

Volunteer University – Class of 2016

Workshop Descriptions

**You are limited to ONE workshop per session
when registering.**

Session 1: 9:30 am– 10:45 am
Includes workshops in the 100's

Session 2: 11:00 am - 12:15 pm
Includes workshops in the 200's

Lunch and Speaker 12:15 pm – 1:30 pm

Session 3: 1:45 pm - 3:00 pm
Includes workshops in the 300's

Session 4: 3:15 pm - 4:30 pm
Includes workshops in the 400's



Samoa School of Management (SAM)

SAM-101 ~ 9:30-10:45 Fiscally Fit with Product Sales by Cassandra Alexander & Danelle Jiron

Planning a successful Girl Scout year with the aid of product sales requires putting the Girl Scout Law into operation and enhancing 5 essential leadership skills: goal setting, decision making, money management, people skills and business ethics. Learn tips, best practices, and leadership applications for increasing your troop's overall product sales experience. Be inspired to kick-off your troop's 2016-17 product program from the planning process to the celebration. Pre-requisite: a strong desire to enhance your troop's leadership experience and increase its financial status. These 2 experienced leaders firmly believe that GSGLA's product programs have provided a foundation and opportunity for girls to learn to meet goals and be better leaders.

SAM-102 ~ 9:30-10:45 Managing Troop Finances by Debbie Fountain & Ann Sera

Year-ends, Mid-years, bank statements! What's it all about? Learn from the masters! This class provides an overview of Volunteer Essentials Chapter 5: Managing Group Finances; demonstrates the use of the incredible finance tools which have been developed for troops, i.e., Troop Finances Report/Ledger, Cash Receipt Form, Deposit Record Form, Teen Ledger, etc., Counterfeit Bills. Debbie is the lead of our Finance Go Team and long-term finance professional.

SAM-203 ~ 11:00-12:15 Conflict Resolution by Kristine Wiscarson

This course offers a brief overview of what conflict is, and by using real life situations, the group will brainstorm ways to resolve conflicts. In addition to her volunteer work with GSGLA, Kristine's job is in the field of conflict resolution. You'll be working with an expert.

SAM-404 ~ 3:15-4:30 Boothing Basics: for SU Program and Boothing Chairs by Alisa Abrenica and Team

Service Unit Cookie Program and Boothing Chairs are invited to learn all about cookie boothing at the service unit level. Topics covered include how to secure boothing sites, drive-through booths, booth sleuthing, and how to fill out the booth sites spreadsheet.

SAM-105 ~ 9:30-10:45 Make Time YOUR Time: Simple Strategies for Getting It All Done! by Arlene Mansour & Kristine Wiscarson

We all feel stretched to get everything done. Now DO something about it! These two amazing GS leaders and trainers deal with time management issues from a professional perspective. They will help you identify what needs to be done in your busy day, determine how to compartmentalize tasks, and organize your daily tasks so they will be done. Find out how to use these same strategies for your Week, Month, and Year.

SAM-406 ~ 3:15-4:30 Running a Successful, Thriving Service Unit by Gloria Halfacre and Julie Miller

This workshop is geared towards newer Service Unit Managers. The workshop will demonstrate how to get the leaders to the leader meetings, sign up for leadership positions within the service unit, recruit and maintain leadership. Be the best service unit you can be.

SAM-307 ~ 1:45-3:00 Maximizing Social Media by GSGLA MarCom Team

This workshop will focus on maximizing your social presence with a variety of social networking sites: Facebook, Twitter, Instagram, and more.

SAM-208 ~ 11:00-12:15 Navigating the Presidential Volunteer Service Award by Gloria Halfacre

The Presidential Volunteer Service Award (PVSA) recognizes, celebrates, and inspires community service leaders and volunteers to lead the charge. This Presidential recognition sets the girls apart from their peers, especially when applying to colleges. Girl Scouts (including adults!) contribute hundreds of hours per year in their communities. This is a way to honor those hours of service on a national level. Girls and adults can earn Bronze, Silver, and Gold PVS Awards based on age

and hours. Volunteers will learn what the award is about, receive step-by-step instructions on how to become a certifying organization, how to track hours, and how to order the awards.

