

SESSION A (8:45-10:15AM)

GIRL LED

A valuable Girl Scout experience is one where girls have a say and can lead the way. What does it truly mean to be Girl Led? How do I go from tying shoes and wiping noses to sitting back at the campfire, ensuring safety and enjoying the smell of dinner cooking over the open fire? We will unpack what Girl Led means, how to lead in a Girl Led fashion and progression so even your Daisies have input and a say into their Girl Scout experience. This is a class meant for all age level leaders from Daisies to Ambassadors.

INSTRUCTOR(S): Amanda Diehm and Mary Yapp LOCATION: Troop House

PAINT POURING

Learn about this recent trend in painting and how to do it on a budget.

INSTRUCTOR(S): Amber Miller LOCATION: Lochbrae Shelter

BUILDING BETTER BOWNIE BADGEWORK

Are you currently a Brownie leader or going to start this year working with Brownie Girl Scouts in second or third grade? Have you used an idea in a meeting that the Brownies in your troop loved and/or are you searching for ideas that work to make your meetings better? Then this is the class for you!

This class will include badge requirement ideas that you can use, examples that you can experience, resources that you can contact to help, supplemental fun ideas, discussion time that YOU can share ideas that have worked and more. Bring paper and pencil to collect all the ideas that you will want to use in the coming year. Make badge work so much fun that your Brownies will not want to miss a meeting!

INSTRUCTOR(S): Joan Johnson LOCATION: Agnes Ober Upper

SCIENCE MAGIC

You can do magic, You can have anything that you desire, Magic..." - lyrics by America. Well, not really - you can't have everything you desire, but you can have a fun time with the STEM Alumnae learning how science can explain magic. After this session you will amaze your troop, friends, and family with fun experiments that are... magical!

INSTRUCTOR(S): Kris Klos LOCATION: Norgaard

ARCHERY

A class for people to have fun and learn some archery basics. NOT A CERTIFICATION CLASS

INSTRUCTOR(S): Natasha Groth LOCATION: Red Barn

CATCHING DREAMS

Come learn the art of making a Dream Catcher! This is a relaxing craft that is sure to be a hit at your next troop campout.

INSTRUCTOR(S): Amber Swift LOCATION: Dining Hall-Back Patio

FUN WITH GIRL SCOUT SONGS AND LUMMI STICKS

Need to learn some Girl Scout songs to share with your Troops or just want to sing your favorites with sister scouts? Never experienced playing with Lummi Sticks or want to refresh your skills? Here's your opportunity!! Come sing and play at Camp Lakamaga with Flicker!!

INSTRUCTOR(S): Stephanie "Flicker" Burton LOCATION: Dining Hall-Song Porch

SO...YOU'RE THE LEADER OF *THAT* TROOP?

Real talk - some troops are just harder than others. Join Nat and Pam as we talk candidly about challenging troops, self-doubt, strategies, and the powerful impact we can have on the Girl Scouts in these troops. Although some strategies may work for younger Girl Scouts troops, this session will focus on Juniors & up.

INSTRUCTOR(S): Natalie Broshar LOCATION: Program Hut

MOUNTAIN BIKING

Join GSRV Staff for an introduction to an exciting and adventurous camp activity, mountain biking! You'll learn how to be safe on a mountain bike, practice basic mountain bike skills, and then head out for a group trail ride. All participants must be comfortable riding a bike before attending this program, but no prior mountain bike experience is needed. Participants should bring their own helmet.

INSTRUCTORS: GSRV Seasonal Staff LOCATION: Bike Shed/Trails

MAKE YOUR OWN ENAMEL STEEL CAMPING MUG!

Enamel your own steel camping mug! Participants can choose a mug in their favorite color and learn to paint on their own decoration and imagery using graphics enameling glass frit. Participants kiln-fire their mugs and can celebrate with cider or lemonade in their durable one-of-a-kind creations! All materials used are safe for food and beverages.

