

Outdoor Skills Weekend 2018

Friday-Sunday, Oct. 5-7
Camps Winacka and
Whispering Oaks

Experience camp alongside hundreds of other adult volunteers at this annual tradition! Come alone and make new friends, bring your troop adults, or grab a buddy you've been wanting to introduce to Girl Scouts. Over the course of the weekend, you'll get to design your own schedule to meet your needs, drawing from a host of offerings. Whether you want to diversify your outdoor cooking repertoire, learn how to canoe, or discover new ways to engage your troop, there's a session for you. You can also choose to relax and connect with other volunteers in this peaceful mountain setting, or earn your lifeguarding or wilderness first aid certifications.

Lodgings are spread across the two camps. Those participating in the certifications will be lodged at Camp Winacka. Everyone else will receive a link in their confirmation email to select the accommodation of their choice. At Camp Winacka, you'll find rustic units and some modern cabins. At Whispering Oaks you'll be able to stay in modern cabins.

Activities and classes will be held at both sites, and you can walk—or shuttle—between them.

Registration deadline is Friday, Sept. 21;
accommodation selection deadline is
Sunday, Sept. 23.

Register online, by fax, or by mail. Space is limited!
The cost of \$60 includes meals, lodgings, event
T-shirt, and patch.

Certification courses require an additional fee
(see course descriptions).

Parking at camp is limited, so please use resources wisely by carpooling or taking the bus. For just \$30 round-trip, the bus lets you explore the full camp experience. Buses will leave for camp on Friday at 4:30 p.m. from Balboa and stop at the Escondido Program Center at 5:45 p.m. The buses will leave camp for home at 11 a.m. on Sunday.

Registration: customercare@sdgirlscouts.org,
619-610-0821

Questions: training@sdgirlscouts.org, 619-610-0741


girl scouts
san diego



Certification courses

Lifeguarding

Camp Winacka Friday-Sunday, 4-8 p.m.

Course length: 30 hours. Through videos, discussion, and hands-on practice, you'll learn teamwork, rescue and surveillance skills, first aid, and other skills you need to work as a professional lifeguard. Successful completion earns you a two-year lifeguard certification (first aid, professional-level CPR, and AED included). **Prerequisite:** Rigorous swim test and home study. Additional cost: \$100, \$175 for non-members.

Wilderness First Aid

Camp Winacka, Friday-Sunday, 4-5 p.m.

Course length: 16 hours. By successfully completing this Emergency Care & Safety Institute course, you'll meet the requirements for a two-year First Aider Level 2 certification. **Prerequisite:** Current First Aid/CPR/AED. Additional cost: \$55, \$75 for non-members.

These courses are challenging; successful completion is not guaranteed.

Workshops

Look for "D-J" to find classes geared toward leaders of younger troops, and "C-A" for leaders of older troops.

3 Hour Hike—Camp Winacka, Session 1-2

Take the first two sessions of the day to get down and dirty exploring and enjoying nature.

Animal Tracking Walk—Camp Winacka, Session 1

Learn about the secret lives of animals by identifying the tracks and signs they leave behind. Close observation and pattern detection are great to get started with Citizen Scientist!

Archery Fun—Camp Winacka, Sessions 1, 2, 3, or 4

Build your shooting skills at the archery range. This session is not an instructor certification course, just an opportunity to have fun!

Art in the Outdoors—D-J, Camp Whispering Oaks, Session 4

Do you have younger Girl Scouts? Come learn about, and do, arts and crafts that will spark your girls' creativity while meeting badge requirements.

Art in the Outdoors—C-A, Camp Whispering Oaks, Session 2

Do you have older Girl Scouts? Come learn about, and do, arts and crafts that will spark your girls' creativity while meeting badge requirements.

Backpacking Basics—Camp Whispering Oaks, Session 2

Do your girls want to start to explore backpacking, but you don't know where to start? This session is for you! Get help identifying first steps and discover resources to get you and your troop comfortable in the great outdoors.

Candle Holder—Camp Whispering Oaks, Session 2

Roll up your sleeves and pick up a power tool—in this session you'll be guided through the process of turning a log into your own ceremonial candle holder.

