learning Environment and Energy

Are your Junior Girl Scouts concerned about the environment and ready to



make a difference? Girls Learning Environment and Energy (GLEE) is a joint effort between Stanford University and the Girl Scouts of Northern California to teach Girl Scouts and their families about the environment and energy conservation. Through hands on activities, video and live demonstrations, come learn about this patch program/program box, how it relates to the Get Moving Journey and Make It Green Program Box, and how GLEE activities may ignite ideas for other take action projects including the Bronze or Silver Awards.

**Workshop Leaders:** June Flora (Stanford University) and Jean Fahy (Council Staff)

**Program Focus:** j

## OUTDOOR SKILLS

## 110 Dutch Oven Cooking

Expand your outdoor experience by learning about Dutch oven cooking. We will learn about the care and feeding of Dutch ovens as well as learn some new recipes. We



will cook dishes for breakfast, dinner and dessert. You will be preparing your lunch during the class, so please do not order a Discoveree lunch.

**This is a two-session workshop.**

**Workshop Leaders:** Ann Sorenson and Sue Smith

**Program Focus:** j c s a

**Items to bring:** A mess kit (an unbreakable plate, bowl and cup with eating utensils) and a drink.



# SESSION I

## 111 Go Take a Hike

Looking for an easy way to get your girls outdoors? Come learn how to plan age-appropriate hikes, how to look at a map to find routes, and how to avoid common pitfalls.



Participants will leave the workshop with a planned hike for their troop.

**Workshop Leaders:** Lauren McNulty and Meagan Travlos

**Program Focus:** d b j c s a

**Items to bring:** Please bring a trail map of a park near you.

## 112 Astronomy 101

Have you ever looked up at the night sky and wanted to know more? Come learn about the constellations, how to find them and the stories behind them.



Engage in hands-on star-related activities that can be helpful with badge requirements.

**Workshop Leader:** Val Armento

**Program Focus:** d b j c s a

**Items to bring:** Please bring an empty, clean pint or quart sized ice cream carton to make a constellation of your choice.

## SONGS, GAMES & DANCE

## 113 Games Your Troop will Love

Learn fast, super fun games for every troop meeting. Find out how to harvest the energy of active (squirrely!) troop members through the power of games where no one goes out or loses. These games will make your meetings more fun and more focused--really! Learn by playing yourself.



**Workshop Leader:** Daisy Kiehn

**Program Focus:** d b j c s a

**Items to bring:** Please wear shoes and clothes you can play in.

## CRAFTS & PERSONAL INTEREST

## 115 Beginning Knitting

Knit 1, Purl 2.....come and learn the basics including how to cast on, knit, purl, and cast off. Learn a fun new hobby!



(Yarn and needles will be supplied)

**Workshop Leaders:** Rosemary West and Molly West

**Program Focus:** j c s a

## 116 BLOOM! Boutique Paper Flowers

Tissue-paper flowers capture the essence of flowers while being very versatile. Learn how to create basic, intermediate, and advanced tissue paper flowers ranging from Dahlia-like pompoms to Poppies, Peonies and others. They're very versatile and can be used as centerpieces on tables, garlands, as party decorations, gifts, or just for fun. Great troop craft!

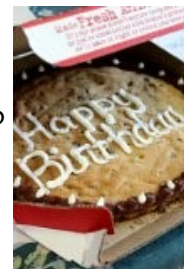


**Workshop Leader:** Rachel Browne

**Program Focus:** j c s a

## 117 Decorated Cookie in a Box

Come experience and make the perfect 'Cookie Card' for friends and family. Learn cake decorating techniques and then use those skills to decorate a giant Chocolate Chip Cookie which is delivered in a Pizza Box.