SAM-409 ~ 3:15-4:30 Engaging, Empowering, Keeping it Fun: Senior/Ambassador Resume Dots by Kelly Barrera

Seniors/Ambassadors need help building a "resume" for scholarship applications, job applications, and university entrance. Girl Scouts is their best resource. Kelly, an experienced troop leader and Youth Advocate, will take you through keeping the fun in Scouting while building that resume. How to set a troop focus; develop yearly themes; how to encourage activities which builds resumes: why numerous activities build strong resumes; how to turn dislikes into a "troop win;" guiding through higher honors; guiding girls who don't choose Gold. All leaders are welcome to find new ideas for your current troop, to plan ahead, or both.

SAM-311 ~ 1:45-3:00 How to Handle Difficult Parents! by Katie Jimenez

By the end of this session learn how to set preventive communication strategies at your parent meeting. Practice “key” phrases that de-escalate volatile situations. You will gather resources to employ parent vs. parent, and girl vs. girl arguments. Your goal is to form friendships out of challenging parents.

SAM-212 ~ 11:00-12:15 Help! How Do I Manage this Troop? by Sheila Uriarte

If you attend this workshop, you will discover unique ways to manage your troop. This includes a variety of kaper charts and camp/troop clocks. We will also discuss the importance of including girls in the management of your troop. If the idea of girls being a part of troop management stresses you out, or you don't know what these unique Girl Scout words mean, this workshop is for you.

SAM-417 ~ 3:15-4:30 Financial Planning for Women by Sherry Dewane Wealth Advisor, CFP Wells Fargo

While the basics of good financial planning are the same for both sexes, women often face particular lifestyle and economic issues that require special consideration. Come learn about the steps you can take to achieve your financial goals.

Tagalong School of Outdoor Program (TOP)

TOP-103 ~ 9:30-10:45 Outdoor Cooking...Dutch Oven, Foil Packs, Menus, and More! by Gloria Halfacre

Outdoor Cooking, Dutch Oven, Camp Menus! Attendees will learn how to plan menus with their troops, learn different methods of cooking outdoors, the tools needed for outdoor cooking, and of course, recipes! Attendees will be provided with materials and information that covers many different aspects of outdoor cooking from planning, tools, and recipes.

TOP-204 ~ 11:00-12:15 Basic Letterboxing, or "Stamping Your Way Out of the Box" by Sandra Hardy and Bob Prager

If you've not heard of it (or even if you have), then this class is for you! Participants will learn the basics of letterboxing, including how to create a personal stamp, how to find clues, and how to stamp in. Most of the class will be hands-on. By the end of the session, you should be able to introduce this activity to your troop (or take it up yourself as a personal or family activity). Letterboxing is a Brownie badge, and this relates to the Junior Geocaching badge. Learn about it from these two excellent council Adult Educators!

TOP-302 ~ 1:45-3:00 Campfire Fun by Heather Hetrick

Learn to help your troop plan and execute fun and meaningful campfire programs while on troop camping trips. Topics covered include skits, songs, ceremonies, and more.

TOP-403 ~ 3:15-4:30 Lashing: Let's Tie It Together by Aileen Poehls, Sue Skaggs, and Bob Prager

We will learn the basics of lashing needed to make a lash table: a square lash, a tripod lash, and continuous lashing for the table top.

Pre-requisite: Participants must have previously learned how to tie a clove hitch, square knot, and overhand (stopper) knot.

Aileen Poehls, Bob Prager, and Sue Skaggs are GSGLA Adult Educators, who have been training Camping Skills for the past decade and enjoy using equipment lashed together on when camping.

TOP-305 ~ 1:45-3:00 Patrol Challenge for Dummies! by Paul Oliver

See how the Patrol Challenge will teach your Scouts - Confidence, Inquisitiveness, Problem Solving, Teamwork, Camaraderie, Decision Making, Time Management, Creativity, Hands-On Life Lessons, and the big one - LEADERSHIP! The best part is they don't realize they are learning because they are having so much fun, AND as an added SUPER BONUS, Adult Leaders will have as much fun as the Scouts!!! Paul created Patrol Challenge, which has grown to include over 1,000 Girl and Boy Scouts competing each year.