Canoeing—Camp Winacka, Session 1, 2, 3, or 4

Paddle out on Winacka's Upper Lake to sample basic canoeing techniques. No experience required.

Challenge Course—High Ropes—Camp Whispering Oaks, Sessions 3-4

Take on the High Ropes Challenge Course. Our certified staff will lead an action-packed session that engages your group in problem solving, communication, and team building activities. This course lasts for two session periods.

Challenge Course—Low Ropes—Camp Whispering Oaks, Sessions 1-2

Take on the Low Ropes Challenge Course. Our certified staff will lead you through team building activities on a series of ground and rope elements. Perfect for all ages, Low Ropes is a great complement to your back to troop activities! This course lasts for two session periods.

Cooking Gourmet—Camp Winacka, Session 2 through lunch

Using box ovens and dutch ovens, learn how to prepare gourmet meals in the outdoors from the folks at Dream Dinners. You'll be able to take these skills back to your troop for your very own outdoor excursions! During this session you'll be cooking your own lunch.

Cooking with Vagabond Stoves and Buddy Burners—Camp Winacka, Session 2

Make your own vagabond stoves and buddy burners in this fun class. Then, cook your own treat on your new gear!

Craft + Chat—Camp Winacka, Session 2

Looking for a quiet, restful afternoon? Join this session for a quiet morning of crafting. You'll have the opportunity to work on an aluminum pin craft, or feel free to bring a project you're already working on to enjoy the conversation.

Dehydrating Foods—Camp Winacka, Session 1 and 4

Pick up an outdoor trekker's techniques for preserving and dehydrating foods. Not only is this a good troop DIY project, it gives you complete control over your food and its quality! During session 1 you'll set some food up for dehydrating. Come back in session 4 to create meals out of your food!

Eight Outdoor Skills—Camp Winacka, Session 1

Perfect for Brownie leaders, though all are welcome! This session will explore some basic outdoor skills to get your troop started.

Environmental Stewardship—Camp Winacka, Session 1

Did you know that 80% of marine debris starts in inland communities? Join I Love A Clean San Diego to explore how local actions impact global environmental health, where we'll discuss emerging environmental issues, view samples from the Pacific Garbage patch, clarify recycling rules, share upcoming community service opportunities, and provide tools for teaching your Girl Scouts about their impact on the planet.

Fishing Instruction—Camp Winacka, Session 3

Cast a line and reel in a big one while you relax in a serene natural setting. By learning to fish the Girl Scout way, you'll be able to lead your own fishing experiences during troop or encampment weekends. This class will introduce you to basic gear, equipment, safety, and technique.

Flag Ceremonies and Retirement—Camp Winacka, Session 2

Flag ceremonies are a long-standing Girl Scout tradition that honors the American flag as the symbol of our country and all the hopes, dreams, and people it represents. If you're new to Girl Scouts or need a refresher on the essential elements of a flag ceremony, this class is for you. You will also learn how to properly retire a flag.

Fun with Shrinky Dinks—Camp Whispering Oaks, Session 1

Using box ovens, you'll have the opportunity to make your own, unique shrinky dinks!

Fun Ways to Manage Groups—Camp Winacka, Session 4

Looking for some new ways to get your squirrely girls in line? Pick up some tips and tricks for managing group behaviors at this session.

Game Sampler—Camp Whispering Oaks, Session 1

Play a variety of games from around the world and for groups of different sizes. Some games help new friends get acquainted; others allow old friends to build teamwork!

Geocaching—Camp Winacka, Session 1-2

Engage in a worldwide treasure hunting craze. Use GPS units to find caches at Winacka. Runs through both morning sessions.

Getting Comfortable with STEM—C-A, Camp Whispering Oaks, Session 3

Nervous about the STEM materials for older girls? Unsure where to get started? Take this course to get a kick start on introducing your older girls to sciences!

Girl Scouts' Own—Camp Winacka, Session 3

Take part in a treasured tradition and, with a group, develop a lovely Girl Scouts' Own ceremony you will host on Sunday morning.