This session has an **additional price of \$15**

THIS IS A 3 HOUR CLASS COVERING SESSIONS A AND B

INSTRUCTOR(S): Jessica Night LOCATION: Art Studio

SCROLLSAWING

Join the NorthStar Scrollers Club as they guide you in the creation and completion of a Scrollsaw Trefoil! No experience needed. Participants will have one on one instruction with the Scrollers.

THIS IS A 3 HOUR CLASS COVERING SESSION A AND B

INSTRUCTOR(S): North Star Scrollers LOCATION: Coya Pavillion

WHITTLING FOR BEGINNERS

Learn how to use a knife and carve a small project. Knife safety, use, and maintenance.

THIS IS A 3 HOUR CLASS COVERING SESSIONS A AND B

INSTRUCTOR(S): George Fehn LOCATION: Campfire Cove

LOOM BEADING

Ever see Native American beadwork and wonder how they do it? This is the class for you. We will make beading looms, design a project, and work to bring our design to life. Finishing the project will be described but not performed. Applique beading will also be covered and demonstrated. You will be using power tools. You will be using fine motor skills in your fingers. If eyesight is compromised, you may want reading glasses or glasses with a light attached or a head lamp. You need to know how to tie a square knot! (NOT a slip knot)

THIS IS A 3 HOUR CLASS COVERING SESSIONS A AND B

INSTRUCTOR(S): Kimberly Praeger LOCATION: Agnes Ober Lower

MEDITATION, CEREMONY AND JOYFUL JOURNALING (PART 1)

This session will introduce you to the practice of calming your senses and letting go of stress and heavy energy through meditation, journaling and connecting to the healing forces of nature all around us. This session is based on what I have learned about meditation from students of the Andean Q'ero paqos who live in the sacred mountains near Cusco, Peru.

THIS IS A 3 HOUR CLASS COVERING SESSIONS A AND B

INSTRUCTOR(S): Jenny Sliker

LOCATION: Lodge

SESSION B (10:30-12:00PM)

HOW TO LEAD A JOURNEY IN A DAY FROM START TO FINISH

Looking to complete a Journey and don't know where to start? Wanting to earn money for your troop through facilitating a Journey in a Day? Unable to make it to a Council Journey in a Day event? This is the class for you! We will unpack the key components of a Journey, including the take action project and how it differs from a community service project. Learn from a leading southern MN troop leader and Service Unit manager in how what seems to be impossible and overwhelming for many leaders is really quite do-able. YOU GOT THIS!

INSTRUCTOR(S): Amanda Diehm and Mary Yapp LOCATION: Troop House

PAINT POURING

Learn about this recent trend in painting and how to do it on a budget.

INSTRUCTOR(S): Amber Miller LOCATION: Lochbrae Shelter

ARCHERY

A class for people to have fun and learn some archery basics. NOT A CERTIFICATION CLASS

INSTRUCTOR(S): Natasha Groth LOCATION: Red Barn

MONKEY FIST KNOT NECKLACE

Learn how to create a Monkey Fist necklace, a long-time tradition in Scouting. We will create in paracord and leather.

INSTRUCTOR(s): Deb Walstrom-Riske LOCATION: Dining Hall-Back Patio

BEGINNING CROCHET DISH CLOTHS

Come and learn how to make a crochet washcloth. No experience necessary.

INSTRUCTOR(S): Julie Hohenstein LOCATION: Norgaard

CEREMONIES AND TRADITIONS-EVER GREEN!

Learn about Girl Scout traditions including flags, badges, awards and ceremonies, you'll learn the answers to: What's a Girl Scout's Own? How do you fold a flag? What's the difference between a "Bridging" and a "Fly Up"? and more!

INSTRUCTOR(S): Sandra Smith and Rebecca Skally LOCATION: Mary Randall

CHILLING WITH MY GNOMIES

Come have fun making your own adorable sock gnome! It will be a fun, relaxing, mindless activity and you will have your own adorable gnome to take home! It is a fun activity to do with your girls so come learn and chill with some of your fellow Girl Scout Gnomies!