**Workshop Leader:** Karen Rodriguez (Council Staff)

Deborah Rodriguez

**Program Focus:** d b j c s a





## 118 English Paper Piecing - Hexagon

English Paper Piecing is a popular technique for piecing together quilt blocks – the fabric is folded over paper templates, and the pieces are hand sewn



together. It's easy, portable and great for groups of girls or adults to do while they socialize. (Imagine overnights at Girl Scout cabins). It can be used to decorate tote bags, to make potholders, table runners, or even full-sized quilts. We will learn the basics with hexagons that can be sewn into many different patterns. Some hand sewing knowledge is helpful.

**Workshop Leader:** Tanna Parker

**Program Focus:** c s a

**Items to bring:** Please bring small, sharp scissors.

## 119 Floral Pen Vases

Looking for a fun gift idea to do with your troop? Come join us to make pretty floral pen vases. This is an inexpensive gift that your Girl Scouts can make for gift giving or to sell as part of a money earning activity.



**Workshop Leaders:** Audrey Perrott and Curtis Perrott

**Program Focus:** b j c s a

**Items to bring:** Please bring a pair of scissors. All other supplies will be provided by the workshop leaders.

## 120 Latch Hooking

You and your girls don't need to use a basic kit to find the wonders of Latch Hooking. Learn how to layout your own design, and then make your own Latch Hook Wall Hanging by demonstrating your new latching skills!



**Workshop Leader:** Michelle Rodriguez

**Program Focus:** d b j c s a

## 121 Mixed Media Fiber Pendant

Get out your needles, thread and ... hammers? Using a fabric base we will create one of a kind pendants using sewing, embroidery, metal work and printing.



**Workshop Leader:** Rita De Lucchi

**Program Focus:** c s a

**Items to bring:** Please bring scissors and small embellishments such as buttons or charms you may wish to add to your piece.

## 123 Quilling

Learn the basics of Quilling - how to use the quilling tool, rolling, folding and sealing paper with glue and making many different shapes. Make a design using these shapes to decorate greeting cards, ornaments, bookmarks, gift tags, invitations, scrapbook covers, wall pieces, photo frames, gift boxes etc...



**Workshop Leader:** Tia, and Kim Maynard

**Program Focus:** b j c s a

## Why do you attend Discoveree?

*"The most valuable reason for attending is the skills I learn in the workshops. I am not a troop leader but what I learned will help me support the troop leader and the girls."*

- 2017 Discoveree Attendee

# Session II



## TROOP PROGRAM

### 204 Bringing Out the Best In Your Girls

How do you build girls of courage, confidence and character? Discover successful strategies for partnering with girls as they develop into leaders and take on bigger challenges. Our workshop leaders draw on their 25 years of bringing out the best in their troop members.

**Workshop Leaders:** Esther Heller and Nick Corsano

**Program Focus:** 

Building girls of courage, confidence, and character, who make the world a better place.

### 205 Go for the Gold! ★

This is an information workshop for Senior and Ambassador girls who are planning to do a Gold Award project. It will include information about the award, guidance related to selecting a project, planning it and the logistics related to application, approval and monitoring through the project. Target audience is Senior and Ambassador Girl Scouts, their leaders and their potential Project Advisors.

**Adults need to register for this workshop. There will be no “drop-ins” allowed.**

**Workshop Leaders:** Nancy Corbin, Jan Cushman, Jean Follette, Carol Horaitis, Beverly Johnson, Pinky Khatri and Rita Schoch


**Program Focus:** 



### 208 Where in the World Would You Like to Go? ★

Have your girls ever wanted a chance to go somewhere new, do something different and meet people from around the world? If so, Destinations are for you! Girl Scout Destinations are the ultimate adventures for girls ages 11 and older. With different trips every year, there's something amazing for everyone to experience. Learn all about the travel opportunities available. It is time to discover where in the world Girl Scouts can take you next!

**Workshop Leader:** Val Armento

**Program Focus:** 



## STEM



(Science, Technology, Engineering and Math)

### 209 STEM Journeys & Badges

Join us for a morning happy hour of Girl Scouts' new STEM Journeys and badges! We'll introduce you to these engaging new content offerings for Daisies, Brownies, and Juniors. Take an adventure as you try out an activity from each new area in a Round Robin style sampler!