TOP-206 ~ 11:00-12:15 Gadgets for Outdoor Camping Experiences: A Model Campsite by Ted Oyama

You've mastered the basics - setting up tents, turning on the propane stove, corralling the girls into patrols, and had some pretty great meals. But wait! There's more! Ted has applied his vast architectural skills and imagination into creating custom camping furniture and accessories to facilitate camping experiences, all while "using resources wisely!" How can we integrate STEAM principles into the camping experience? See a lashed table, hand washing tripod, and practice lashing a tripod.

TOP-107 ~ 9:30-10:45 I Backpacked with Teen Girls ... And You Can Too! by Susan Stahl

Our Senior troop had long wanted to take their passion for camping to the next level, but as their leader, my fear of the logistics, the equipment and expense, and the perceived risks put me off backpacking until just last year. Now I'm sorry we didn't start sooner because the girls loved backpacking and are proud of their toughness and accomplishments. With several trips under our belts now and more planned, I'd like to encourage *you* to hit the trail sooner by sharing our experiences, offering practical tips and itineraries, and answering your questions. It's easier than you think! (Note: this is one leader's perspective only and does not replace GSGLA's 2-Part Backpacker Certification Class required for taking girls backpacking.)

Thin Mint School of the Creative Arts (TMC)

TMA-301 ~ 1:45-3:00 Hawaiian Ribbon Leis by Ted Oyama

Learn how to make the simple braided ribbon Lei commonly used for ceremonies: Court of Awards, graduations, etc. Ted is a GSGLA Master Adult Educator and always a favorite for backpacking, crafts, and SWAPS!

TMA-402 ~ 3:15-4:30 Survival Bracelets by Ted Oyama

Learn how to make a survival bracelet. These are used for emergency sheltering, emergency First Aid, or emergency repairs while out-and-about.

TMA-203 ~ 11:00-12:15 Mini Scrapbooks for You and Your Girls by Liisa Froggett and Melissa Pepe

Learn how to make two mini scrapbooks! All materials and instructions provided to make a squash book and a coffee-sleeve book. Learn fun folding techniques and how to look at found items in new and unique ways! Liisa and Melissa have over 15 years' experience as GS leaders, are now on staff, and are avid crafters. Learn from the best!

TMA-304 ~ 1:45-3:00 "Go Play with Your Food!": Fun Ways to Get Your Girls to Eat What They Make by Lynn Mack-Costello

Why shouldn't eating be fun and creative? Participants in this workshop will learn ways to make preparing and eating foods from snacks to desserts which will engage groups of girls ... and you'll get to try a few yourselves! Take home the recipe book and you'll be ready when the girls plan their next overnight or camping trip! Lynn has raised two troops, is a 17-year SU Manager, and is a GSGLA Master Adult Educator.

TMA-105 ~ 9:30-10:45 Photography by GSGLA MarCom Staff

Learn basic photography skills to enhance your troop or personal photos.

TMA-106 ~ 9:30-10:45 The Lost Art of Proper Etiquette ... Pinkies Up! by Denise Deines

Have you wondered how to teach the girls ... or perhaps refresh your own knowledge ... of the following? By the end of this class, you will know how to master the art of good table manners. How to set a proper table setting. How and why to RSVP to an invitation. How and why to write a Thank You. How to conduct a proper telephone conversation, email, and text. How to show respect for Others, Property, and Country.

TMA-207 ~ 11:00-12:15 Folk Dancing by Karla Hufenbach

Learn fun and entertaining folk dances appropriate for the Girl Scout program. This is a great indoor or outdoor activity! All participants will receive a CD with the music used in the class.

TMA-408 ~ 3:15-4:30 Create Your Own Troop Cookie Costume by Marie Lim

The objective is for the attendee to create/start sewing a Samoa cookie costume and to learn that with modifications, other cookie costumes may be created. The prerequisites are: 1. Some experience with using a sewing machine. 2. Fabric or purchase of kit for the costume.

Trefoil College of Traditions & Program (TCT)

TCT-301 ~ 1:45-3:00 Girl Led Event Program Planning by Katherine Knight

This workshop will take leaders through the process of teaching their girls how to manage and put on large-scale events. How to follow every step of the way, from budgeting to shopping to creating a meaningful program for girls to how to conduct a quality feedback process afterwards. This workshop will allow the leaders to step back and allow the girls to take the driver's seat! They CAN do it. You will learn how to teach the girls these important life skills.