Glass Etching—Camp Whispering Oaks, Session 2

Learn the process of glass etching to add creative and personal touches to glassware.

Hiking Journal—Camp Whispering Oaks, Session 3

Using a hiking journal is a great way to remember each of your outdoor experiences, reflect on your progression, and keep track of interesting trails, animals, and plants you've encountered. This session will help you create your own journal for future explorations!

I Don't Like to Camp But I Would If...—Camp Winacka, Session 1

Not sure if camping is for you? Nervous about your first outdoor overnight? Take this class to glean some tips, tricks, and gear suggestions that will make camping more comfortable for you!

Just Desserts—Camp Winacka, Session 3

From simple no-cook desserts Brownies can make to treats from the Dutch ovens, discover some new culinary delights for campouts.

Lashing—Camp Winacka, Session 4

Learn the traditional art of lashing while building fun and useful items. You'll practice several techniques and leave with a project to take home!

Leave No Trace—D-J, Camp Whispering Oaks, Session 3

Explore the leave no trace concepts and how best to engage younger girls in these conversations. Ties into badge work!

Leave No Trace—C-A, Camp Whispering Oaks, Session 4

Explore the leave no trace concepts and how best to engage older girls in these conversations and guide environmentally-conscious girls toward Take Action Projects.

Letterboxing—Camp Winacka, Session 3

Letterboxing is the ultimate scavenger hunt. Follow clues to find carefully hidden boxes around camp, and create your own stamps, boxes, swag, and clues. Girls of all ages love this little adventure and it ties into the Brownie Letterboxing badge.

Me Time—Camp Whispering Oaks and Camp Winacka Sessions, Session 1, 2, 3, or 4

Take a break! Relax, unwind, wander the campground or journey into Julian. If you leave camp, you must check out at the lodge and check in when you return.

Meditation and Art in the Outdoors—Camp Whispering Oaks, Session 1

Combine self care and art in this unique outdoor experience at camp. Create Mandala rocks and meditate near the trees at camp!

Messy Science—Camp Winacka, Session 3 or 4

Explore the messy side of science—all those experiments you can't do indoors for fear of cleanup.

Outdoor Team Building Challenge—Camp Winacka, Sessions 3-4

Looking to expand your outdoor skills? This class will have teams building fires—from two sticks—and give you a chance to learn hatchet throwing and sling shots. Both are now Girl Scout approved activities for certain age groups!

Pie Iron Cooking—Camp Winacka, Session 2 through lunch

Use cast iron pie irons, over an open flame, to create easy camp meals. Perfect for picky eaters due to their personal serving size, pie irons are sure to be a hit at your next camping trip. During this session you'll be cooking your own lunch.

PVC Camping—Camp Winacka, Session 3

Perfectly Versatile Camping—using PVC pipes. Learn how to build your own lightweight camp equipment using PVC you can buy at any home improvement store.

Quilling—Camp Whispering Oaks, Session 4

Learn the art of coiling and looping paper into decorative designs. In this easy-going class you'll have the chance to unwind as you create your own beautiful work of art.

Reduce Your Gear—Reduce Your Stress—Camp Winacka, Session 2

Is your garage overflowing with camp gear? Not sure how to get it up the mountain? Flummoxed about what equipment to buy? After this class, you'll be able to step back and make judicious decisions about the gear you and your girls need to take on that next camping trip.

Reed Baskets—Camp Winacka, Session 4

Basket weaving is a fun, relaxing activity, perfect for a hot day! In this hands-on session, learn how to teach reed basket weaving, recommended for Juniors and older, and bring home a decorative and useful object.

Resin Jewelry—Camp Winacka, Session 3 or 4

You'll use nature and other craft supplies to create your own resin jewelry.

Short Hikes for Little Legs—Camp Whispering Oaks, Session 4

Girl Scouts is all about progression! Get your young girls comfortable in the outdoors with these tips for beginning hiking.

Thriving in the Cuyamacas—Camp Winacka, Session 3

The Cuyamaca region has a long history of settlement and development. Learn a little about who was here before us in this session exploring the human history of our region.