**Workshop Leader:** Allyson Ferrari (Council Staff) and Elspeth Kersh (Council Staff)

**Program Focus:** 



# SESSION II

## OUTDOOR SKILLS

### 211 Exploring Backpacking and New Outdoor Badges for Older Girls

Love hiking and camping and want something more challenging? Try backpacking! You will learn tips on getting started, ideas on trips, and a brief overview of skills, equipment and logistics. You CAN do this and love it! We will also look at the new outdoor badges for the older girls. This does not substitute for the backpacking training course.

**Workshop Leader:** Theresa Northcutt

**Program Focus:** j c s a



### 212 Geocaching

Learn the basics of this global sport. We'll start by learning the beginning steps in the classroom, then head out to find some geocaches in the immediate area, using GPS devices. We'll cover the steps required to complete the Junior Badge, Geocaching. **If you ordered a Discoveree Lunch, please pick it up prior to this workshop.**

**This is a long session workshop ending at 12:45 pm.**

**Workshop Leader:** Liz Crocker

**Program Focus:** j c s a



## SONGS, GAMES & DANCE

### 213 Action Packed Games

Participate as you learn a variety of ice breakers, get-to-know-you activities, and team building games. Wear comfortable shoes and come prepared to interact! There is always time for a GAME. Great booklet-style handout provided that details all of the games, including new games introduced in 2018.

**Workshop Leaders:** Karen Rodriguez (Council Staff)  
& Michelle Rodriguez

**Program Focus:** d b j c s a

### 214 Pocket Programs

Do you have an extra 5-10 minutes between activities or extra time at the end of a troop meeting and don't know what to do? Are your girls waiting for food to be cooked on a camping trip and you need something to keep them from getting restless? You will learn a series of easy games, many with simple songs that you can play with your girls. Your troop will want to play them again and again!

**Workshop Leader:** Merryn Oliveira

**Program Focus:** d b j c s a



## CRAFTS & PERSONAL

### 215 Advanced Knitting

Learn to knit the cable and lace patterns - choose from different projects to make. Find out how knitting can be a community service project and how to teach girls this relaxing and fun craft. Yarn and knitting needles will be supplied.

**Workshop Leader:** Patty Bannon

**Program Focus:** j c s a



### 216 Button Trees

Buttons aren't just for seamstresses, you know. And they have more uses than just fastening things closed. Now you can decorate your walls with personalized, homemade art. In this class, we will create fanciful scenes with paint and buttons. It's a craft that both girls and adults will enjoy!

**Workshop Leaders:** Kim Busichio

**Program Focus:** d b j c s a







## 217 Ear Cuff Creations

Join the awesome jewelry trend of making handmade Ear Cuff Creations! Learn the basic techniques using wire and beads to create your own individual designs. Please bring your jewelry pliers, cutters and artistic energy! This is a great workshop to share with your older Girl Scouts.



**Workshop Leader:** Mary Jernigan

**Program Focus:** c s a

**Items to bring:** Bring your jewelry pliers and cutters if you have them.

## 218 Fairytale Magic

Come and play in your own magical fairytale. Learn how to make a teacup fairy garden, decorate a tote bag, and create a magical paper luminaria.

**Workshop Leaders:** Martha Bratton and Michele Sullivan

**Program Focus:** d b j c s a



## 219 Kid Friendly Spa Crafts

This easy, fun, hands-on workshop will introduce you to kid-friendly spa crafts. Includes supplies and instruction for cool new soaps to melt and pour, a scent-sational sachet to fragrance a drawer, a cute cup candle and a dreamy eye pillow. Leave with samples and skills to share.



All items will include color and/or fragrance.

**Workshop Leaders:** Laura Wilson and Susan Dunlap

**Program Focus:** j c s a

## 220 Leathercraft

Learn fun and easy leathercraft projects to teach/do with your Girl Scouts.