TCT-202 ~ 11:00-12:15 Meeting Rescue Kit by Julie Miller

Be prepared! Sometimes despite the best-laid plans, things go awry in a troop meeting. In this workshop, attendees will learn how to make a "Meeting in a Bag" Rescue Kit for those times when your planning does not go the way you intended. With the kits, participants will learn to include plans for activities, time fillers, team building activities, and more. Julie is an experienced troop leader, SU leader, and Adult Educator with GSGLA.

TCT-303 ~ 1:45-3:00 Dr. Gold's "Go for the Gold" Leader Pep Talk by Lisette Gold and Elizabeth Chadwick

Learn how to retain your Girl Scouts into High School with the goal of earning the highest award in Girl Scouts. Girl Scout leaders are the secret to motivating our young women to Go for the Gold. Your confidence and insight will help inspire and motivate our young leaders of tomorrow. Girls who Go for the Gold change the world, become leaders in their community, and gain incredible confidence. I have successful tips and funny stories from leading my 5 Girl Scouts through the process. One was my daughter, and yes, there were tears (some of JOY). College is more competitive than ever. Our girls deserve the opportunity to acquire skills and awards that will lead to greater success beyond high school. This is NOT the official

Gold Award Workshop. This is a motivational and humorous PEP talk to inspire Troop Leaders to "Go for the Gold" with their girl scout troops. Lisette is a GS leader and SU Manager with a doctorate in environmental science and engineering; Elizabeth is GSGLA Program Manager for Business, Financial Literacy, and Leadership; she heads our Gold Award program.

TCT-204 ~ 11:00-12:15 Striving for the Silver by Mercedes Cruz and Lisa Moore

Learn about the Silver Award from two experienced leaders who are members of the Southwest Region Silver Award Committee! The Silver Award is the second highest award in Girl Scouting. It is a Cadette level award, but this workshop will be useful to volunteers working with all levels of Girl Scouts so they can see what their girls have to look forward to. The speakers will go over the general requirements of the Award, including how to develop a high quality project. They will also give their perspectives on encouraging and motivating girls as well as managing Silver Award projects as leaders.

TCT-105 ~ 9:30-10:45 Bucking for the Bronze by Arlene Mansour & Ann Sera

Learn from experienced leaders and adult educators how to navigate the Junior Bronze Award and while keeping it fun and girl-led.

TCT-106 ~ 9:30-10:45 Embracing Journeys I by Juanita Doplemore

Come learn the value of the Journey program, how Discover, Connect, and Take Action apply to the Bronze, Silver, and Gold Awards, and how to tie the Journeys into the Girl Scout Program as a whole, including skill building and legacy badges.

TCT-207 ~ 11:00-12:15 Embracing Journeys II by Juanita Doplemore

The learning of the Embrace Journey II is a continuation of the Embrace Journey. The objective is to take a further step into the Journey's by understanding the Leadership Benefits through a discussion of the Activities and the Outcomes.

TCT-408 ~ 3:15-4:30 Top Ten Songs Every Girl Scout Should Know by Becky Fish

Girl Scouts has a rich tradition of singing. Yet we are at risk of losing this tradition, as fewer and fewer adult volunteers know the songs well enough to teach the girls. In this workshop you will learn the songs and be given tips on teaching songs to your troops. Participants are encouraged to tape the songs on their phones or other devices, and each will receive a lyric sheet of all ten songs. We will cover the “Top Ten Songs Every Girl Scout Should Know,” as compiled by GSGLA’s Team Song. The ten songs include the Brownie Smile Song, Hello, Make New Friends, G for Generosity, Sing Sing Together, Whene’er You Make a Promise, Girl Scouts Together, On My Honor, World Song, and several versions of Taps.

TCT-309 ~ 1:45-3:00 Organizing and Planning for Multi-Level Troops Part 1 by Laura Garvin

By the end of this session: participants will have been introduced to strategies for leading each level and yet coordinating the selection of program events and activities for each level and the troop as a whole. The participants will spend some interactive group work and develop a plan of work to ensure the needs of all the girls are met. There will also be some discussion regarding basic tendencies that don't work as well as other options. Laura is an Adult Educator who has been delivering program to multi-level troops for over 25 years.