INSTRUCTOR(S): Nicky Lunderby LOCATION: Agnes Ober Upper (Inside)

STATE AND NATIONAL PARK ROAD TRIP ADVENTURES FOR YOUR TROOP

Stories, resources, tips & tricks to help you enjoy outdoor adventures with your troops! Topics include skills progression, emotional readiness, gear, places to stay, estimating, & planning. Discussion will be anchored by sharing the real-life progression of a troop from Junior Girl Scouts to Senior Girl Scouts, from camping in the Sports Field at Lakamaga to camping in the Grand Tetons.

INSTRUCTOR(S): Natalie Broshar LOCATION: Eagle's Nest (Day Camp Area)

DRUM JAM

Everyone can drum! Join us in creating our own unique Lakamaga rhythms with drums & hand percussion. Bring your favorite Girl Scout songs and we will jam along. All drums & percussion provided. No prior drumming or music experience necessary just a willingness to have a great time creating soundscapes together.

INSTRUCTOR(S): Linda Melcher, Laurel Steibler, Amber Van Dyke, Rose Carpenter

LOCATION: Dining Hall-Song Porch

SPICE IT UP!

Join Hanna & Andrew Vomhof to learn about spices, prepare & take home spice blends, and enjoy some 'spicy' snacks (we're not referring to heat). Plan for a relaxed workshop where you can indulge in cookbooks, ask cooking questions, learn about what spices pair well together and more! Each participant will take home 4 spice blends.

INSTRUCTOR(S): Hanna and Andrew Vomhof

LOCATION: Tatanka

MOUNTAIN BIKING

Join GSRV Staff for an introduction to an exciting and adventurous camp activity, mountain biking! You'll learn how to be safe on a mountain bike, practice basic mountain bike skills, and then head out for a group trail ride. All participants must be comfortable riding a bike before attending this program, but no prior mountain bike experience is needed. Participants should bring their own helmet.

INSTRUCTORS: GSRV Seasonal Staff

LOCATION: Bike Shed/Trails

SELF-ESTEEM, UP, UP, AND AWAY!

Females generally base their self-worth on their relationships with others. Let's all work together using parts of our Girl Scout Law to brighten each other's light, not dim it or burn it out. Participate while learning FUN hands-on ways to help raise your daughter's, girl scouts and your own self esteem.

INSTRUCTOR(s): Jen Poppy

LOCATION: Tamaray

SESSION C (2:15-3:45PM)

GIRL SCOUT BRONZE AWARD

Are you a Junior Girl Scout Leader or soon to be Junior Girl Scout Leader? Have you heard of the Bronze Award? It is the first Highest Award that girls can earn, and it is ONLY for Juniors! Does the thought of a Highest Award scare you? Come and learn why it is nothing to be feared, but rather to be embraced. You will learn from two Highest Award committee members and discover that being a Highest Award Girl Scout is not so scary after all!

INSTRUCTOR(S): Amanda Diehm and Mary Yapp LOCATION: Troop House

CEREMONIES AND TRADITIONS-EVER GREEN!

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INSTRUCTOR(S): Sandra Smith and Rebecca Skally LOCATION: Mary Randall

KITCHEN TRAINING

Learn how to use the commercial kitchen equipment to cook for groups. Emily will share recipes and best practices. This is required for renting the dining hall kitchen at GSRV properties.

INSTRUCTOR: Emily White LOCATION: Dining Hall Kitchen

EASY APPLIQUE PILLOW COVER

Learn to sew a unique pillow cover, that will brighten up any room or outdoor space! We will use a rough-edge applique technique to add some rustic charm to the front, and create an easy envelope-style back, making it easy to remove for cleaning, or for seasonal changes to your décor. You can bring your own fabric (1 yard, plus one fat-quarter of a contrasting fabric) if you have some that you want to use, otherwise fabric will be provided.