We'll make coasters, bookmarks, braided bands/belts & pouches to hold small items using soft & hard leather.

If you ordered a Discoveree Lunch, please pick it up prior to this workshop.

This is a long session workshop ending at 12:45 pm.

**Workshop Leaders:** Sue Best

**Program Focus:** b j c s a



## 222 Needle Felting Fun

A craft in which you stab things to create art! Make miniature cuteness with a barbed needle and wool roving. You will leave with the item of your creation and all the information you need to make it the kind of craft you get addicted to on your own!

**Workshop Leader:** Deborah Rodriguez

**Program Focus:** c s a



## 223 Survive Social Media

What's the deal with Social Media? Facebook, Instagram, Pinterest, Twitter, Linked In. What's it all about? We will clear up the mysteries and see which social media might work best for you -- with a focus on privacy and safety. We will also talk about how social media can help you with communication within your troop. Please bring your fully charged smartphone, with its charger and cable.

**Workshop Leader:** Sheila Pallotta

**Program Focus:** A



## Why do you attend Discoveree?

*"Being able to share the experience with a few first time attendees, learning new skills to pass on, and connecting with others."*

- 2017 Discoveree Attendee

# Session III

## TROOP PROGRAM

### 303 Ceremonies Demystified

What is an **Investiture/Rededication** and why do we need one? Need something notable for **World Thinking Day**? How do we recognize girls who have accomplished something spectacular during the year (**Court of Awards**)?

Add something special to your troop's year and get the how-to's on creating meaningful and successful ceremonies (including several ideas, special songs and creative crafts for each). This workshop offers an opportunity to experience and plan innovating ceremonies.

**Workshop Leader:** Jeanette Bemis

**Program Focus:** 



### 304 Go for the Gold! ★

This is an information workshop for Senior and Ambassador girls who are planning to do a Gold Award project. It will include information about the award, guidance related to selecting a project, planning it and the logistics related to application, approval and monitoring through the project. Target audience is Senior and Ambassador Girl Scouts, their leaders and their potential Project Advisors.

**Adults need to register for this workshop. There will be no "drop-ins" allowed.**

**Workshop Leaders:** Nancy Corbin, Jan Cushman, Jean Follette, Carol Horaitis, Beverly Johnson, Pinky Khatri and Rita Schoch

**Program Focus:** 



### 305 Outdoor Journey & Badges

Connecting with the outdoors is an essential part of the Girl Scout

experience. Come learn about the new Outdoor Journey and badges that girls can earn through outdoor art and outdoor adventures.

**Workshop Leader:** Janice Stone (Council Staff)


**Program Focus:** 



### 306 Strive for Silver

Do your Cadettes want to earn the Silver Award, but you are not sure where to start? Come join this training to learn the basics of the Silver Award and what you as a troop leader need to do to support your girls.

**Workshop Leader:** Courtney Mierop

**Program Focus:** 




### 308 Living with a 10-15 Year Old

Have you asked yourself "what happened to my sweet child"? Don't worry, you are not alone. In this workshop we will review the challenges that come with raising and mentoring a teenager: understanding their characteristics, why they act the way they do, setting rules and limits, and how to communicate effectively with influence and control.

**This is a two-session workshop.**

**Workshop Leader:** Ann Johnston

**Program Focus:** 

## Why do you attend Discoveree?

*"To learn lots of new and helpful information in a short period of time."*

- 2017 Discoveree Attendee

# SESSION III

## STEM

(Science, Technology, Engineering and Math)

### 309 Is it Art or Science?

Engineer paint; design your own car; conduct electricity. These are some of the activities that GSNorCal's ready-to-use program boxes use to support your troop and service unit events as girls experiment, investigate, and create using Science, Technology, Engineering, Arts, and Math (STEAM) concepts. This hands-on workshop introduces tools and resources you can use to inspire confidence in your scientists. What will your girls engineer today?