TCT-410 ~ 3:15-4:30 Organizing and Planning for Multi-Level Troops Part 2 by Laura Garvin

A continuation of Multi-Level Troops Part 1, continue your learning while practicing planning and developing an outline that works for your troop. Laura is an Adult Educator who has been delivering program to multi-level troops for over 25 years.

TCT-317 ~ 1:45-3:00 Games for Everyone by Sue Skaggs and Aileen Poehls

Fun and games for everyone! Learn new games to teach your girls, use when the girls need a ‘pick me up’, when they’re bored and need something to do, or when your meeting need that extra something fun!

TCT-312 ~ 1:45-3:00 Easy Breezy Patrols by Andrea Egan

Have you ever wondered what all the Patrol Hoopla is about? Ever wanted to get your troop organized and "Girl Led" but have no idea where to start? This workshop will help you understand why patrols work, what a patrol system looks like, and how to successfully implement patrols so that your girls do all the work and you get to take a much needed step back. Andrea's experience as a GS leader, SU manager, Adult Educator, and other experiences feed into why this workshop is always so popular.

TCT-413 ~ 3:15-4:30 Ceremonies by Katie Jimenez

Openings, closings, flag, Investitures, Rededications, Scout's Own, and special occasion ceremonies will be covered during this workshop. An opportunity to experience and plan innovating grade level appropriate ceremonies. Inspirational and motivating!

TCT-114 ~ 9:30-10:45 Games for Girl Scouts by Heather Hetrick

Games provide girls with the opportunity to have fun, use and develop multiple skills, build critical thinking skills, and bolster self-esteem. You will learn tips for teaching games to girls and receive resources for learning new games, as well as experience many different types of games suitable for Girl Scouts - no matter the weather. Have new girls in the troop and need a way to break the ice? Girls need to learn some team building? Your troop finished that planned activity early and you need to fill some time? There's a game for that! Come prepared to play. With Heather's nearly 16 years as a leader and adult educator, you'll come away filled with ideas.

TCT-215 ~ 11:00-12:15 Staycations: Local Destinations for Your Troop or Your Family by Tammie Scott and Laura Leal

This workshop will focus on destinations for staycations within the GSGLA area. Troops often look for the long distance goal instead of the local destination. We will talk about great points of interest, fun things to do, and great places to stay; all

on a budget. Tammie and Laura are seasoned GS travelers, having led girls to all four World Centers. Tammie is leading the *destinations* to Costa Rica in 2016 and India in 2017.

TCT-116 ~ 9:30-10:45 Girl Led Journey Events - a Panel Discussion by Danelle Jiron, Kelly Barrera, and Kate Knight

This a panel discussion led by three dynamic GS leaders with collectively more than 30 years' experience, will explore with your girl led journey event planning with three distinct approaches. Attendees will learn journey customization and developing girl led planning in their troop. The panelists will present their different approaches to girl led journey event planning, showcasing the versatility of the journey honors while preserving girl planning. Between the panelists, they have years of journey event planning under their belts. We all strongly believe in girl led, but have very different approaches to journeys and the journey process which shows the versatility of the program.

TCT-417 ~ 3:15-4:30 SWAPS by Linda Haverman

SWAPS! SWAPS! SWAPS! And more SWAPS! What are they? What do you do with them? What are the traditions of swapping SWAPS! See many examples of variously themed and make a few yourself.

Savannah Smiles College of Sciences (SCS)

SCS-101 ~ 9:30-10:45 Food Prints and GMOs by Susan Helm and Gini Vandergon

The key learning objective will be to learn how to teach the concepts of Food Prints and GMOs as a part of leading the "*Sow What? It's Your Planet-Love It! A Leadership Journey*," as well as girls' general knowledge of the impact of food choices. Participants will be able to choose from a variety of foods. The food item will be used in an interactive activity to create a Food Print chart using the COOL coding (Country of Origin Labeling) and food mileage from the eatlowcarbon.org website. An experiment will be designed by each participant to test if their food is of GMO origin and if this is an advantage on the Food Print of the food item. Current concepts about GMO foods and their nutritional viability will be discussed. Dr. Helm is a Girl Scout leader and is head of the Nutritional Science Department at Pepperdine University. Dr. Vandergon is

Girl Scout leader and Professor of Biology at Cal State Northridge. These women excel at making science fun and understandable!