INSTRUCTOR(S): Chris Pearson LOCATION: Tatanka

CAMPING WITHOUT A COOLER

Back country meals aren't just for the back country! If you've ever wished you could camp without, or with a lot fewer coolers, this fun, hands-on session is for you!

We will make, and taste test several affordable DIY back country meals (breakfast, lunch/dinner, dessert options). We will also try out some popular high end and lower end commercial brands of backpacking meals. Ingredient sources and costs will be included.

This class will incorporate the use of a variety of camp stoves - both the big boys (like the coleman) you might have while car camping as well as smaller backpacking stoves, including gas, liquid and solid fuels.

Those with dietary restrictions are welcome to join - the instructor will send an email after registration closes to gather than information.

INSTRUCTOR(S): Natalie Broshar

LOCATION: Eagle's Nest (Day Camp Area)

FIND YOUR RHYTHM

Have fun playing with drums of all sorts and learn two to three rhythms. No experience necessary! We provide all the drums and rhythm instruments. Learn how to play two to three rhythms. We will have a drum circle where we play and listen to one another while playing a rhythm and how to improvise while the circle holds the beat.

INSTRUCTOR(S): Linda Melcher, Amber Van Dyke, Laurel Steibler, Rose Carpenter

LOCATION: Dining Hall-Song Porch

MAKE YOUR OWN CORK TRIVET

Using wine corks, arrange and design your own trivet on a provided backing. We will provide backing, fast drying liquid glue and hot glue, corks, and utility knives. If you have additional corks or your own glue gun, please bring them.

INSTRUCTOR(S): Leslie Gentner

LOCATION: Agnes Ober Lower

(FAUX) STAINED GLASS PICTURE FRAME

Come and enjoy making nature picture on a picture frame to look like stained glass.

INSTRUCTOR(S): Gerri Fitzloff

LOCATION: Dining Hall-Back Patio

LGBTQIA+ ROUNDTABLE

What do you know about PRIDE, sexual orientations, gender identity, or gender non-conformity? With many more people feeling safer to express who they are and be true to themselves, chances are you may soon, or even already, have a scout that is not quite like your other scouts. Join our Round Table discussion and learn facts and tips about including these unique scouts in your troop. * THIS IS NOT A DEBATE GROUP

INSTRUCTOR(S): Stephanie and Will Byars

LOCATION: Aintree Shelter

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INSTRUCTORS: GSRV Seasonal Staff

LOCATION: Bike Shed/Trails

PONTOON RIDES

Take a leisurely pontoon ride around Big Marine Lake!

INSTRUCTOR(S): Tim Tarnowski

LOCATION: Waterfront

WATERFONT WOW!

Feel like a camper again as you dive into the lake for a swim! Or be a bit more adventurous and go canoeing, paddle boarding or kayaking!

LIFEGUARD ON DUTY: Tibit

LOCATION: Waterfront

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INSTRUCTOR(S): Jessica Night LOCATION: Art Studio

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INSTRUCTOR(S): George Fehn LOCATION: Campfire Cove

EVEN MORE....CEREMONY, MEDITATION AND JOYFUL JOURNALING (PART 2)

This is a "second part" for anyone who took the meditation and joyful journaling class in the morning OR at the 2023 adult conference and wants to dive deeper into Andean practices and ceremony as well as learn about the Celtic stages of womanhood - the maiden, the mother and the crone. We will also go on a meditation journey with nature through music and drumming.

THIS IS A 3 HOUR CLASS COVERING SESSIONS C AND D

INSTRUCTOR(S): Jenny Sliker LOCATION: Lodge

PINECONE ORNAMENT

In this class you will learn to make a pinecone shaped ornament using a Styrofoam egg and old brownie uniforms. In this class you will be working with fabric, very small pins and requires nimble fingers. If you have one, please bring a tiny screwdriver to help to push in the pins.