**Workshop Leader:** Allyson Ferrari (Council Staff)

**Program Focus:** d b j c s a



## OUTDOOR SKILLS

### 310 Advanced Camp Stove Cooking

Are you tired of one pot meals and hot dogs? Are you looking to bring some new life to your next camping menu? Learn 4 techniques that require no expensive equipment to create dishes for all meals, including dessert, that will make you the envy of other campsites. We will make sample bites of several dishes, so please eat a light lunch. Recipes can be adapted to most dietary restrictions.

**Workshop Leaders:** Merryn Oliveira and Lauren Oliveira

**Program Focus:** j c s a

**Items to bring:** Please bring a plate, cup, fork/spoon with you to eat the food we make.



### 311 Basic Knots

Learn eight basic knots and temporary whipping (known in some circles as "Brownie whipping"). Learn their general uses and tips for teaching knots to the girls.

**Workshop Leader:** Denise Lapachet Barney

**Program Focus:** d b j c s a

**Items to bring:** Please bring 3 feet of rope and a ruler or a wooden dowel to class.



### 312 Orienteering

Looking for a fun, outdoor adventure for your troop?

Orienteering is the sport of navigating in the woods with a map and compass. Learn the basic skills of the sport, and how to introduce it to your troop at a local event. Try out a mini-course yourself.

**Workshop Leaders:** Vicki Woolworth and Nick Corsano

**Program Focus:** j c s a

**Items to bring:** Compass (optional).



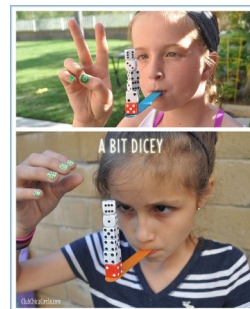
## SONGS, GAMES & DANCE

### 313 Minute to Win It

Based on the TV Show "Minute to Win It", come learn a number of one minute games for all ages. We will have handouts with photos and will have the opportunity to play many of the games during the session.

**Workshop Leader:** Kate Tennant

**Program Focus:** d b j c s a





# SESSION III

## 314 Song Leading

We will be learning as many songs as possible during this workshop. By the end, you will feel comfortably familiar with the tunes of campfire songs, including fast fun songs and slow serenading songs.

**Workshop Leader:** Deborah Rodriguez

**Program Focus:** d b j c s a



## 317 Grab Bag of Fun

Simple, fun and inexpensive crafts for girls of all ages. Ideas for lots of projects, making at least 5. Great for meeting warm ups, meeting fillers and even gifts the girls can give.

**Workshop Leaders:** Carrie Grothman and Michelle Pooler

**Program Focus:** d b j c s a

**Items to bring:** Please bring scissors.

## 318 Kid Friendly Spa Crafts

This easy, fun, hands-on workshop will introduce you to kid-friendly spa crafts. Includes supplies and instruction for cool new soaps to melt and pour, a scent-sational sachet to fragrance a drawer, a cute cup candle and a dreamy eye pillow. Leave with samples and skills to share.

**All items will include color and/or fragrance.**

**Workshop Leaders:** Laura Wilson and Susan Dunlap

**Program Focus:** j c s a



## 315 Banners Gone Wild

Learn how to draw with markers and release the dye to give a watercolor look. We will also use fusible interfacing and fabric to complete your project.

Techniques you learn can be used for many creative projects. There will be a display of a variety of projects using these techniques to spark your future creativity.

**Workshop Leader:** Lisa Chrisman

**Program Focus:** b j c s a



## 319 Kumihimo with Beads

Kumihimo is a traditional Japanese technique of braiding strands of threads to create intricately colored cords. In this class we will add beads to the threads and use the simple braiding process to make a beautiful bracelet.

**Workshop Leaders:** Kim Busichio and Sheila Pallotta

**Program Focus:** j c s a



## 316 Book Page Art

Learn to make art out of your favorite piece of literature. Create an abstract background using book pages or newspaper then create an artistic representation of the story to silhouette over the words. This activity is a fun way to create art for all ages and all artistic abilities.