Traditional Songs—Camp Whispering Oaks, Session 3

The Song Birds are at it again: Let them teach you tunes and fill the forest with music. Practice a new song you will lead at the Saturday night campfire.

Winacka Tour—Camp Winacka, Session 4

Bring your hiking shoes and explore the whole camp with a Winacka historian. Discover archaeological secrets, fascinating flora and fauna—and the magic of Girl Scout camp!

Working with Older Girls—Camp Winacka, Session 1

At this session, learn how to let go and embrace girl-led planning for the Cadette through Ambassador crowd. You'll also learn some great techniques for fostering community and understanding the emotional needs of your older girls.

Outdoor Skills Weekend 2018

Friday-Sunday, Oct. 5-7

Individual Adult Registration Form

Registration deadline: Friday, Sept. 21, 6 p.m. PST • Cost: \$60 per person/\$85 non-members

REGISTER

To register online: sdgirlscouts.org/osw
 To register by mail: Girl Scouts, 1231 Upas St., San Diego, CA 92103
 For general information: training@sdgirlscouts.org
 Registration help: customer-care@sdgirlscouts.org

PERSONAL INFORMATION

Name _____

Mailing address _____ City _____ Zip _____

Email _____

Phone (day) (_____) _____ Phone (evening) (_____) _____

I give my permission to have photographs and/or video taken for publicity purposes.

Special dietary needs or special accommodations _____

MEALS

Check all meals that you will attend:

All meals (Bring your own dinner Friday night) Saturday ___Breakfast ___Lunch ___Dinner Sunday ___Breakfast

TRAINING CLASSES

Place a number beside 1st, 2nd and 3rd choice for sessions A, B, C, D (capacities are limited). See online registration for descriptions.