THIS IS A 3 HOUR CLASS COVERING SESSIONS C AND D

INSTRUCTOR(S): Mary Selby

LOCATION: Agnes Ober Upper (Inside)

DUTCH OVEN COOKING

Learn the basics of Dutch Oven Cooking and make a delicious bread pudding!

THIS IS A 3 HOUR CLASS COVERING SESSIONS C AND D

INSTRUCTOR: Jessica Lien

LOCATION: Agnes Ober Upper (Outside)

NEEDLE FELTING AN OWL

Learn how to needle felt a cute little owl!

THIS IS A 3 HOUR CLASS COVERING SESSIONS C AND D

INSTRUCTOR(S): Julie Denzer

LOCATION: Norgaard

SESSION D (4:00-5:30PM)

SILVER AWARD

The second Highest Award and only able to be earned by Cadettes and approved by troop leader or Juliet mentor. Does the thought of approving this frighten you? Take a deep breath and relax as we go through the training step by step with you and unpack all the Silver Award can mean and has to offer your girls. Learn from two Highest Award Committee members with over 65 years of Girl Scout experience and more than 35 years combined of troop leadership experience. We will help you navigate the waters of the Silver Award and set your girls on a successful path to pursue their Gold Award as Senior and Ambassador Girl Scouts.

INSTRUCTOR(S): Amanda Diehm and Mary Yapp LOCATION: Troop House

PROJECT WILD AND LEARNING TREE FUN

Using the Project Wild and Learning Tree books, we will learn how to involve girls in lots of different nature activities while having fun. What is Wild, what is Tame? Tracks; trees depend on us, how do trees grow, etc.

INSTRUCTOR(S): Gerri Fitzloff LOCATION: Dining Hall-Back Patio

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INSTRUCTOR(S): Leslie Gentner LOCATION : Agnes Ober Lower

ALPHABET SOUP ROUNDTABLE

ADHD, ASD, PTSD, SPD, Anxiety, Depression, etc... These are all part of the Alphabet Soup that is mental and/or neurological health. Join our Round Table discussion and share ideas and tips or learn something new about including these unique girls into your troop.

INSTRUCTOR(S): Stephanie and Will Byars

LOCATION: Aintree Shelter

PLANNING AND EXECUTING TROOP TRAVEL WITH GSRV

In this session, we will go over the planning and approval process from the council side, including going over forms, insurance, and safety policies. We'll also go over the Travel Progression (yes you can Troop Travel with Daisies!)

INSTRUCTOR(S): Bernice Prigge Rodriguez

LOCATION: Dining Hall-Lunch Area

CHARCUTERIE

You'll learn the basics of Charcuterie, like the "rule of three" and what makes a good pairing while making a beginner board! All supplies provided, please bring a cooler to bring your delicious creation home!

This session has an **additional price of \$15**

INSTRUCTOR(S): Debbie and Shannon Grimmer

LOCATION: Mary Randall (Inside)

JACKKNIVES AND SPIRIT STICKS

Participants will learn proper jackknife safety and create their personal spirit stick. Creating your own spirit stick raises your self-esteem as you by share your individual interests and achievements to each other. We will also learn of some Scouts Own Ceremonies that would feature the spirit stick.

INSTRUCTOR(S): Jen Poppy

LOCATION: Mary Randall Amphitheater

FOREST BATHING

Time to relax and tune in to the healing joy of nature.

A brief history of forest bathing will be shared and ideas of how you can use this activity with your troops. You will experience the relaxation being in the forest can provide. There will be a guided meditation, time to experience the sounds, smells and textures of being in the forest and this journey will end with a short tea ceremony to offer gratitude to the forest.

INSTRUCTOR(S): Linda Melcher, Laurel Steibler, Amber Van Dyke, Rose Carpenter

LOCATION: Dining Hall Song Porch

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LOCATION: Bike Shed/Trails