**Workshop Leader:** Rebecca Rodriguez

**Program Focus:** d b j c s a

**Items to bring:** Please bring a copy of a favorite book to use to create your masterpiece. Book pages will be used as a canvas so don't bring your first editions!



## 320 Nature Art

Nature and fantasy just seem to go together! In this workshop, learn about and create two darling craft projects (made from readily available resources) that will enliven your girls' imaginations - a fluffy owl and a Brownie whisk. Way too cute for words!

**Workshop Leader:** Yvonne T. Ryan

**Program Focus:** d b j



## 321 Ribbon & Yarn Leis

Learn to make beautiful traditional Hawaiian ribbon leis as gifts to celebrate graduations, birthdays and special occasions. Share the loving Ohana-Family Spirit!

**Workshop Leaders:** Robin Kelley  
and Mary Jernigan

**Program Focus:** c s a



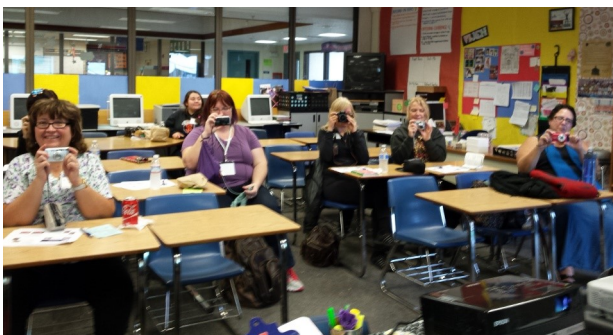
## 322 Taking Better Photographs

No matter what type of camera you are using, good photo composition principles remain the same. In this workshop, you will learn several of these principles as well as useful tips for photographing people, animals, and scenery.

**Workshop Leader:** Esther Heller

**Program Focus:** c s a

**Items to bring:** A camera with charged batteries (and the manual if you can find it). **Optional:** 1 or 2 photographs for sharing (if a print 8x10 size, or if electronic on a flash drive or an SD card).



## 323 Woodburning

Introduce your girls to the art of Pyrography (woodburning). Learn easy techniques to offer this craft to your older girls. Decorate a small box/plaque/frame/door hanger, etc.

**Workshop Leaders:** Martha Bratton and  
Tom Bratton

**Program Focus:** j c s a



## Why do you attend Discoveree?

*“Learning new skills that I can apply quickly when working with young girls in a variety of settings. I also gain a lot of motivation and inspiration from interacting with all of the other leaders and volunteers.”*

- 2017 Discoveree Attendee

# Session IV

## TROOP PROGRAM

### 403 College Roadmap ★

Plan ahead and define YOUR dream! High school students - where do you start your college shopping? How do you tell the difference between college myths and reality? Parents - where is the best financial aid available? Plan early and know your facts! Come have fun with us as we enlighten and entertain students and parents alike with college prep activities.

**Workshop Leaders:** Audrey Slaughter and Eileen Doster

**Program Focus:** c s a



**A Roadmap for College**

### 404 Conflict Management: 5 Styles of Effective Response

Conflict is inevitable, but it needn't be painful or anxiety-arousing. Learn how to approach conflict as an opportunity to: solve problems, be creative, and build better relationships. In this workshop, you will learn about five response styles and how to use them to best advantage in real life situations.

**Workshop Leader:** Yvonne T. Ryan

**Program Focus:** c s a



### 405 Juliette Low Workshop

Come learn about Juliette 'Daisy' Gordon Low, the founder of Girl Scouts, and the impact she has on the lives of Girl Scouts today. In this workshop, we will share a bunch of activities that you can do with your troop to help the girls learn about our founder and to celebrate her amazing life.