SCS-202 ~ 11:00-12:15 Planet Water, Drink Up! by Gini Vandergon and Susan Helm

The *"Its your Planet Love It!"* Journeys for all levels include components of climate change and its effects on Earth. This workshop will be an interactive hands-on experience providing activities for girls of all ages so they develop a greater understanding of the effects of climate change and the water cycle on our planet. Some questions that will be addressed include the following; Have you ever wondered why the beaches shift every year? Or why some years the ocean feels warmer and what effect that has on animal life? Or creative ways of showing Brownies the water cycle? Why are we worried about temperature changes of only 2 degrees? You will get to participate in hands-on stations that focus on water and climate change. The stations will be set up with supplies you can use from home or easily buy from a local grocery or hardware store. The science behind all of this will be presented for the knowledge of the leader so that they can guide their scouts with confidence through these journeys. There will be an emphasis on how to make models for these concepts and how to incorporate the creativity and knowledge of the girls as they navigate through these topics. Dr. Vandergon is a Girl Scout leader and Professor of Biology at Cal State Northridge. Dr. Helm is a Girl Scout leader and is head of the Nutritional Science Department at Pepperdine University. These women excel at making science fun and understandable!

SCS-403 ~ 3:15-4:30 Girl Scouts and Environmental Sustainability: Water by Faith Myhra and Amanda Begley

During this presentation, attendees will learn the core concepts of sustainability, about the relationship between Girl Scouts and the environment, and about water issues in Greater Los Angeles. Attendees will hear ideas on how to help girls discover, connect, and take action on water issues in Greater Los Angeles. Faith is a staff member with GSGLA and Amanda is with TreePeople.com.

SCS-304 ~ 1:45-3:00 Girls in STEM by Luz Rivas and Alycen Hall

DIY Girls works with girls in the K-12 age range throughout after school programs and community workshops and has a meet-up group for adult women. This workshop will discuss the DIY Girls' philosophy regarding involving girls in STEM education to foster interest, engagement, and persistence in STEM futures such as the study of STEM in college and

pursuance of STEM careers. We will also include a panel that will share their experiences and work, ways that adults can engage their girls in STEM, including our DIY Girls Clubs, as well as a hands-on activity. This workshop is best for participants who will work with girls ages 10-16.

SCS-206 ~ 11:00-12:15 Amazing Butterflies: Nature's Gift to Us by Richard James

Monarchs and more! Through still photos and video of local backyard butterflies, we will investigate how butterflies know what plants to lay eggs on, how they avoid predators, and how to plan a butterfly garden. This will provide great activity ideas to share with your girls. Richard is a naturalist at the El Dorado Nature Center, specializing in habitat restoration. He leads annual Long Beach area and monthly Irvine Center butterfly counts.

SCS-107 ~ 9:30-10:45 Kitchen Science by Julie Miller

In the Kitchen Science workshop attendees will learn simple science experiments that they can do with girls in meetings with easily obtainable supplies. The goal is to reduce reluctance to presenting science-themed meetings by making them easy on leaders to execute. Julie is currently GS leader and Adult Educator for GSGLA.

SCS-308 ~ 1:45-3:00 Curiosity Machine: Bringing STEM to Girl Scouts is Easy! by Gloria Halfacre & Judy Ahumada

How Do Children Succeed? With curiosity, creativity, and persistence. Like any other skill, it takes practice! With Curiosity Machine, girls practice by building hands-on engineering design challenges. By building engineering design challenges using household objects, with the help of scientists and engineers. We train leaders to use this curriculum to engage more girls in STEM. Leaders can introduce Curiosity Machine and support the girls as they become familiar with the platform and the engineering design process. Troops work together to tackle complex engineering challenges, think creatively, devise solutions, and redesign as a team. Anyone can facilitate these sessions—no science or engineering background necessary.