Friday Night	Session A	Session B	Session C	Session D	Sunday Morning
<input type="checkbox"/> Lifeguarding (Cont.)	<input type="checkbox"/> Archery Fun - WIN	<input type="checkbox"/> Archery Fun - WIN	<input type="checkbox"/> Archery Fun - WIN	<input type="checkbox"/> Archery Fun - WIN	<input type="checkbox"/> Lifeguarding (Cont.)
<input type="checkbox"/> Wilderness First Aid (Cont.)	<input type="checkbox"/> 3 Hour Hike (Cont.) - WIN	<input type="checkbox"/> 3 Hour Hike (Cont.) - WIN	<input type="checkbox"/> Messy Science - WIN	<input type="checkbox"/> Messy Science - WIN	<input type="checkbox"/> Wilderness First Aid (Cont.)
	<input type="checkbox"/> Environmental Stewardship - WIN	<input type="checkbox"/> Flag Ceremonies and Retirement - WIN	<input type="checkbox"/> Thriving in the Cuyamacas - WIN	<input type="checkbox"/> Resin Jewelry - WIN	
	<input type="checkbox"/> Canoeing - WIN	<input type="checkbox"/> Canoeing - WIN	<input type="checkbox"/> Resin Jewelry - WIN	<input type="checkbox"/> Canoeing - WIN	
	<input type="checkbox"/> Dehydrating Foods (Cont.) - WIN	<input type="checkbox"/> Craft + Chat - WIN	<input type="checkbox"/> Fishing Instruction - WIN	<input type="checkbox"/> Dehydrating Foods (Cont.) - WIN	
	<input type="checkbox"/> Geocaching (Cont.) - WIN	<input type="checkbox"/> Geocaching (Cont.) - WIN	<input type="checkbox"/> Letterboxing - WIN	<input type="checkbox"/> Outdoor Team Building Challenge (Cont.) - WIN	
	<input type="checkbox"/> Animal Tracking Walk - WIN	<input type="checkbox"/> Pie Iron Cooking (through lunch) - WIN	<input type="checkbox"/> PVC Camping - WIN	<input type="checkbox"/> Lashing - WIN	
	<input type="checkbox"/> Eight Outdoor Skills - WIN	<input type="checkbox"/> Cooking with Vagabond Stoves and Buddy Burners - WIN	<input type="checkbox"/> Outdoor Team Building Challenge (Cont.) - WIN	<input type="checkbox"/> Fun Ways to Manage Groups - WIN	
	<input type="checkbox"/> Working with Older Girls - WIN	<input type="checkbox"/> Cooking Gourmet (through lunch) - WIN	<input type="checkbox"/> Girl Scouts Own - WIN	<input type="checkbox"/> Winacka Tour - WIN	
	<input type="checkbox"/> I Don't Like to Camp, But I Would If... - WIN	<input type="checkbox"/> Art in the Outdoors, C-A - CWO	<input type="checkbox"/> Just Desserts - WIN	<input type="checkbox"/> Art in the Outdoors, D-J - CWO	
	<input type="checkbox"/> Meditation and Art in the Outdoors - CWO	<input type="checkbox"/> Backpacking Basics - CWO	<input type="checkbox"/> Leave No Trace, D-J - CWO	<input type="checkbox"/> Quilling - CWO	
	<input type="checkbox"/> Fun with Shrinky Dinks - CWO	<input type="checkbox"/> Candle Holder - CWO	<input type="checkbox"/> Traditional Songs - CWO	<input type="checkbox"/> Leave No Trace, C-A - CWO	
	<input type="checkbox"/> Game Sampler - CWO	<input type="checkbox"/> Challenge Course: Low Ropes (Cont.) - WIN	<input type="checkbox"/> Hiking Journals - CWO	<input type="checkbox"/> Reed Baskets	
	<input type="checkbox"/> Challenge Course: Low Ropes (Cont.) - WIN	<input type="checkbox"/> Glass Etching - CWO	<input type="checkbox"/> Getting Comfortable with STEM, C-A - CWO	<input type="checkbox"/> Challenge Course: High Ropes (Cont.) - WIN	
	<input type="checkbox"/> Me Time - WIN or CWO	<input type="checkbox"/> Reduce Your Gear - Reduce Your Stress - WIN	<input type="checkbox"/> Challenge Course: High Ropes (Cont.) - WIN	<input type="checkbox"/> Short Hikes for Little Legs - CWO	
	<input type="checkbox"/> Lifeguarding (Cont.)	<input type="checkbox"/> Me Time - WIN or CWO	<input type="checkbox"/> Me Time - WIN or CWO	<input type="checkbox"/> Me Time - WIN or CWO	
	<input type="checkbox"/> Wilderness First Aid (Cont.)	<input type="checkbox"/> Lifeguarding (Cont.)	<input type="checkbox"/> Lifeguarding (Cont.)	<input type="checkbox"/> Lifeguarding (Cont.)	
		<input type="checkbox"/> Wilderness First Aid (Cont.)	<input type="checkbox"/> Wilderness First Aid (Cont.)	<input type="checkbox"/> Wilderness First Aid (Cont.)	

PAYMENT

I am requesting financial assistance. Include 50% of fee with registration.

Please make checks payable to **Girl Scouts**.

If paying by credit card, complete the following:

American Express Visa MasterCard Discover

Credit card number _____

Exp. date _____

Print name _____

Signature _____

Amount

\$ **60** member

\$ **85** non member

\$ **55** Wilderness First Aid

\$ **75** Wilderness First Aid non-member

\$ **100** Lifeguard Certification member

\$ **175** Lifeguard Certification non-member

\$ **30** Bus

I don't want a shirt but will donate to camperships

\$ _____ **TOTAL AMOUNT TO BE CHARGED**

OSW 208 Event

PLEASE SELECT

Men's crew neck:
 S M L XL
 2XL 3XL

Women's V neck:
 S M L XL
 2XL

Pick up at registration

SUBMIT

Return completed form and payment	DELIVER/DROP-OFF GSSD Headquarters office Attn: Customer Care 1231 Upas Street, San Diego, CA 92103	MAIL Girl Scouts San Diego Attn: Customer Care 1231 Upas Street, San Diego, CA 92103
REGISTRATION ONLINE www.sdgirlscouts.org/osw		
EMAIL FORM OR QUESTIONS: customer-care@sdgirlscouts.org		