**Workshop Leader:** Kate Tennant

**Program Focus:** d b j c s a



## STEM

(Science, Technology, Engineering and Math)

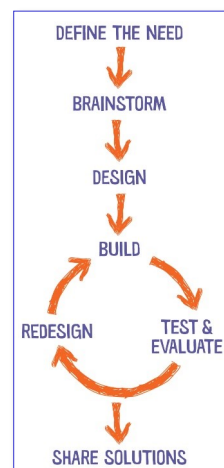
### 409 Design Challenges:

#### New Engineering Journey Sampler

Discover firsthand how much fun your girls can have by participating in a few of the new Engineering Journey design challenge activities. Working in small groups, experience how the Design Process can be a powerful tool for building confidence, inventiveness, and other valuable skills in STEM and beyond.

**Workshop Leader:** Jessica Henricks (Council Staff)

**Program Focus:** d b j



## Why do you attend Discoveree?

*"It refreshes my interest in Girl Scouts."*

- 2016 Discoveree Attendee



# SESSION IV

## OUTDOOR SKILLS

### 411 Knife Safety - Whittling Chip

Learn how to teach knife safety, including care and sharpening of a pocket knife. Basic whittling skills will be taught and information on the Cub Scout "Whittling Chip" card will be available.



**Workshop Leader:** Denise Lapachet Barney

**Program Focus:** b j c s a

**Items to bring:** Participants should bring a pocket knife, a bar of unscented soap, a pencil (for drawing shapes on the soap), and a paper plate. Please bring a whetstone if you have one.

## SONGS, GAMES & DANCE

### 413 Line Dancing for Girl Scouts

Need a quick activity for wiggly scouts? Looking for a way to integrate music into meetings but have had enough of the singing? Want a fun activity that everyone can do? This is the workshop for you. Line dancing is fun, easy, and a great way to get everyone moving. Learn the basic steps, a few simple dances, and your troop will be ready to create their very own line dance to share with others!



**Workshop Leader:** Kathie Chappell

**Program Focus:** d b j c s a

### 414 Singing from the Girl Scout Pocket Songbook

Sing, Sing Together! Sing and learn songs from the GS Pocket Songbook, both short songs and traditional songs. Bring your phones charged to record our tuneless singing. Everyone welcome, even if you are not a confident singer! Some songbooks will be available.

**Workshop Leader:** Theresa Northcutt

**Program Focus:** d b j c s a



## CRAFTS & PERSONAL INTEREST

### 415 Boho Wall Art (aka Macramé!)

What the heck is boho and why do I want one for my wall? It's modern slang for bohemian and is big with the 6th - 12th graders. Learn the basic knots of macramé and make your very own modern macramé wall hanging - no experience necessary! This is a fun, relaxed craft that is great for older girls!



**Workshop Leader:** Rachel Browne

**Program Focus:** c s a

### 416 Designing with Denim

In the spirit of Girl Scouts, attendees will learn how to use resources wisely and upcycle old denim clothing into trendy fashionable handbags. This is a skill that can be taught to girls from Brownie through Ambassador levels. Minimum sewing skills are required. Notions, sewing kits and fabric lining provided.



**Workshop Leaders:** Audrey Perrott and Curtis Perrott

**Program Focus:** b j c s a

**Items to bring:** Please bring an old pair of denim jeans, shorts, or skirt to use in this craft.

### 417 Dragonfly & Butterfly Key Mobile

Transform your old metal keys into beautiful dragonflies and butterflies to hang from a mobile. A simple craft with just a few items needed to create, that all ages can do. This works especially well with older style skeleton keys.



**Workshop Leader:** Jan Krzesinska

**Program Focus:** b j c s a

**Items to bring:** Please bring old keys if you have them.



## 418 Glass Etching

Learn how to turn plain, ordinary glass items, such as jars, mirrors, and glasses, into beautiful objects suitable to be given as gifts.

**Workshop Leaders:** Martha Bratton and Michele Sullivan

**Program Focus:** d b j c s a



## 419 Painting with Daisy

Create an original, unique painting of "Lady in a Flowered Hat" with 3D elements. Daisy will teach you speedy tricks as well as classic techniques to ensure you make art you are proud of. Learn how to lead your troop to make this painting too. No prior skills or talent needed. Just bring willingness and excitement!

**Workshop Leader:** Daisy Kiehn

**Program Focus:** j c s a



## 420 Pocket Pals

Learn to make a cute little sock doll that will fit in your pocket. A fun craft you or your girls can make by hand from baby socks. Fun, easy and cute! This can be a great service project too.

**Workshop Leader:** Sheila Pallotta

**Program Focus:** j c s a

**Items to bring:** Please bring two baby socks (12 - 24 month is a good size) with cuffs, one white/beige/brown and one of your favorite color, and a pair of sewing scissors.

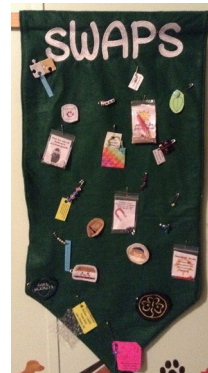


## 421 SWAPs

"Special Whatchamacallits Affectionately Pinned Somewhere". The tradition of Girl Scouts exchanging keepsakes started long ago when Girl Scouts and Girl Guides first gathered for fun, song, and making new friends. Learn tips to teach your girls the basics along with SWAP etiquette. Lots of ideas as well as several make-it-take-its.

**Workshop Leaders:** Elizabeth Smith and Marcia McGallian

**Program Focus:** d b j c s a



## 422 Ultimate T-Shirt Crafts

Save that well loved T-shirt! Join us to share new ideas to upcycle your T-shirt into creative accessories and gifts. Learn to make a no sew t-shirt blanket, pillow and more.

**Workshop Leaders:** Robin Kelley and Kathleen Trent

**Program Focus:** b j c s a

**Items to bring:** Please bring a t-shirt and scissors.



## 423 Yoga

Do you get tired after taking so many workshops or a long day at work? This gentle yoga class is designed to help your body fight fatigue and to allow your brain to integrate all of the goodness of Discoveree.

**Workshop Leader:** Karen Johnson

**Program Focus:** c s a

**Items to bring:** Please bring a beach towel or yoga mat.



## Why do you attend Discoveree?

*"Enjoy trying new skills and crafts that I can bring back to my troop."*

- 2016 Discoveree Attendee





## Discoveree Retail Store 7:30-1:30

*Cookie Sale Supplies, Fun Patches, & More!*



We try our best to bring all of the product you need but it's best to pre-order any specific items to ensure we bring what you need. We'll deliver pre-ordered product to Discoveree for **free**! Call or email us today to place an order **[Shop@girlscoutsnorcal.org](mailto:Shop@girlscoutsnorcal.org) or 1-800-447-4475 ext. 7090**

### DISCOVEREE 2018

#### Committee Chair & Logistics

**Ann Watrous**

#### Council Liaison

**Janice Stone**

#### Committee

Martha Bratton, Rachel Browne,  
Kim Busichio, Libby Cox, Lydia Cox,  
Barbara Jean Guiot, Phyllis Lun, Robyn Laurin,  
Sue Nicol, Karen Oliver, Merryn Oliveira,  
Sheila Pallotta

### Thank You Workshop Leaders!



It is with deep appreciation that we thank and acknowledge all of our wonderful workshop leaders, without whom DISCOVEREE would not be a reality. They are all volunteers who have spent countless hours preparing their workshops.

### Other Acknowledgements

Clorox Corporation: Graciously donated the charcoal used for our cooking workshops.

Discoveree Assistants: Girls in grades 7-12 volunteer from sunup to sundown. Thanks for all the hard work!

Volunteers: In addition to our committee members and workshop leaders, the efforts of countless volunteers make DISCOVEREE possible—thanks to the people who help out with parking, staffing the shop, and so many other things!